



# A Mountain Classroom

## Frequently Asked Questions

### **How do I schedule a program?**

We will work closely with you throughout the entire pre-program process starting with decisions about broad educational objectives, date choices and facility selection. We reserve programs from one year to one month in advance. Our ability to schedule last minute depends on your group size and date flexibility. Once scheduled, we will send a confirmation/information packet with a parent letter, a clothing list, and forms for the student's guardians to complete.

**For more information about A Mountain Classroom or to schedule a program:** Contact: Andrea Muller (603) 278-3812, [AMCschoolprogram@outdoors.org](mailto:AMCschoolprogram@outdoors.org).

### **Do all programs involve difficult hikes?**

While hiking is a component of all programs and most lessons are taught out of doors, we can match hike lengths and difficulty with the desires of the group. Some groups hike around their base lodge and never go great distances. Others choose to challenge students with strenuous experiences.

### **What sort of gear do we need and is any available to us from the AMC?**

You will be provided with a clothing list. These lists differ according to season and facility, but all students need to bring footwear appropriate for rocky, mountainous terrain, rain gear, a hat, mittens, polypropylene (of synthetic material) long johns, warm layers of synthetic or wool material and a water bottle. Students should not feel they need to buy any of these items. Much of this gear can be borrowed from the AMC. We recommend attempting to borrow from friends and family too. Unfortunately, we have a very limited supply of hiking boots. We also have backpacks and sleeping bags for backcountry experiences.

### **What is the training and credentials of your program instructors?**

Our staff are college graduates with a sincere interest in helping kids learn using an outdoor classroom. They are required to have a wilderness first aid certification and many have a more intensive wilderness first responder certification. Our staff training covers curricula, group management, logistics and emergency procedures.

### **What is the procedure for illness or injury while out in the woods?**

AMC instructors are responsible for the initial treatment of sick or injured participants. Instructors carry two way radios, which are usually dependable to call for assistance. Injuries or illness will be handled differently depending on the severity. Some students stay with the group and simply sit out of activities; others will be escorted out of the woods by AMC staff to their parents or the hospital; in extremely rare cases, the AMC and NH Fish and Game would evacuate collaboratively. It is possible for a wilderness evacuation to take many hours. Historically, A Mountain Classroom has very few injuries annually, with sprained ankles, small lacerations or abrasions, or blisters most common.

### **Can you accommodate my child's food allergy/dietary restriction?**

Our field staff as well as the kitchen staff in our facilities are able to provide healthy meals for any allergy or dietary restriction that your child might have. To ensure that we are properly prepared, please be sure to list any such restrictions on your child's confidential medical form. If you feel that your child's dietary restriction needs further explanation, please feel free to contact us.

### **What is the staff/student ratio and how many chaperones does the school provide?**

Students will be in small field groups (8–10) with an AMC instructor and a teacher (or chaperone) from their school. Our low student/instructor ratio promotes teamwork among students and allows us to provide a good balance of challenge and support, while striving to minimize environmental impact.

### **What is the role of the school chaperones?**

We ask that chaperones support our instructors by being enthusiastic about program activities. We encourage our field instructors and school chaperones to work together to address discipline issues. We require chaperones to join all hikes (they function as emergency back up). Chaperones are solely responsible for student supervision during free time (5 – 6p.m.) and from 8:30 p.m. until 8:30 a.m.

### **How are student medications administered?**

AMC staff is prohibited from administering any medication to program participants, including adults. School staff is responsible for carrying, securing and administering all student prescription medications.



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