

WYONEGONIC TRAINING CLINICS GENERAL INFORMATION & POLICIES

We look forward to welcoming you to Wyonegonic's Training Clinics. Our clinics focus on safety, teaching methods, certifications and management of activities and equipment. Contact us if you have any questions about your training clinic(s). Please understand that certification is not a guarantee but a determination made by the instructors after evaluating your performance.

THREE THINGS WE NEED FROM YOU:

- 1) **INFORMATION FOR YOUR TRAINING INSTRUCTOR** – This form accompanies the *Letter from your Instructor* that you need to download for your specific course. It is helpful for the instructors to be familiar with your background, strengths and weaknesses pertaining to the course material.
- 2) **TRANSPORTATION INFORMATION** – Please send travel plans to training@wyonegonic.com or call us at 207-452-2051.
- 3) **HEALTH FORM** - All participants in any Wyonegonic clinic require a health form signed by a physician, within 24 months. A current health history must also be documented with your signature. A copy of your camp form will suffice. You can send a copy of your form to the camp office prior to your arrival or bring it with you. If you need a copy of a blank health form please use the form on our website.
You will not be able to begin the clinic without producing a current health form!

All forms and information specific to your training can be found at: www.wyonegonic.com/confirmations

ONSITE REGISTRATION AND ARRIVAL: Registration will be held at the camp dining hall starting one hour prior to the start time of your course. We recommend that you plan your arrival to correspond with these times so you can register, settle in, and locate your bunk space prior to the start of your class.

ATTENDANCE: Full attendance is required for certification. The courses are all designed as intensive resident courses with evening course work expected. Be prepared to commit full-time throughout the duration of your course.

ITEMS TO BRING: Flashlight, water bottle, travel mug for warm drinks, mosquito repellent (non-aerosol), towels, sleeping bag, swimsuit, clothing appropriate for changeable weather (include warm clothes and rain gear); please bring a notebook, folder, writing utensils, etc... for your coursework. Bring any necessary materials pertaining to your specific clinic as mentioned in the letter from your Instructor. **Wyonegonic strongly recommends bringing a wetsuit for all aquatic courses as lake temperature in June can be cold and unpredictable.**

LIVING ARRANGEMENTS: Wyonegonic has "rustic" cabins (no electricity) that will be designated for males and females. Wyonegonic will provide bedding and wool blankets. Bathrooms and showers are centralized. All common buildings have electricity and fireplaces for studying, reading and socializing. We ask that you not have guests in camp during the course. Do not forget your flashlight for getting around at night!

MEALS: Breakfast 8:00 AM, Lunch 12:30 PM, Dinner 6:30 PM in the camp dining hall. Please alert us to any special dietary needs prior to your arrival.

MEDICAL & INSURANCE: Students with prescription medications or health concerns are required to notify their instructor(s). Please remember that all activities engaged in are “at your own risk” and the site does not carry health or accident insurance for you.

PARTICIPANTS UNDER AGE 18: Participants under the age of 18 must provide a letter from a parent/guardian that authorizes the participant’s full participation in a clinic and acknowledges that individuals are unsupervised during non-course time and in the evenings.

SUBSTANCE FREE ENVIRONMENT: For philosophical and safety reasons please be aware that Wyonegonic chooses to be a **SMOKE FREE environment**. We do not allow smoking, drinking alcohol or partaking in illegal narcotics while on Wyonegonic property. If there is a conflict with this policy, please re-consider your enrollment, as no exceptions will be made.

ROOM AND BOARD: Room and board cost is included in your training clinic price. If you need to arrive at Wyonegonic early and require an extra night accommodation or meals, please contact the camp office before your arrival to make arrangements.

ADDITIONAL CLINICS: Dates and times for all other Wyonegonic Clinics are listed on our website and in our brochure. If you wish to enroll in an additional clinic, please inform us as soon as possible.

TRAVEL: We would like to know how you are coming to Wyonegonic. Please email Wyonegonic at training@wyonegonic.com to let us know of your travel plans. If we have people interested in carpooling from your area, we will be in touch, so let us know if you can offer a ride or are looking for a ride.

- **CAR:** If driving to Wyonegonic, please arrive one hour prior to the course start time to register, unload and park your car in our designated parking locations.
- **DIRECTIONS:** We are one hour west of Portland, 3 hours north of Boston on Route 117 in Denmark. If you are driving and coming north on the Maine Turnpike (I-95), use exit #48 and travel U.S. route #302 west to Bridgton. Just before Bridgton, take route #117 south towards Denmark. Wyonegonic is 5.2 miles on the right just after the blinking light.
- **GROUND TRANSPORTATION SERVICE FROM PORTLAND, MAINE:** Wyonegonic will pick you up at the Portland Jetport, train station or either of the two bus stations if arrangements are made at least 48 hrs in advance. Please plan to arrive in Portland the day before for any clinics that start at 9:00 AM, arrive by 10:30 AM for any courses starting after lunch, and by 4:30 PM for an evening course start time. A \$30 one-way, (\$60 round trip) fee is charged for this service.
 - **PLANE:** Most major US based airlines and some regional commuter airlines have daily service to the Portland International Jetport (PWM).
 - **BUS:** Greyhound (and affiliates) has service from Boston’s South Station. Concord Trailways has service from both South Station and Boston’s Logan Airport.
 - **TRAIN:** Amtrak has service on the “Downeaster” from Boston’s North Station.

WEBSITE: This information plus the necessary forms to return to the Wyonegonic office are also available on our website at www.wyonegonic.com

CAMP DIRECTORS: Please confirm that your registered staff have received this information (including International Staff). Thank you!