



Medicine Guidelines

1. **If you have any kind of medication with you, even over the counter (OTC), you must have the proper GCS form filled out by the family physician and the parent stating you have permission to bring it on the trip. This includes Tylenol, inhalers, epi-pens, prescriptions, etc.**
2. Students will not be allowed to carry over the counter (OTC) medicine.
3. If a student needs to take any OTC meds, only a GCS employee (or their parent) may give the student the medicine. If a child does not have permission, then no OTC meds can be administered at all.
4. All prescription meds must be given to Mr. Ray for any student going on the trip BEFORE we leave Grimsley High School. Mr. Ray is required to hold onto all prescription meds, unless you have permission to self-carry the meds from the parent AND the family physician. Students can only self-carry diabetic meds, prescribed inhalers, and epi-pens. All other prescriptions must be given to the nurse.
5. The Medical Form is strictly for the Band Directors' information. The form is required to go on the trip, but it does not give the student permission to take any medicine.

Hotel Guidelines

1. Four students will be assigned to each hotel room. You may not switch rooms under any circumstances. If there is a problem, see your assigned chaperone. (see roommate request form)
2. Students are only allowed in their room and the hotel lobby. **All other floors are off limits.** No student may enter the room of another student of another gender. No girls in boys' rooms, and no boys in girls' rooms. NO EXCEPTIONS. You will have time to socialize in the lobby with chaperone supervision before "Lights Out."
3. Students are NOT allowed in chaperone rooms unless the chaperone is their parent or if there are 2 chaperones present. NO EXCEPTIONS
4. Room checks will be done at "Lights Out" by chaperones. For safety reasons, you are not to leave your room after room checks have been done. Adult Chaperones will be in the halls to monitor your rooms. If in the halls after room checks, depending upon the severity, you may be sent home at your parents' expense.
5. You are not to leave the hotel once we are in for the night.
6. Drugs, alcohol, and weapons of ANY kind (including pocket knives) are strictly prohibited. Possession of these items will result in immediate removal from the trip at your parents' expense and be dealt with by administration upon return of the trip.
7. We will not be ordering room service or any outside delivery. Meals and snacks are handled as a group.
8. The hotel phone is off limits. Use your cell phones if you must call someone.
9. Be responsible and respectful to yourself and others at all times.
10. There are other guests staying in the hotel besides the GHS band. You are expected to conduct yourself in a respectful manner at all times. This means you should be quiet, walk and use appropriate language. NO EXCEPTIONS.
11. While in your room, please realize that the walls are not sound proof. Every chaperone will have a list of students in each room.
12. **For everyone's safety and well-being, the swimming pool, sauna, weight room, etc. at the hotel is off limits. We do not want anyone getting injured or put in a situation in which they do not feel comfortable.**
13. While at the hotel, use your time wisely and relax. Each day of the trip is full of fun and exciting stuff to do. Use your hotel time as a time and place to "chill out" and go to sleep. The chaperones want to do that too.
14. CHECK OUT: When we check out of the hotel on the final day of the trip, everyone must be in the room at the designated time. Chaperones will do a final room inspection to make sure nothing is damaged or missing and that you haven't left anything behind. Don't take the towels or pillows please. They are not yours to take.

Park/Aquarium/Museum Rules, Regulations, and Information

1. Pay attention to all instructions before leaving for any attraction. Adhere to meeting times and locations as given to you by your chaperone.
2. Take only what you need into each attraction (sunscreen, hat, cell phone, bottle of water, camera, etc.) It is recommended that you take a small backpack with you. It will make life so much easier for you. (HINT) Take a small, plastic water bottle with you to carry and refill when needed. It will save you LOTS of money.
3. **While at the attractions, students are to get in their small groups of 4 students (minimum). The students are not allowed to leave any attraction until the entire group is ready to depart. If there is a personal need, a chaperone will help.**
4. Groups must be decided upon and reported to Mr. Ray or the trip coordinator **before** we leave for the attractions. This can be done on the bus ride down.
5. Students will be allowed to choose a motor coach and they must always ride on that bus. NO EXCEPTIONS.

Rules for the Motor Coach

1. The bus that you pick will be your bus for the entire duration of the trip. **No switching buses. No exceptions.**
2. Earphones must be worn with video games, IPODS, IPADS, portable DVD players, etc. unless the sound is off.
3. The restroom on the bus is only for **EMERGENCIES**. We will stop for restroom and stretch breaks. Everyone is required to get off the bus at stops.
4. Snacks from home are permitted. Please refrain from bringing food from stops onto the bus in the event of allergies or scent sensitivities.
5. Only water bottles with a SCREW-ON-CAP are permitted on the coach to prevent spills. You may use disposable ones or bring your own reusable one.
6. Please no aerosol spray cans (hairspray, air freshener, body spray, etc.) while on the bus.
7. The coach will be your home-away-from-home for our trip. Please keep it clean. GHS band will be charged a cleaning fee with will be passed on to each family if incurred.
8. Movies are allowed on the bus. **R rated movies are not allowed**, even if it's your own movie, on your own DVD player, and you're the only one watching it.
9. Any damage done to the coach in any way will be the responsibility of ALL parties involved.
10. Attendance will be taken EVERYTIME we get on the bus. You must travel on your assigned bus at all times. NO EXCEPTIONS
11. Please keep your cell phone on vibrate or silent while on the bus for the courtesy of others around you.

Things to Bring with You

- Instrument and everything you need to play in the parade. Uniform, including Shoes and black socks, hat, etc.
- Each person may take one (1) suitcase/bag that will be stored under the bus, and one (1) **small** carry-on bag. Please only take what is needed. It is encouraged to use your small carry-on bag as your bag to take into the attractions if you want. A backpack is the perfect size to carry things into the attractions, but PLEASE only take what you absolute need.
- Comfortable clothes to wear in the attractions (stay in Dress Code Policy). A light sweater/jacket is recommended as some attractions are very cool inside.
- Comfortable walking shoes. You will be on your feet most of the time, all day long. Do not wear brand new shoes. Your feet will die. Wear broken-in shoes that still have good support. You may want to bring another pair of shoes to alternate each day. Flip-Flops are not recommended. Once your feet start hurting, you will most likely be miserable for the rest of the day and trip.
- Toiletry items such as soap, shampoo, deodorant, toothpaste, etc...
- PJ's (appropriate)
- Movies for the bus ride (optional)
- Money for meals, snacks, and souvenirs
- Small pillow and blanket for the bus ride (optional)
- Sunscreen for Six Flags
- Cell phone & charger
- In case of an emergency, you must give your cell phone number to Mr. Ray. All adult chaperones will be given your cell phone number. Again, this is only for safety concerns. If something happens, we need to get in touch with everyone as quickly as possible.
- If you have a cell phone, be sure to put your chaperone's cell number in your phone in case of an emergency.
- Your Whirlie Pride!

What NOT to Bring with You

- Bathing suit (no swimming at the hotel or anywhere else)
- Drugs of any kind
- Alcohol of any kind
- Weapons of any kind, including pocket knives
- PlayStation, PS2, X-Box, etc...
- A BAD ATTITUDE (we ALL want to have a great time)

Guilford County Public School Guidelines for Field Trips

1. Student Behavior

- a. Students must follow the GCS Code of Student Conduct and the behavior guidelines in the school's Student Handbook during field trips. Violations of disciplinary rules may result in student being sent home before the end of the field trip or other consequences as set for in the Student Handbook.

**an electronic copy of the handbook can be found: <https://www.gcsnc.com/Page/8475>*

These rules are set up to ensure everyone's safety and enjoyment while on the trip. Failure to comply with any of the rules will result in an office referral upon return to Grimsley High School. If the action is severe enough, then the student(s) involved will be sent home immediately at the student's parent's expense. The parents will be made aware of the situation before any action is taken.

No student will be allowed to get on the bus from Grimsley High School without the return of the last page of this packet with his or her signature AS WELL AS the signature of his or her parent or legal guardian.

Thank you for your understanding of each rule set forth for this trip. As stated previously, the safety of each student is the main goal during this trip. Please encourage your child to follow each rule accordingly. We want each student and adult to have a great time in Atlanta!

Please sign and return this page ONLY.

Students and Chaperones will get an itinerary on the day of departure.

I (parent/guardian/student) have read and understand the rules and expectations for the GHS Marching Band Trip. I understand that if my child breaks any of these rules, he/she will be dealt with accordingly. Depending upon the severity of the incident, I understand that I (parent/guardian) will pay for my child to be sent home from the trip.

I (parent/guardian/student) also understand and agree to the guidelines that GCS as set forth for all field trips that groups from the school district must adhere to.

I (parent/guardian/student) understand that any and all medications must be submitted in writing using the GCS medical form in order for my child to take them on the trip, including over-the-counter medications.

PRINT Student Name

PRINT Parent/Guardian Name

Student Signature

Parent/Guardian Signature

Date