

Dive In & Save Our Seas!

Parent & Participant Information

Dear Parent,

Welcome to MarineLab's DIVE IN & SAVE OUR SEAS program! Your child will have the experience of a lifetime at MarineLab! This information packet is to provide you with as much information as possible to make his or her trip a success. MarineLab's focus is on EDUCATION while having FUN and being SAFE!

WHAT WILL MY CHILD BE DOING AT MARINELAB?

MarineLab is a marine education center. We believe that students learn more through directly experiencing and observing the underwater world. After a snorkeling orientation and a SCUBA lagoon skills check, we teach students about ecology concepts using Powerpoint discussions and laboratory activities in the evening. Then we take them out in the field aboard our boats, and supervise them as they snorkel in the seagrasses & mangroves and dive on the coral reefs of near-shore Key Largo. Our instructors lead the students and point out interesting animals and plants underwater. In addition, participants in this program will be gathering data for our citizen science partners, including water quality data, fish surveys, marine debris removal, coral restoration, and monitoring for bleaching events.

Our staff instructors are all American Red Cross Lifeguard certified, CPR & First Aid certified, PADI or NAUI Divemasters or Instructors, have attended special boat safety courses and are very experienced in supervising students in and out of the water. They all have degrees in marine science or a related field, and are very knowledgeable about our local flora and fauna.

In addition, the students will be monitored and supervised by a certified teacher who is available 24 hours a day, in the room adjacent to the students. Mr. Ken Kessenich of Milwaukee, WI has been leading student groups to MarineLab for 21 years!

On the next page, you will find details about meals, accommodations, and our guidelines. The actual itinerary is also found in this packet. Please be aware that sometimes weather requires us to change the destination or topic of a given field trip. We are very experienced at "tweaking" the schedule to make sure that your child has the best possible program!

An invoice for the balance of your program fee will be sent in late May and is due by July 1, 2017.

If you have any questions, please don't hesitate to call us at 305-451-1139. You can also email us at info@marinelab.org or coordinator@marinelab.org. Office hours are 8:30 AM—5:00 PM Monday—Friday. We will be providing you with a cell phone number for Mr. Kessenich when we get closer to the program.

Regards,

The MarineLab Team

CONTACT NUMBERS: MarineLab Office 305-451-1139

In the unlikely event of an accident or emergency, students are taken to Mariners Hospital, Tavernier, (305) 434-3000.

LIABILITY RELEASE FORMS

A Student Information & Liability Release is required of ALL students.

- These forms are available on our website (www.marinelab.org). Follow the link to "Dive In & Save Our Seas!"
- Please include all **medical** and special dietary information requested.
- This form must be **SIGNED AND NOTARIZED**.
- If your child will be 18 years old at the time of their MarineLab experience, they must complete a form for SCUBA Divers Over 18.
- We also need a copy of their certification card. Please include it with the waiver form.

MEALS AND FOOD POLICY

Meals are served in the cafeteria. **We serve basic, cafeteria-type meals.** A typical day's meals consist of: scrambled eggs, bacon, or dry cereal with milk and juice for breakfast (student's choice); tacos, salad, fruit and iced tea or punch for lunch; baked chicken, rice, vegetable, salad, bread and dessert with iced tea or punch for supper. Peanut butter and jelly are available at every meal.

Please note the space for special dietary restrictions on the Information/Liability Release form. We can provide vegetarian meals with advance notice, but are limited in our ability to accommodate extensive dietary restrictions. **There is an information sheet available on the website with details on our meals. Please call 305-451-1139 if you have questions.** Limited refrigerator space is available for medicines ONLY.

We do not allow any food or drink in our dorm rooms. PLEASE do not allow your children to bring food or drinks with them. Water bottles and a refilling station are available, a soft drink machine and a snack machine are on the premises.

ACCOMMODATIONS

Participants are housed in second-floor air conditioned dorm rooms, separated by gender. Twin sized bunk beds are provided with linens, blanket and a pillow; however students must bring their own towels. Mr. Kessenich is housed in an adjacent room to the participants. Rest room facilities are located on the first floor.

SECURITY

The MarineLab campus is a gated facility. We have a security gate that is closed overnight and on the weekends.

There are three organizations sharing the facility: MarineLab, Key Largo Undersea Park which houses the lagoon, gift shop, and Jules' Undersea Lodge, and the Koblick Marina, which has about ten boats with residents aboard. All employees and residents have been subject to background checks and fingerprinting.

Mr. Kessenich is the adult chaperone who will be sleeping on site and supervising the participants at all times.

RECREATIONAL/FREE TIME

Participants are allowed the following options for free time:

Volleyball - don't let it turn into tackle football. Chaperones will have control of the volleyballs allotted to the group.

Beach relaxation - but no climbing on the seawall, no swimming or wading; and please be aware of sunburn danger.

Ordering pizza - to be eaten after the evening activity, around 10 pm. Those who do the paying do the eating.

Gift Shop is open from 8:30 a.m. until 2:00 p.m, Tuesday through Sunday. Students must be accompanied by Mr. Kessenich.

Relaxing under the pavilion or other areas where there is relief from the sun EXCEPT for the boat docks. We encourage everyone to stay out of the noonday sun during lunch break. Sunburn prevention is a constant concern.

Options not allowed:

Leaving campus, past the beach entrance.

Walking the private docks.

Jumping off any dock into the water.

Snorkeling or swimming without staff supervision (they'll get a full dose of supervised snorkeling & diving!)

Fishing

Dive In & Save Our Seas!

| DAY | TIME | ACTIVITY |
|--------------|----------------|--|
| Thur 7/13 | 2:00 PM | Arrive, orientation* |
| | 3 - 4 PM | Swim test, gear orientation |
| | 4 - 5 PM | Lagoon skills check |
| | 6:00 PM | Supper |
| | 7 - 8 PM | DISCUSSION: Coral reef ecology with Bleachwatch |
| | 8:15 PM | LAB: Water quality measurements, ends at 9:15 PM |
| Fri 7/14 | 7:30 AM | Breakfast |
| | 9 - 10 AM | DISCUSSION: Seagrass ecology with survey instructions |
| | 10 A - 12 P | FIELD TRIP: Seagrass ecology with surveys, return at noon |
| | 12:15 PM | Lunch |
| | 1:00 PM | FIELD TRIP: Coral reef ecology #1 (SCUBA) with water quality and BleachWatch, return at 5 pm |
| | 6:00 PM | Supper |
| | 7 - 8 PM | DISCUSSION: Reef Restoration Techniques |
| | 8:15 - 9:15 PM | LAB: Microplastics |
| Sat 7/15 | 7:30 AM | Breakfast |
| | 8:00 AM | FIELD TRIP: Coral reef nursery & restoration sites (SCUBA), returns at 12 pm |
| | 12:15 PM | Lunch |
| | 1:00 PM | Mini Adventure in MarineLab's Undersea Lab |
| | 6:00 PM | Supper |
| | 7 - 8 PM | DISCUSSION: Field identification of reef fish - REEF Fish ID |
| | 8:15 - 9:15 PM | LAB: Zooplankton Identification |
| Sun 7/16 | 7:30 AM | Breakfast |
| | 8 AM - 12 PM | FIELD TRIP: REEF Fish Survey Dives (SCUBA) |
| | 12:15 PM | Lunch |
| | 2 - 5 PM | FIELD TRIP: Mangrove ecology with water quality |
| | 6:00 PM | Supper |
| | 7 - 8 PM | DISCUSSION: Coral reef ecology: A Closer Look at Coral |
| | 8:15 - 9:15 PM | LAB: Invertebrate Diversity |
| Mon 7/17 | 7:30 AM | Breakfast |
| | 8 AM - 12 PM | FIELD TRIP: REEF Fish Survey Dives (SCUBA) |
| | 12:15 PM | Lunch |
| | 2 - 5 PM | DISCUSSION & FIELD TRIP: Marine Debris |
| | 6:00 PM | Supper |
| | 7 - 8 PM | Summary/Data Analysis |
| | 8:15 - 9:15 PM | Reflections/Discussion on the program, including student evaluations |
| Tue 7/18 | 7:30 AM | Breakfast |
| | 8:00 AM | Depart after breakfast (no flying until after 12 pm)** |

* Students may arrive starting as early as 1:30 PM. The orientation will start promptly at 2:00 PM.

**Students may depart anytime after they finish breakfast (around 8:30 AM) until 10:30 AM.



Student Packing Checklist & Contact Information

CONTACT INFORMATION FOR PARENTS

We are located at Mile Marker 103.2, oceanside, 51 Shoreland Drive, PO Box 787, Key Largo, FL 33037. **Office phone** (305) 451-1139. This number is staffed from 8:30 am to 5:00 pm Monday through Friday. An answering machine will pick up after 5:00 pm and on weekends. Mr. Kessenich's cell phone number will be distributed when we are closer to the program.

TOILETRIES & PERSONAL ITEMS

- High quality water bottle**
- Sunblock** (Waterproof, SPF 30 or higher—no oil or sprays, please)
- Insect repellent**
- Toiletries** (shampoo, soap, toothpaste, etc.)
- Motion Sickness Medicine** (if motion sickness has been a problem, or if you aren't sure)
- Medication, including inhalers if you use them**
- Change for snack, soda machines (send quarters or \$1 bills, we cannot provide change!)**
- Pencil and notebook**
- Camera** (optional—put your name on it!)

Don't send large beach towels - they take up too much space on the boats, and don't dry as quickly. Standard bath towels work fine.

CLOTHING & LINENS

- 2 Towels (one for shower, one for boat)**
- Personal clothing and swimwear**
- Rash guards or t-shirts for snorkeling** (sun protection-*this is required*)
- Windbreaker or rain coat**
- Plastic bag to carry wet items home!**
- Sweatshirts - you'll be doing a lot of diving, you may feel chilled when you get out of the water!**

PERSONAL ELECTRONIC DEVICES

Cell phones and music players are not allowed on the boats or in the classrooms. Please be sure your child knows to store them securely in their baggage while they're out on the water.

EQUIPMENT

SCUBA gear is included in your program! As divers, we assume that you will have your own mask, fins, and snorkel, but if you don't we have plenty to choose from. If you have a new mask, scrub it with toothpaste before using or bringing it with you.

WETSUITS Shorty wetsuits are included.

PLEASE DO NOT SEND:

- | | | |
|----------------------------|------------------------|-------------------|
| Food | Slurp gun | Speargun |
| Cheese Whiz or "fish food" | SPRAY SUNSCREEN | Fishing equipment |

THE FOLLOWING ITEMS ARE AVAILABLE FROM THE GIFT SHOP:

- | | | | |
|------------|-------------|---------------|-------|
| Post Cards | Souvenirs | T-shirts | Books |
| Batteries | U/W cameras | Water Bottles | |

Getting to MarineLab/ Marine Resources Development Foundation...

Marine Resources Development Foundation/MarineLab is accessible by private car, plane, bus, or train into Miami or Ft. Lauderdale, Florida.

If you are flying or taking the train, you will need transportation to Key Largo from Miami or Ft. Lauderdale, around 60-80 miles one way. Listed below are the different transportation options available to you.



PLANES

You can fly into either Miami or Ft. Lauderdale airports. Both are very busy airports, We suggest you make reservations early. All major car rentals are available from either airport. Bus routes and shuttle services available (see below).



TRAINS

Amtrak has a station in Miami, around five miles north of Miami International Airport (the nearest rental car location). You can take a taxi to the bus terminal, airport or to other rental car agencies around the airport, but to our knowledge, there is no commercial shuttle to the Keys departing from the train station.



BUSES

Greyhound has a terminal in Miami, very close to the airport. Please call Greyhound Bus Lines at **(800) 231-2222** for current information on fares and drop off points. MarineLab is about .75 mile away from the highway.

Miami Dade Transit now has a route going to the Keys but it requires several changes from the Miami International Airport. See www.miamidade.gov/transit for routes.



RENTAL CARS

Most car rental agencies are located at Miami and Ft. Lauderdale International Airports. Shuttles are provided from the baggage claim area of the airport. If you wish to rent a car for only one day to travel to the Keys, there is an Enterprise Rent-a-Car office in Key Largo. Their toll-free number is **(800) 325-8007**. Please note that there may be a substantial drop-off fee.



SHUTTLES

Several commercial shuttles serve the Keys from Miami or Ft. Lauderdale airports. The Airporter is a local service that does door to door pickups. Prior reservations must be made—call the Airporter directly at **(305) 852-3413**. Another shuttle company is Keys Shuttle (www.keysshuttle.com) which has regularly scheduled stops at both Miami and Ft Lauderdale airports. There are others out there as well, but these two are the shuttles recommended by MarineLab.

MarineLab/ Marine Resources Development Foundation
(800) 741-1139 or (305) 451-1139
51 Shoreland Drive Key Largo, FL 33037

DIRECTIONS

From the north, leaving Orlando, take the Florida Turnpike south past Ft. Pierce and continue to just past Ft. Lauderdale to the HOMESTEAD/KEY WEST split. This is the Turnpike extension that ends in Florida City on US 1 which is the Overseas Highway that will bring you to Key Largo, approximately 30 minutes south of Homestead.

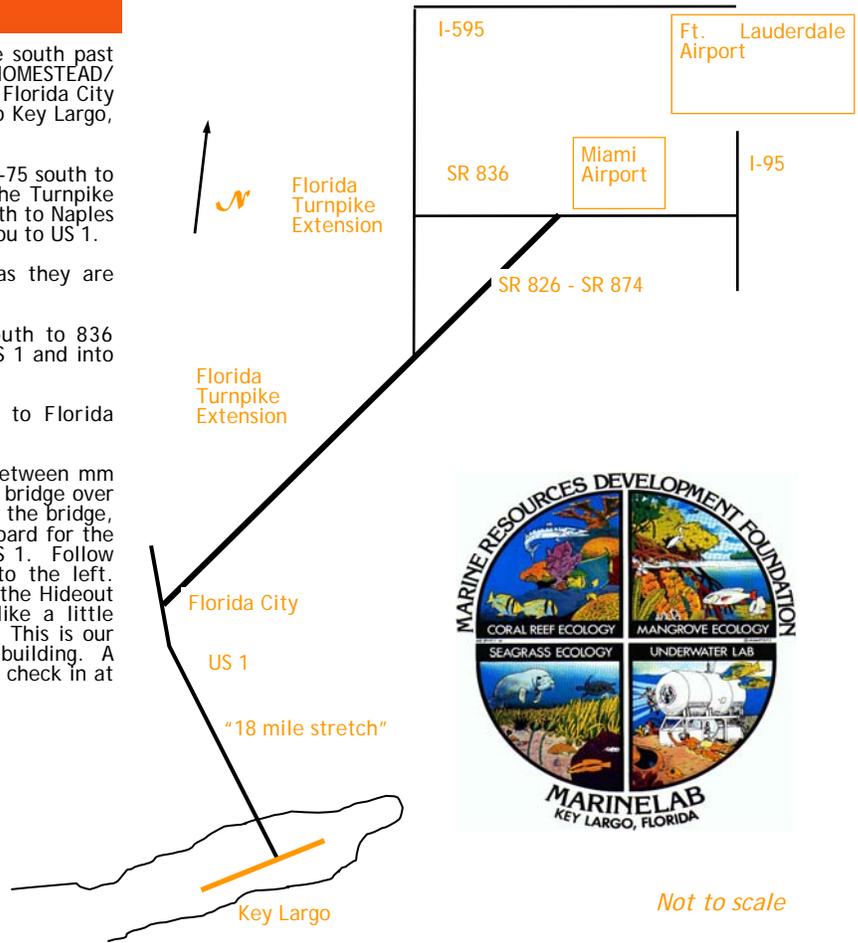
From the west, leaving Tampa, there are two routes: take I-75 south to Naples and then east along Alligator Alley (I-75 south) to the Turnpike extension (exit #4 Homestead/Key West). Or take US 41 south to Naples and east to the Florida Turnpike extension which will bring you to US 1.

NOTE: please verify exit numbers with a current map as they are continually changing.

From Miami International Airport take LeJeune Road south to 836 WEST, then take the Turnpike extension and go south to US 1 and into the Keys.

From Ft. Lauderdale/Hollywood Airport take 595 West to Florida Turnpike south to US1.

Once you're in Key Largo, MRDF is located at mm 103.2 between mm 104 and mm 103. After you see mm 104, start looking for a bridge over the Marvin D. Adams Waterway. Take your second left after the bridge, which is Transylvania Avenue. A large red and white billboard for the Hideout Restaurant is on the corner of Transylvania and US 1. Follow Transylvania Avenue to the end; the road turns sharply to the left. However, you need to drive straight into the parking lot of the Hideout Restaurant. Just past the Restaurant building (it looks like a little house) the drive turns to the right, paralleling the water. This is our driveway; follow it into our parking lot, in front of the big building. A staff member should be on hand to greet you; if not, please check in at room #6 on the second floor of the big building.



Enlargement showing Key Largo area

What is a MILE MARKER?

Because there is only one *long* road running through the Keys, it's much easier to find buildings by tracking the mileage on this road. Therefore, addresses in the Keys are given using mile markers (mm). The Overseas Highway (US 1) runs from Florida City (mm 126) to Key West (mm 0) for a length of 126 miles. North Key Largo starts at about mm 107. On the right shoulder of US 1, look for small (18" h x 6" w) reflective green and white numbered mile post signs. As you head SOUTH, the numbers will decrease. If an address has fractions of a mile, 103.2 for example, it is between the mile given and the next highest mile. So look for mm 104 and then start tracking the mileage downward until you reach 103.2.

