

## **GENERAL INFORMATION FOR YOUTH GROUPS**

Welcome to Colorado State University! We believe the following information will make your stay more enjoyable. Upon arrival, please direct any questions to Colorado State University personnel.

### **LODGING**

#### **Supervision**

The program sponsor is encouraged to have counselors check attendance at all activities/event to ensure proper participation in the program. The sponsor is encouraged to minimize or eliminate unsupervised time for participants. Youth lodging requires a minimum of one adult per 12 youth. Counselors must be present in the required ratio at all times when youth are present in the residence hall.

#### **Damages**

Live-in counselors are expected to complete a pre-existing damage form for each room and to return forms to the hall desk prior to the first meal. Any damages that occur during the conference must be reported to the hall desk immediately. Colorado State University recommends that program staff collect for all appropriate damages before the participants leave campus since the conference will be billed for these damages.

The conference will be billed for any and all damages, lost linens, or other incidental costs attributable to the conference. It is the responsibility of the conference sponsor to recover these expenses from the program participants. UNDER NO CIRCUMSTANCES should a screen be removed from any window. The conference will be billed \$40.00 for any screen that has been tampered with, damaged, or removed.

#### **Keys**

Each participant will be given a room key and a front entrance key during the check-in process. If the room key is misplaced, a spare key is available at the hall desk for a fee of fifty cents. Spare keys must be returned to the hall desk when the original key is located. Counselors are encouraged to collect keys from participants and turn them in "together" to the hall desk. However, participants may return their own room keys directly to the hall desk. The conference will be billed \$40.00 for each room or front entrance key that is not turned in during the checkout process. Colorado State University recommends that live-in counselors collect for lost keys before participants leave. Hall desk personnel will not collect money for lost room keys. Since locks are changed when lost keys are reported, the conference will not be credited for keys that are returned to CSU after the checkout process is completed.

#### **Bed Linens and Trash**

Linens are to be folded and placed at the foot of the bed. Any excessive or unreasonable trash or messes created by the participants must be cleaned before departure or a "custodial service fee" will be assessed to the conference. Dumpsters are available near the service dock of each residence hall for removal of trash.

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**LODGING** (continued)

**Lock-Up and Lock-Outs**

All outside doors will be locked and the hall desk closed at 11:00 p.m. Exceptions will have been communicated in advance of the conference program. If a participant is locked out of his/her room or out of the building, the participant should use the lobby phone or the phone outside the main entrance to call the on-duty person (1-5982) to request assistance.

**Mail and Messages**

A message board will be located near the hall desk. Participants receiving messages (or mail) will have their names posted on the message board to pick up their message or mail at the hall desk.

**Telephones**

Telephones are normally in every room. There are pay phones in each residence hall in the center area, and a house phone for local calls is located in or near the main lobby of each residence hall. In case of emergency dial 911. Please inform participants that all 911 calls are tracked to the phone where the call was placed and that prank calls will not be tolerated.

**Vending**

The residence halls are equipped with various vending (video/amusement, laundry, snack, soda) machines which can accept coins, dollar bills, or prepaid cards.

**RECREATION**

**Athletic Equipment**

A limited amount of athletic equipment will be available at the hall desk. Participants may check out equipment at the hall desk by leaving their room keys as deposit for the equipment.

**CAMPUS QUIET HOURS**

The period from 11:00 p.m. to 7:00 a.m. has been identified as a campus “quiet time.” Program activities, which are apt to generate significant levels of noise outdoors, should be scheduled at other times. Youth program staff/counselors are responsible for ensuring that activities during the quiet time are not disruptive to other campus guests.

**PARKING ON CAMPUS**

Parking is permitted without a permit in the X and W zones adjacent to the residence halls and in outlying Z zones. Vehicles requiring more than one standard parking space are considered “oversize vehicles” (i.e. RV’s busses, trailers, extended cab pickup trucks.) These vehicles may

park only in the large lot west of Moby Arena. Camping in vehicles is not allowed on campus or on city streets. Handicapped-accessible, red-curbed, metered, and loading zones are enforced at all times. Participants are expected to walk to their campus destinations. Handicapped-accessible parking is available. Trailers of any size must be parked in the Moby Arena lot.

## **HEALTH TIPS FOR COLORADO VISITORS**

WELCOME TO COLORADO! WE HOPE YOUR STAY HERE IS HAPPY AND PRODUCTIVE. WE WOULD LIKE TO OFFER A FEW TIPS TO MAKE YOUR VISIT WITH US A HEALTHY ONE SO THAT YOU MAY FULLY ENJOY OUR ACTIVE OUTDOOR LIFESTYLE.

### **ALTITUDE ADJUSTMENT** (That Rocky Mountain high!)

Denver, located a mile above sea level, boasts that three-fourths of this nation's land above 10,000 feet lies within our boundaries. Decreased oxygen at this altitude can cause shortness of breath, easy fatigue, headache and nausea. In addition, the higher percentage of ultraviolet light can cause more rapid sunburn, excessive thirst and chapped lips. Sun screens, lip protection and adequate water intake are easy solutions to these annoying changes. Adjustment to a major change in altitude takes up to several days. Upon arrival to high country, plan to eat lightly, drink plenty of non-alcoholic fluids and take frequent rest breaks. Any pre-existing heart or lung conditions may be affected by high altitudes, so ask your clinician before you leave home about any special precautions you may need to observe.

### **SUNSHINE** (We have lots of it!)

Each 1000-foot increase in altitude adds 4% to the intensity of burn-producing ultraviolet light; the intensity of sunlight at 5000 feet is about 20% greater than at sea level. Even on cloudy days, as much as 70-80% of the sun's burning rays can get through the clouds and overcast sky. In addition, our pleasant, dry climate encourages people to comfortably remain in the sunshine for extended periods even in the winter. A good sun screen product is a must in Colorado. Sun Protection Factors (SPFs) provide you with information about the level of protection you can expect from the product. Those persons who burn easily should use an SPF of 15 to 30. Those who tan easily may find protection with an SPF of 4 to 8. Reapply the sunscreen frequently. Limit direct sun exposure, especially during the hours of greatest sun intensity from 10:00 a.m. to 2:00 p.m. If you are anticipating long periods in direct sunlight, wear light clothing and hats to protect you from a painful and skin-damaging burn. Hydration, preferably with water, is an important factor as well.

### **HIKING/MOUNTAIN SAFETY**

GO PREPARED. Our mountains and foothills are rocky, and rocks are slippery and apt to make footing difficult. Wear boots or good hiking shoes with thick, treaded soles for comfortable, easy walking. Sandals or athletic shoes don't give support to ankles, and fail to protect the foot from tumbling, rolling rocks. Socks should be absorbent and well fitted to avoid blisters.

Since temperatures fluctuate widely as the sun goes down, or behind the clouds, go dressed in layers. A jacket of some sort, which can be carried in a pack or tied around your waist, will

provide protection against temperature changes, or the sudden rain squalls that are common in the mountains.

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### **DON'T DRINK THE WATER**

The water used to sprinkle the grass on campus is untreated lake water, which means you should not drink it or get it in your eyes, mouth, or open wounds. As tempting as it may be, do not run through the sprinklers on a hot day.

Those pictures of our beautiful, clear mountain streams should carry the warning to **“Look, but DON'T DRINK.”** An organism called giardia is common in mountain streams, and can cause a most uncomfortable case of giardiasis. Severe diarrhea and dehydration are the symptoms of this most preventable illness. If you are planning a hike of more than an hour, carry your water from a treated water supply. If you are backpacking, plan on boiling all water, or treating it with commercial products.

### **RESPECT THE “CRITTERS”**

**TICKS:** Colorado's woodsy foothills and fields are havens for the wood tick. The tick requires a human or animal host to complete its life cycle. While feasting on you, it can transmit a virus, which causes Colorado Tick Fever. Tick Fever is a flue-like illness lasting four to five days, with a brief relapse after evident recovery. Prevention consists of avoiding or reducing the length of exposure to the tick. Wear protective clothing when in wooded areas, use an insect repellent, and do a “tick check” every two hours. If you do find an embedded tick (frequently in the scalp hair), grasp it with tweezers or a piece of paper and exert a steady backward pull. Do not pull upward, as they may break off the head. Consult a physician if a tick has become attached or embedded.

**RATTLESNAKES:** Rattlesnakes reside in the foothills and open fields of Fort Collins. They strike if you come too close to their resting or nesting places, which will most frequently be on warm rocks or in rock crevices. When hiking in the hills or plains, keep a close eye on where you are grabbing for a handhold. If you hear the sound of a rattler, stand very still until you see it, and then back away very slowly. Wearing jeans and boots when hiking will protect you somewhat if the snake should strike. In the unlikely event that you are bitten, your objective will be to minimize the spread of venom throughout your body. Stay calm and quiet. Do not attempt to cut the wound, or suck the venom. Get to a medical facility as quickly as possible. Rattlesnake venom is rarely fatal to a healthy person, but immediate first aid can limit tissue damage to the bite.

**PRAIRIE DOGS:** These cute rodents scamper around their colonies on open sunny slopes in Colorado. They look similar to a chipmunk, and are fun to watch from a distance. Do not feed them. Do not attempt to pet them. They are known occasionally to be carriers of the plague, so it is best to avoid all physical contact with them.

THESE ARE OUR SUGGESTIONS FOR A HAPPY HEALTHY STAY IN COLORADO. WE HOPE YOU ENJOY THE BEAUTY AND FRIENDLINESS OF OUR STATE. IF YOU HAVE ANY QUESTIONS ABOUT ANY OF THE MATERIAL HERE, DO NOT HESITATE TO CALL THE HEALTH EDUCATOR AT COLORADO STATE UNIVERSITY HEALTH SERVICE, AT 491-1702.

**WELCOME TO COLORADO STATE**  
**THE UNIVERSITY POLICE**

The University Police Department consists of twelve full-time Patrol Division Officers, five full-time communications operators, two full-time investigators, twelve part-time officers with a full time supervisor, two division commanders and five support staff, under the direction of Chief of Police, Donn Hopkins. Services of the University Police Department are available 24 hours a day and include response to emergencies, investigation of crimes, apprehension of suspected criminals, crime prevention and peacekeeping, and daily details such as traffic and parking control and enforcement. We work hand in hand with several departments involved in making your stay at Colorado State University as pleasant as possible - Conference Services, Housing, Parking Services, Food Services, Environmental Health, and several others.

For emergencies, call 911. For other concerns or information about our department, call 491-6425. There are emergency phones in outdoor locations and parking lots across the campus.

We would like to offer the following simple tips for making your stay safe and secure:

Though our campus is relatively crime free, we encourage you to lock your valuables in your room or vehicle, out of site.

Use the lock on your room consistently -- you never know who might drop by for a visit. Keep your key with you at all times.

Common courtesy goes a long way. If you are quiet after 10:00 p.m. your neighbor may return the courtesy.

Report crimes or suspicious activities to police IMMEDIATELY! If you wait to talk with someone else, or to check in with a receptionist, the "bad guy" usually gets away.

If you call the Police, stay on the line with the Communications Operator. ALL information you have about an incident is needed.

Personal safety is YOUR responsibility. Remember the basic safety precautions: DON'T drink and drive, BE careful with cigarettes and other fire hazards, USE those seat belts, BE aware of your surroundings and the people in them, NEVER hesitate to call for help if you have any reason to feel that it is needed (we don't mind answering your request).

Someone in your group should be available for emergency messages and act as liaison with the Police Department.

There are several laws and regulations that apply to visitors as well as staff and students at the University -- if you have any questions regarding an activity or behavior, call our department at 491-6425 or Conference Services at 491-6222.