

THE RULES

(We thoroughly explain these to the group on the first day & reinforce whenever necessary)

- ① **DON'T TALK WHILE THE INSTRUCTOR IS TALKING.** When you talk, goof off, don't pay attention, disrupt the group, etc., it is a huge waste of everyone's time. Don't become a *Mohr's IGNORER*. Every time this happens = less fun time in the park.
- ② **DON'T GO WHERE WE CAN'T SEE YOU.** A good rule of thumb: If you can't see us, we probably can't see you. Our eyes are never off of you, so don't worry, but stay where you can see us & you'll be fine. **THE "MIKE ALARM."** If we are ever playing a game, you are briefly out of the instructor's sight and/or you get a little nervous, use the Mike Alarm, which means shouting at the top of your lungs **"MikeMikeMikeMikeMike!"** or whatever your instructor's name is. We'll be there in a flash.
- ③ **RESPECT EACH OTHER AT ALL TIMES.** Be excellent to each other & treat everyone the way you like to be treated. This goes for other visitors to the park & any creatures in the park – respect everyone & everything!
- ④ **LEAVE NO TRACE! (Repeat this phrase).** This is not only very important in Mohr's Explorers, it's an important rule to carry with you the rest of your lives. After we're gone, no one should be able to tell we were there. **We don't litter, pull leaves off trees, pull grass out of the ground, rip branches off trees, pick flowers, trample plants, etc.** (No climbing trees either; against NY law). **Whatever we find in the park stays in the park** – no taking home sticks/rocks/etc.
- ⑤ **NO THROWING STICKS/ROCKS/ETC.** You may pick up loose sticks & use them for hiking & other activities. But, you may not swing sticks, swordfight, poke, tap, smack, etc. You also may not throw sticks or rocks at any time.
- ⑥ **NO RUNNING ON SIDEWALKS.** **It's a sideWALK, not a sideRUN.** This is for the walk to & from the park, not the paths inside of the park, for which Rule #2 applies.
- ⑦ **LEAVE ALL PERSONAL ITEMS AT HOME!** DS/PSPs, iPods, toys, cards, cell phones, etc. They will get ruined or lost & they cause arguments. The exception is bringing a water bottle, as long as you don't mind carrying it. The park's fountains are on until the NYC Marathon in the fall & after April 15 in the spring. If you want to bring your own snack, try to eat it before we leave.
- ⑧ **THE WALK BACK.** We promise to try & play as long as possible. Deal? If we do that for you, **it's your job to help make sure we get back on time.** We know you're tired, but your school & parents do not like it if we are late, so there is **no lagging behind on the walk back.** Lateness one week = less park time the next week.
- ⑨ **CHECK-OUT.** We will all go into the school together to get your bags. You are not permitted to run off, go to your adult, etc. We will get bags, line up & then all come back for dismissal together.
Always, at the end of the day, you must first **bring your adult to us & do not leave without letting us know!**
- ⑩ **EVERYONE MUST WEAR A SEAT BELT (only if applicable).** Everyone must face the front, sit all the way back in seats, keep legs out of aisles & feet off all parts of the seats. Talking & having fun is fine, but no screaming. **OR SUBWAY RULES (if applicable).** Hold hands when walking on platform; stay against wall or in middle of platform until train arrives; no running on platform; quickly move on & off subway together; if no seats, hold a pole: no swinging, jumping, surfing, screaming or feet on seats.
- ⑪ **THE PENALTY BOX.** We go over all of these Rules on the 1st day so you know what to expect & can all go out & have fun. We now have a contract. If you break a rule, even by accident, you will have to spend some time in the Penalty Box – an Explorers timeout. The location depends on where we are & the 1st offense is likely 30 seconds. If you ever get a P.B., this doesn't mean we're mad at you, don't like you, think you're a bad person, etc. It's simple – if you break a Rule, you need a little reminder so you hopefully won't do it again. Nothing more. If you start to get too many P.B.s, week after week, then it gets a little more serious. To be clear, P.B.s do not carry over; you get a clean slate each week. Even Mike has gotten a P.B. before! However, continual bad behavior can result in a BEHAVIOR SLIP. One copy goes to your After-School Director, one goes to your parents & you will be suspended from the program for one week. There have only been 5 Behavior Slips in nearly 11 years & we do not expect any of you to be next, but, if you get 3 of these in your lifetime, you will have to leave the program forever – three strikes & you're out.

FRIENDLY REMINDERS

- ⑫ **THE WEATHER.** **"What day do you have Explorers?" Remember that day. On Explorers' mornings before school, get in the habit of checking the weather so you know what to bring. This is very important & it's easy to check right here on the website. Assume we will always be outside** & even if it says it *might* rain, always bring a rain jacket! No umbrellas – you need your hands. If it's cold out, snowing, etc., we'll be outside. If you wear dress shoes to school, pack sneakers or hiking shoes (no open-toed shoes). If it's cold, bring warm clothes. **Anything below 45° is pretty cold.** If it's 10°, we'll be outside. If it's snowing, we'll be outside. You need a **winter hat** that covers your ears, **waterproof gloves** for snow, (explain the difference – cotton/wool/knit/fleece-type gloves are fine with no snow, but your hands get extremely cold once those get wet), **layers of clothing** (a sweatshirt/fleece under the coat, long johns, Under Armour, extra shirts, two pairs of socks, etc.), **scarf** (it keeps you warm & it keeps snow out of your shirt), a **winter coat** (a warm coat is essential) & **winter boots** (sneakers/low-cut shoes are usually OK, but not in snow; wet feet + cold weather = a very bad day; short socks & sneakers in several inches of snow are a bad idea; I strongly suggest a second pair of socks in cold & snowy weather – it will keep your toes warmer). **Snow Pants** are awesome, if you have them. Dress like you would for a day of skiing. **Even though city streets are clear, snow stays in the park for weeks. If you're not sure, pack your boots.**
If you check the weather & are properly prepared, you'll be fine. If not, you might not be allowed to come with us.
- ⑬ **THE BATHROOM.** It's not a big deal & it's OK if you have to go, just don't wait until it's too late – tell your instructor as soon as you know because we need a few minutes to get you there. We will always remind you to go before we leave the school, but if you have to go again, just let one of us know – it's absolutely fine. We are here to help out without whatever you need.