

Cadet Travel Guide



Utah Military Academy

Hotel Information

My Chaperone's Information

Location of Event

UMA Offices

801-689 3013 (HF Campus)

385-498-6167(CW Campus)

Cadet Information

The information contained in this handbook is to ensure that UMA Field Trips/Travel is conducted in accordance with our school policies and JROTC directives concerning cadet conduct while traveling.

Cadets must understand that Field Trips/Travel with UMA is just like being on campus, and misconduct will be handled according to school policy.

In order to maintain a safe environment for all involved, we expect the highest standard of behavior from our cadets. These standards are expected when participating in UMA/JROTC activities, including the hotel and any other venues visited during the trip.

Our school has worked hard to make a reputation where we're welcome at hotels and other venues. We want to continue to be the school that people talk about for the right reason.

Please do your very best to help us be that school.

Dress Code

(This is a list of clothing that is not allowed at any time.)

1. Pajamas are appropriate attire in your hotel room. Pajamas **may not** be worn on the bus.
2. Clothing which **exposes midriffs, buttocks, or cleavage.**
3. Baggy or sagging pants or shorts.
4. Clothing that allows underwear to be **exposed: bra straps, boxers, etc.**
5. Shirt straps should be a minimum of 3 inches in width, i.e. **no tank tops.**
6. Clothing which displays obscene, vulgar, lewd or sexually explicit words or implicit words, messages or pictures.
7. Shorts/Skirts hem length must be no more than 4 inches above the knee.
8. Clothing that is torn, ripped or frayed, including clothing that was manufactured that way.
9. Clothing that advertises or may represent gang affiliation, including colors, numbers, or brand names.
10. Clothing that advertises a substance a student cannot legally possess or use.
11. Excessively oversized jackets or coats.
12. Eyewear: dark glasses, contact lenses that obscure the natural eye.
13. Cadets may not have hats, socks, blankets or any items that advertise alcohol, pornography or substances/items not allowed for consumption by minors

***Please note that when on a trip, reasonable headgear and sunglasses for protection against sun are allowed.

INAPPROPRIATE BEHAVIOR

(Some items are explained in greater detail in the following pages)

- ☐ Disobeying instructions
- ☐ Disrespect
- ☐ Horseplay, "Practical jokes"
- ☐ Public displays of affection
- ☐ Disparaging remarks
- ☐ Verbal threats
- ☐ Physical attacks
- ☐ Consuming alcohol
- ☐ Tobacco use
- ☐ Damaging public or private property
- ☐ Verbal Maltreatment
- ☐ Viewing inappropriate material via the internet or other sources
- ☐ Hazing/Bullying/Initiations
- ☐ Physical Discipline
- ☐ Physical Contact

PUBLIC DISPLAYS OF AFFECTION (PDA)

No lap sitting

No sharing blankets that cover front of cadets

No holding hands

No hugs lasting more than 3 seconds

No hugging or holding from behind

No kissing

No putting arms around each other

No licking

No gestures/misconduct that is sexual in nature

PHYSICAL DISCIPLINE

Requiring cadets to perform any physical activity as punishment isn't allowed. These activities may only be performed as part of a regular physical fitness program.

PHYSICAL CONTACT

There will be no physical contact (touching) between chaperones and students and between students, except for contact that is necessary to protect the health or safety of an individual. For example, contact to provide first aid is allowed.

VERBAL MALTREATMENT

Any statement that degrades an individual based on color, national origin, race, religion, age, ethnic group, gender, or physical appearance isn't allowed. Use of profanity and any language that condones immoral, unethical or illegal behavior, promotes sexual harassment or other unprofessional conduct is not allowed.

VIEWING INAPPROPRIATE MATERIAL VIA THE INTERNET OR OTHER SOURCES

Cadets may not use their other phones or any electronic devices to view, or show to others, inappropriate subject matter (i.e.pornography) at any time during a school trip. Activities of this type will not be tolerated and will be dealt with as a Class III disciplinary action upon return to the school

HAZING / BULLYING/ INITIATIONS

Hazing is where anyone is made to experience something which is cruel, abusive, or harmful, regardless if the activity is common in your community. Asking or forcing someone to assist is also hazing. Hazing does not have to have physical contact to occur. It does not matter if the victim agreed to participate; those inflicting the hazing can still be held responsible. Any action taken to a person that is sleeping can be considered hazing.

Some examples of hazing can include:

- Striking someone on any part of the body
- Making someone perform unnecessary tedious chores
- Making someone eat or drink from unusual containers (e.g. dog bowl) or food fights
- Wearing symbols, drawings, or text on clothing or bare skin, regardless of how applied
- Restraining someone with ropes chains, handcuffs, or duct tape
- Forcing someone to pay respect to another by kneeling or groveling
- Exposing someone to extreme temperatures or weather
- Dares
- Abandoning someone in the middle of nowhere
- Forcing someone to break any law or do something harmful to the image of the school or the military.

Cadet Rules

1. Cadets should leave their rooms appropriately dressed.
2. Cadets are not allowed into the room of the opposite gender for any reason.
3. Cadets are not allowed into chaperone's room unless it is their parent's or the door remains open. Cadets are not allowed to sleep in chaperone's room unless it is their parent's room with school admin approval. Cadets must sleep in their assigned room.
4. Cadets must remain on hotel/accommodation premises unless approval has been given otherwise by a member of staff or chaperone.
5. Cadets will not pair off with the opposite gender. They will have at least one cadet with them of their same gender.
6. Cadets must cover themselves when going to and from the swimming pool. They will not go to or return from the pool without a shirt on or with only a towel covering them.
7. Female cadets will wear a modest one or two-piece swimsuit when at the hotel pool. Or they will be asked to wear a t-shirt over their swimsuit.
8. Hotel pool rules will be enforced with the additional rule that a chaperone must be present for cadets to use the hotel pool.
9. Cadets may not view inappropriate material via the internet or any other source, printed or video while on a school sponsored trip.

Bus Expectations

1. Cadets will not board the bus until given the ok by the staff.
2. Male and female cadets will not share a seat on any trips longer than 20 minutes.
3. Male and female cadets may sit across the aisle from each other on trips less than 1 hour.
4. On any trip over one hour, male cadets will take the seats in the rear of the bus, and female cadets will sit in the front.
5. Chaperones will be interspersed throughout the bus (at least 2 chaperones will take the seats between the male and female section of the bus).
6. If a female cadet wishes to sit with their parent they must sit in an area closest to the female part of the bus. Likewise, for a male cadet the parent must sit nearest to the male cadets.
7. There is no lap sitting by anyone.
8. **No one** may share a blanket with their seatmate.
9. Cadets may bring their own electronics on the bus, but **MUST** use headphones/earbuds.
10. Staff will manage the movies shown on the bus. All movies must be appropriate for a school setting.
11. Cadets are expected to keep the area around their seat clean.
12. Upon reaching our destination, cadets will ensure there is no trash left on the bus.

Itinerary

Packing List

(Change as required)

Comfortable clothes for the bus (no pajama pants please)

Clothing for Event –

Toiletries, shower items

PJ's

Sunscreen

Prescribed Medications

Money for expenses, lunches and souvenirs (recommend \$50)

Optional

Books or electronics for bus ride

Snacks

Small cooler for your snacks

Sunglasses

Camera

PROHIBITED ITEMS

- ☐ Knives, guns or any type of weapons
- ☐ Pornographic material or items displaying emblems or ads related to drugs, pornography and substances/items illegal for minors
- ☐ Drugs and/or Alcohol or items displaying emblems or ads about alcohol
- ☐ Examples: Marlboro, playboy, cannabis, Budweiser... etc.