

Here's a quick checklist to assist in planning your field trip on the farm!

- \$150 Deposit.** We require a \$150 deposit to secure the date of your trip. The deposit will go towards your total and must be paid in advance. Balances are due 2 weeks prior to your visit.
- Hand out Farmers Rising Waivers.** We require that all students have a signed waiver from parents. Our farm is a unique place very different from schools, so we cannot accept waivers or permission slips written by other schools or organizations.
- Send in a Certificate of Insurance.**
- Review your Schedule.** We'll send you a schedule prior to your trip.

Please review and make sure it meets your expectations. It's always a good idea to double check arrival/departure times, and the time of your lunch break if your group plans to eat lunch while you're here.
- Print out Driving Directions.** It is important to us that your group arrives on time
- Complete Farmers Rising Evaluation Form.** We will send you an email after your trip is over with an evaluation form. We appreciate any feedback or comments you would like to offer!



Share your photos!

Did you or your students take some photos on the farm? We would love to see them! Be sure to tag us on social media or send us an email!

- [facebook.com/FarmersRising](https://www.facebook.com/FarmersRising)
- [@farmersrising](https://twitter.com/farmersrising)
- programs@learngrowconnect.org



Visit our website to learn more: www.FarmersRising.org

Tips for Teachers and Parents

FOR FARM FIELD TRIPS
AT FARMERS RISING

We are looking forward to a great field trip on the farm!

Below are some guidelines and tips for preparing your kids for their farm trip! Please be sure to review them so we can have a fun, safe day together.

1. **We require everyone turn in a signed waiver form.** Teachers should collect these and hand them in on the day of the trip.
2. **Make sure your kids are dressed appropriately!** We recommend:
 - Closed-toe shoes and socks. If it's wet outside or has been recently, we think rubber boots are the best shoes to wear.
 - We always recommend long pants, especially if your group is doing a work project.
 - If the weather is warm (over 75 degrees) please make sure kids are dressed in breathable, light clothes.
 - If the weather is cool (below 60 degrees) please encourage kids to bring warm layers! The farm can get windy once the temperatures drop and we'll spend the trip outside. We strongly recommend pants, jackets, hats & gloves!
 - If it's rainy we will use barns for shelter along our tour, but please make sure kids are wearing rain gear.
 - Expect all clothes to come home dirty!
3. **Please be sure everyone brings a water bottle.**
4. **Farm tours will range from 1.5 to 2 miles.** Kids and parent chaperones should be prepared for walking. Be sure to alert us if anyone in your group has mobility or special needs.
5. **If you are bringing a big class, we will break into groups.** We find that everything goes smoothly when kids are put into groups before the trip and get off the bus by their groups. If a chaperone will be carrying a student's medication, please double check that they are placed in the same group.
6. **If your group will be here for lunch** we recommend items that don't need refrigeration and involve little packaging. If your group is making food with us please be aware that we are not providing a full meal and you should bring a lunch with you.
7. **Make sure kids eat a hearty breakfast!**

FARMERS
RISING

Recall



that whatever
lofty things you might
accomplish today, you
will do them only because
you first ate something
that grew out of dirt.

-Barbara Kingsolver

About Farmers Rising

Farmers Rising (formerly Angelic Organics Learning Center) has been building sustainable local food and farm systems since 1999. We offer opportunities to grow healthy food and a better quality of life, connect with farmers and the land, and learn agricultural and leadership skills. Farmers Rising is a 501(c)3 nonprofit organization that reaches more than 4,000 people each year through our programs at partner farms and urban growing sites in northern Illinois and southern Wisconsin.

Learn more at www.LearnGrowConnect.org



SAFETY GUIDELINES

Visitors to Farmers Rising are welcome! At the same time, the farm has a number of potential hazards for adults and children.

Please observe all safety guidelines and posted signs while at Farmers Rising. If you have any questions, please ask a farm staff person.

BE SAFE

- **Please stay with your group while you're at the farm.** Entry into the farm buildings is permitted only when accompanied by farm staff.
- If you feel ill, have an accident (and need first aid), or observe something that is unsafe, please advise a staff member immediately.
- Persons under 18 years old must be supervised by an adult at all times.

BE AWARE: FARM HAZARDS

- **Be aware of farm machinery**, including tractors and trucks. Please use your eyes and ears and move off the roadways when vehicles are approaching.
- Please do not touch or climb on any farm machinery or equipment without permission.
- **Please do not touch a fence** unless you have checked with farm staff to make sure it is not electrified. Many fences are electrified to keep animals in and predators out of the animal pastures, vegetable fields, and barns.

BE KIND: RESPECT THE ANIMALS

- Some animals have horns and others like to nibble at fingers, so please do not open gates or enter animal areas without permission.

BE WELL: HEALTHY PRACTICES

- After touching animals, we request that you wash your hands with soap and hot water for 20 seconds.
- **Check for ticks** every 2-3 hours after visiting wooded areas or moving through tall grasses. Consult with a medical professional if you find an attached tick or tick bite.
- To avoid mosquito-borne illnesses dress in light-colored, long-sleeved shirts and long pants as protective clothing, and wear socks and shoes during dawn and dusk hours.

Directions to Farmers Rising

1545 Rockton Road, Caledonia, IL 61011 | 815.389.8455

Typical travel times

The farm is about one hour and 45 minutes from downtown Chicago, 30-45 minutes from Rockford, 30 minutes from Belvidere, 20 minutes from Rockton or Beloit.

Due to recent I-90 construction, travel may take longer than anticipated from all points East, including Chicago. Please consider alternate routes or take care to give yourself extra travel time.

From Chicago, Madison, or Beloit (Rockton Road Exit route):

Note: Easiest route from Chicago, but longer than the Genoa Road Exit route.

1. From I-90, exit east onto Rockton Road.
2. Pass through 3 stop signs (the third stop sign is Free Church Road, which currently lacks a street sign).
3. Continue on Rockton Rd (road soon turns to gravel) for $\frac{1}{2}$ mile to second farm on right. Our farm is set back from the road $\frac{1}{4}$ mile. Look for the small purple "Learning Center" sign at the entrance to our gravel driveway on the right, just after small cemetery (which is also on the right). If you hit a sharp right-hand turn in Rockton road, you have driven past our driveway by about a $\frac{1}{2}$ mile.
4. From the driveway, follow wooden signs marked "Learning Center" to the parking area. We ask visitors who will be at the farm for more than 15 minutes to use our main parking lot, the "Lot of Worms."

From Chicago (Genoa Road Exit route):

Note: Shortest route from Chicago, but more complicated than the Rockton Road Exit route.

2. West on I-90 to Genoa Road Exit (Belvidere)
3. Right on Genoa Road through 2 stoplights; you are now on Business Rte. 20
4. Continue 3 miles on Bus. Rte. 20 to next light (at intersection with Hwy. 76)
5. Right on Hwy. 76, go straight north $1\frac{3}{4}$ miles.
6. Slow down as Hwy. 76 starts to curve to the right, watching for the *first* left turn you can take. Turn left here, onto Caledonia Road.
7. Straight on Caledonia Road $9\frac{1}{2}$ miles until it ends at Hunter Road.
8. Left on Hunter Road, drive (slowly) $\frac{1}{4}$ mile to the first right you can take – Free Church Road. (Easy to miss – especially at night)
9. Right on Free Church Road, 2 miles north to first 4-way intersection, where Free Church meets Rockton Road. (Before Rockton Rd., you'll pass Krupke Rd going right, McCurry Rd going left)
10. Right on Rockton Road and follow steps 3-4 from the Rockton Road exit route, shown above.

From Rockford:

1. Take IL-2 (Main Street), 251, or I-90 north to Rockton Road.
2. Turn right (east) on Rockton Road. Cross I-90 and follow steps 2-4 from the Rockton Road Exit route, shown above.





Program Participant Waiver Form

Name: _____ Phone Number: _____ Email _____
Address: Street: _____ Apartment: _____
City: _____ State: _____ Zip _____

School/Organization Name: _____

Parent/Guardian (if under 18) or Emergency Contact (18 and over)

Name(s) _____ Phone 1 _____ Phone 2: _____

I allow my dependent minor or myself to participate in the programs at Farmers Rising. I am aware that farms and gardens pose many hazards and agree to abide by all safety guidelines provided for this event. I understand that reasonable measures will be taken to safeguard the health and safety of all participants.

In consideration of your hosting me and any dependents for these programs, I hereby release and hold harmless Farmers Rising and all sponsors from any claims of injury, loss or damage which may be claimed against any of the foregoing in any manner by me or through my dependents. I further agree to indemnify all sponsors and host organizations against any judgments and reasonable costs or expenses incurred (including attorney fees) by any of the foregoing in defending any such claim made by anyone else relating to the activities of me or my dependents.

Regarding participation of myself or my dependent in these programs, I consent that personal information collected by the Learning Center, including photographs and audio/video recordings, may be used for educational and promotional purposes, and to communicate with me about Farmers Rising programs and activities that may interest me. For good and valuable consideration, I hereby give my consent and permission to Farmers Rising, its agents, employees, designees, successors or assigns, to use and/or publish, in the furtherance of its fundraising campaign and community awareness efforts of the organization, with or without identification of me by name, any and all photographs and or video/audio recordings taken of me or my dependent at the location described below. I further grant permission for the copyright of such photographs and/or video/audio recordings, and consent that they may be reproduced either partially or in composite, or distorted in character or form, in conjunction with other photographs and/or video/audio recordings, names and reproductions made through any media. I further authorize any newspaper, printer, advertiser, or any other individual or organization to use and/or publish said photographs and/or video/audio recordings of me in the promotion of the Farmers Rising and of its fund drives or any of its activities. I waive any right or claim to any compensation for the use of my photograph(s) and/or video/audio recording(s) and waive any right or claim to damages that I may suffer as a result of my consent to their use. I have read the above statement and am familiar with its contents. I am over the age of 18 years.

By signing below, I indicate that if included in my program, I give my child permission to, or I myself may participate in: sample food associated with programming at Farmers Rising, spend time with live animals, including monitored contact with chickens and goats and being in close proximity to pigs and cows, climb a ladder into a hayloft under supervision of an instructor.

- My child may **NOT** be photographed or recorded (check if you do NOT want your child photographed).
- My child has or I myself have special needs, which I've described in the space below.

Participant (over 18) or Parent/Guardian signature: _____ Date _____

- Please add me to your eNewsletter and mailing list