



Seventh Grade Hero's Adventure Trip

Wednesday-Friday, October 15-17

The entire seventh grade class travels to Camp Arrowhead in North Carolina where they participate in experiential learning activities designed to foster self-confidence, self-reliance, and team building by taking advantage of a 7th grader's inherent energy, and desire for adventure and challenge.

Climbing, paddling, hiking, camping, adventure racing, and other activities offer physical, intellectual and emotional challenge and opportunity for reflection, group discussion, and journaling. A visit from a local naturalist and a creative outdoor art activity round out the week's activities.

The PEAK staff and seventh grade teaching team plan the curriculum and activities. Cost for the Hero's Adventure Trip is \$245. A limited amount of financial aid is available; those interested in applying should contact Mr. Bain. Payment for the trip is due on or before Friday, October 3.

Specific Objectives for this event are:

- To promote an understanding heroism through a series of experiences including climbing, adventure racing, and initiative activities in a pristine mountain environment;
- To foster feelings of self-confidence and self-reliance (both personal and group) in a semi-wilderness environment by engaging students intellectually, socially, and emotionally in an outdoor arena.
- To reinforce classroom themes in real life settings with hands-on experiences.
- To create and experience that gives the Heathwood Class of 2014 an opportunity to engage socially outside of the classroom.

Logistical Information

On Wednesday, October 15, students meet in the field at Adventure Base Camp at 8:20am with all luggage. We intend to return to Heathwood by 3pm on Friday afternoon, October 17. Students should be picked up at that time in the IMS parking lot.

Seventh Grade Hero's Adventure Trip Gear List

The majority of activities on this trip will take place outdoors, so please bring clothing that can handle a little abuse -- it may get wet, it may get dirty, it may even get snagged on a briar. You're not out to make a fashion statement; you'll need clothing that is functional and rugged. Because the weather is very unpredictable in the North Carolina mountains, it is important to pack for warm weather as well as cool, and for wet weather as well as dry. Lightweight "layers", that can be put on or taken off as weather changes during the day, are what will be described in the following list:

Clothing

- 2 pairs of shoes: - one pair of flat-soled tennis shoes for rock climbing (the slicker the soles, the better! Deck shoes are actually the best); the other pair can be hiking boots, teva sandals or just another pair of tennis shoes
- 2 pairs of cotton socks for casual wear around camp (cotton will not keep your feet warm when wet!)
- 2 pairs of long pants: - one pair should be light weight (nylon "warm up suit" pants are good); the other pair may be jeans
- 2 pairs of shorts: - one pair should be a pair of gym shorts (nylon or nylon mesh), or swimming trunks; the other pair may be cotton shorts
- 2 t-shirts (can be cotton)
- 1 fleece sweater (not a cotton sweatshirt or pullover!) or lightweight warm jacket
- a good raincoat -- gortex is the BEST because it keeps water out and body heat in, but don't go out and buy it for this trip. A rain slicker or poncho will work just as well for a couple of days, but it must be WATERPROOF (this also doubles as a wind jacket)
- some kind of hat -- baseball cap, wide brimmed hat...
- underwear -- this may be cotton!

Sleeping Bag

- sleeping bag -- this bag should be an outdoor bag, made of nylon and insulated with synthetic fibers or down. Cotton slumber bags will not do. If you don't have a good outdoor bag, we can provide one for you. Don't go out and buy one for the trip.

Other Necessary Items

- WATER BOTTLE
- bathroom articles - towel, washcloth, soap, toothbrush, toothpaste, shampoo, deodorant
- sunscreen and lip balm
- day pack or book bag
- flashlight
- Optional Items
- sunglasses, camera, cap for warmth

Forbidden Items

these items will be confiscated

- food of any kind, including gum and candy
- CD player, tape player or radio
- electronic games
- lighters
- knives of any kind (not even pocket knives!)

All items should be packed in one large duffel bag or backpack. Please do not bring large suitcases as space is limited. All medications should be packed in a large zip lock bag with specific instructions and will be kept and distributed by Heathwood teachers. Please, clearly list all specific instructions.

Registration Form

Program 7th Grade Trip

Date Wednesday-Friday, October 15-17, 2008

Participant _____ Teacher/Advisor _____

Parents _____ Home Phone _____ Work Phone _____

Address _____ Cell _____ Email _____

ALL fees DUE PRIOR to Program/Event (Make checks payable to HEATHWOOD HALL)

Cost \$245 Paid _____ Date _____ Check #/Cash _____

ASSUMPTION of RISK

- There are significant elements of risk in any adventure activity associated with paddling, biking, camping, backpacking, hiking, mountaineering, climbing, (referred to herein as the "Activity") and the use of any equipment related thereto (collectively referred to herein as "Activity".) Although the School has taken reasonable steps to provide appropriate gear and instruction, the School acknowledges that this Activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of the Activity. The same elements that contribute to the unique character of the Activity can be causes of loss or damage to equipment, accidental injury, illness, and in extreme cases, permanent trauma or death.
- The School does not want to frighten or reduce enthusiasm for this Activity, but it is important to know in advance what to expect and to be informed of the inherent risks in participating in the Activity. The following describes some, but not all, of those risks:
 1. Fall from heights that may result in personal injury.
 2. Heat related illnesses including heat exhaustion and heat stroke.
 3. River crossings, trail travel, or travel to or from the Activity.
 4. Cold weather related injuries, including hypothermia, frostnip/frostbite that may result in loss of limbs, digits and/or permanent scarring.
 5. Loss of sense of balance, physical coordination, and ability to follow instructions and actions of instructors and other participants
 6. Altitude related sicknesses, including acute mountain sickness, pulmonary edema, cerebral edema and/or retinal hemorrhage.
 7. Acts of nature that may include avalanche, rock fall, crevasse fall, inclement weather, high winds, and severe cold.
 8. Equipment failure.
 9. Accidents or illnesses that occur in remote places where there are no available medical facilities.
- In consideration of Heathwood Hall Episcopal School, their administrators, employees, and all other persons or entities associated with Heathwood, (hereinafter, collectively referred to as the School), I agree as follows:
 - * I am aware that the Activity entails risk of injury or death to the participant. I understand the description of these risks is not complete and that other unknown or anticipated risks may result in injury, illness or death. I agree to assume responsibility for the risks identified herein and those risks not specifically identified. Participation in the Activity is purely voluntary. No one is forcing me/my child to participate. I elect to participate/have my child participate in spite of the risks inherent in the Activity. I/my child possess(es) at least the following qualifications, which I understand are prerequisites to participate in this activity.
 - * I/my child am/is physically and mentally capable of participating in the activity and/or using the equipment.
 - * I/my child am/is safety conscious and acknowledges that wearing an UIAA approved helmet may be a basic safety precaution with respect to preventing head injury.
 - * I acknowledge that if, during the activity, I/my child experience(s) fatigue, chill and/or dizziness, my/his or her reaction time may be diminished and the risk of accident increased. I certify that I/my child am/is fully capable of participating in this activity. Therefore, I assume full responsibility for myself/my child for bodily injury, accidents, illness, death, loss of personal property and expense thereof as a result of participation in the Activity.
 - * I further agree to hold the School, including its directors, officers, employees, agents and servants, harmless from any and all claims, damages, expenses or other losses of any nature that may arise as a result of my/my child's participation in the Activity.
- Furthermore, I give permission to use my/my child's photo in any PEAK Outdoor Center/Heathwood Hall publication.

Signature of parent/guardian

Signature of participant

Date

Trip-Specific Authorization

WHO: Seventh Grade Class

WHAT: Hero's Adventure Trip

WHERE: Camp Arrowhead, near Flat Rock, NC

WHEN: Wednesday-Friday, October 15-17, 2008

TRANSPORTATION: Students travel to and from all sites via Heathwood school bus driven by a qualified driver.

LODGING: Camp Arrowhead cabins

ACTIVITIES: Class trip activities

COST: \$245/student

CHAPERONES: Stan Wood, Elizabeth Airey and Seventh Grade Teaching Team

*Please sign all statements and return this form to the PEAK Outdoor Center.
Medical forms must accompany students.*

I acknowledge that I have been provided the opportunity to discuss and/or review the rules, policies, and supervisory procedures of Heathwood Hall Episcopal School designed to assure the safety of my child on this trip. I, therefore, grant permission for my child, _____, to participate on this trip and to travel to and from the trip location. I understand that the School assumes no costs due to sickness, accident, or other trip related activities.

Parent Signature: _____ Date: _____

FOR THE STUDENT:

I, _____ understand and agree to all travel arrangements outlined herein. I also agree to adhere to all rules and policies of Heathwood Hall Episcopal School while participating in this trip.

Student Signature: _____ Date: _____

*Heathwood Hall Episcopal School * 3000 South Beltline Boulevard *
Columbia, SC 29201-5199 * 803/765-2309*