



**Eighth Grade River Adventure Trip**  
***Rafting at the U.S. National Whitewater Center***  
*Tuesday, August 26, 2008*

We hope you're enjoying the summer of your life! It's hard to believe that the start of school is only a few weeks away. Sorry to deliver that reality check, but the start of school often brings **excitement** and **adventure**. It's **exciting** to reunite with old friends and begin making some new ones. The **adventure** this year is going to hit you in the face like a splash of cold river water – water from the US National Whitewater Center in Charlotte to be exact. For the past few years, 8<sup>th</sup> graders at Heathwood have started the year with a rafting adventure in an effort to integrate new class members with old ones, build a sense of community among the class, and strengthen individual and collective confidence through a fun and challenging experience.

**Specific objectives for this event are:**

- To develop paddling skills and introduce and enhance skills related to Leave No Trace wilderness ethics.
- To provide opportunity for meaningful growth in the areas of self-confidence and self-reliance by challenging limits of physical and emotional comfort and ability by paddling class II, III and IV rapids on a whitewater river.
- To practice principles of leadership through participation in a paddling activity that necessitates an ability to communicate effectively, problem solve and work cooperatively within a small group.
- To provide an opportunity for members of the 8<sup>th</sup> grade class to enjoy fellowship as they begin their journey through the 8<sup>th</sup> grade at Heathwood.

**Logistical Information**

Students leave from the field at Adventure Base Camp at **8am sharp** on Tuesday, August 26.

***Students should arrive to board the buses no later than 7:45am.*** The group travels to the U.S. National Whitewater Center located in Charlotte, NC. The recently opened Center boast the largest man-made circulating whitewater river in the world and serves as the training venue for our Olympic paddlers. **Students should bring a lunch to be eaten at the Center during the day.** After rafting our group returns to Heathwood. Students may wish to bring money for snacks at the Whitewater Center. We intend to return to Heathwood between 3-4pm Monday afternoon.

Cost for the Rafting Trip is \$75. Payment is due on or before Monday, August 11 to assure your child a place on the trip. Please send payment and all completed forms to the attention of the PEAK Program, Heathwood Hall Episcopal School, 3000 S. Beltline Blvd., Columbia, SC 29201.

**Paddlers need to bring the following items:**

- Swimsuit (a quick-dry shirt, anything but cotton, is also a good item to wear in the raft)
- Water shoes (tevas or some other type of shoes that can be worn in the raft)
- Warm fleece sweater or cotton sweatshirt to be worn after paddling
- Comfortable clothes in which to change after rafting
- Waterbottle
- Sunscreen
- Bag lunch and about \$5 cash for snacks

Please feel free to call 231-7723 for more information regarding this event.

## Trip-Specific Authorization

- WHO:** 8<sup>th</sup> Grade Students
- WHAT:** Rafting at the U.S. National Whitewater Center
- WHERE:** U.S. National Whitewater Center in Charlotte, North Carolina
- WHEN:** Tuesday, August 26, 2008      Depart Heathwood at 8am; return 4pm.
- TRANSPORTATION:** Students travel to and from the Center via Heathwood school bus driven by a qualified driver.
- LODGING:** n/a
- ACTIVITIES:** Rafting
- COST:** \$75 plus bag lunch and money for snacks
- CHAPERONES:** Stan Wood, Elizabeth Airey, Donnie Bain, and the 8<sup>th</sup> 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*

# Registration Form

Program 8th Grade Rafting Trip

Date Tuesday, August 26, 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 \$75 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.
- I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be binding upon myself, my heirs, assigns, personal representatives, and estate and for all members of my family.
- 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