



PEAK

EXPERIENCE THE LEARNING

8th Leadership Adventure Trip

Tuesday-Friday, May 4-7, 2010

Location

Camp Pinnacle – base camp, cabins, dining hall; located near Hendersonville, NC
Pisgah National Forest and Shining Rock Wilderness Area - recreation, hiking, camping and climbing sites

Trip Description

This trip is specifically designed for 8th graders, offering a healthy blend of challenge, adventure, and social interaction. In addition, the experience uniquely combines cultural and historical educational components with an experiential opportunity to practice fundamental elements of leadership.

The trip is 4 days in length, and, in addition to being outdoor and expeditionary in nature, also offers opportunity for students to learn about the ecological and historical aspects of the Appalachian Mountains. It offers an opportunity for students to visit cultural locations in downtown Hendersonville, NC. Students are also treated to a live bluegrass music concert by a local bluegrass band while immersed in a fascinating landscape of waterfalls, exposed rock faces, and rare semi-tropical plant and animal life found nowhere else on earth.

Historical, scientific, and cultural aspects aside, this experience provides hands-on leadership opportunity with guidance from qualified teachers and instructors, putting into play curricular aspects of the skills and information learned in Outdoor Education classes.

Trip Itinerary

Students travel to Camp Pinnacle near Hendersonville, North Carolina. Pinnacle serves as a base camp for the week. An excursion to Sliding Rock in Pisgah National Forest serves as an adventure opportunity on the first day.

After a hearty dinner at Camp Pinnacle, students are briefed for their overnight expedition and begin packing their backpacks with personal and group gear needed on the camp out.

After a comfortable night in cabins, students embark on a 2-day/one night backpacking trip that includes a geo-caching exercise on the trail. Students are divided into small groups and individual students in each group put into play the critical skills that they have learned throughout the year in Outdoor Education class. These skills include:

- packing and managing a backpack
- meal preparation
- navigation
- campsite management
- and, issues related to Leave No Trace (LNT) practices

Hiking, camping, and geo-caching offer physical, emotional, and intellectual challenge and require courage and healthy risk-taking, which in turn develops confidence and character. After

the backpack expedition, students return to base camp for a hot shower and a well deserved hot shower.

Following another delicious dinner Camp Pinnacle, students are treated to live bluegrass music by local band.

On Friday, students awake from their bunk beds, eat a hearty breakfast, then have an opportunity to participate in one of the following activities before returning to Heathwood:

- Rock Climbing at Gilbert's Rock
- Mountain Biking in Dupont State Forest
- Climbing Wall and Zip Line opportunities at Camp Pinnacle
- Fly Fishing with a guide in the Davidson River
- Waterfall hike adventure in Dupont State Forest

Cost

\$260/student, plus money for lunch in Hendersonville on Friday. For those in need, financial aid is available. Parents should contact Donnie Bain at 231-7745 for application.

Trip Logistics

On Tuesday, May 4, students meet in the parking lot at Adventure Base Camp by 8:20am with all luggage. We intend to return to Heathwood by 5:30pm on Friday, May 7. Students should be picked up at that time in the IMS parking lot.

In addition to the cost of the trip, students will need money for lunch in downtown Hendersonville on Friday.

Medications

All MEDICATIONS should be accompanied by the school **Physician's Medication Authorization** form and should be placed in a large ziplock bag with specific instructions for each medication. The medications bag should be given to one of the 8th grade teachers before boarding the bus on Tuesday morning. Please be aware that students are not allowed to keep any medications, prescription or over-the-counter, in their personal belongings.

Individual Gear List

The majority of activities on this trip will take place outdoors, so please bring clothing that can handle abuse. Functional and rugged clothing is needed. Weather is very unpredictable in the North Carolina mountains, so 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 pair of shoes: - well worn hiking boots or sturdy tennis shoes for hiking on the trail; the other pair is for climbing and should be flat-soled tennis shoes, deck shoes are actually the best)

3 pair of wool or wool blend socks for wear on the trail hike (cotton will not keep feet warm if wet and does not provide enough cushion while carrying a backpack)

2 pair of long pants - one pair should be light weight (nylon "warm up suit" pants are good); the other pair may be nice jeans for wear on Friday in Asheville

3 pairs of shorts: - one pair should be a pair of gym shorts (nylon or nylon mesh), or swimming

trunks; the others may be cotton shorts

2 synthetic t-shirts for the trail hike

2 cotton t-shirts for wear around camp and in Asheville. (T-shirts must be appropriate according to Heathwood dress code)

1 fleece jacket (not a cotton sweatshirt or pullover!)

raincoat -- must be waterproof (this also doubles as a wind jacket on a cool at night in the campsite)

stocking cap and lightweight **gloves** or **mittens** for the trail

baseball cap or **wide brimmed hat** may be good for sun exposure at the rock climbing site.

underwear - several pair

SLEEPING BAG

sleeping bag with a **stuff sack** -- the bag must be an outdoor bag, made of nylon and insulated with synthetic fibers or down. Cotton slumber bags will not be sufficient. If a good outdoor bag is not available, one can be provided for you. Please let us know if there is a need.

foam sleeping pad (\$10 ensolite or ridgerest pad available at Walmart), or therm-a-rest sleeping pad. This item is for warmth and insulation on the trail hike.

BACKPACK

Good quality backpack, either external or internal frame, with at least 4500 cubic inches of room inside (this is NOT a book bag). If you don't have an appropriate backpack, one can be provided for you. Please let us know if there is a need.

OTHER NECESSARY ITEMS

Water bottle - 32 ounce Nalgene (plastic) or Kleen Kanteen (metal) type of water bottle that is easily refilled.

flashlight - a headlamp is best for camping and can be found at Walmart for about \$10.

toilet articles - towel, washcloth, soap, toothbrush, toothpaste, shampoo, deodorant

sunscreen

bandana

OPTIONAL ITEMS

sunglasses

camera (cell phone cameras do NOT count)

book

deck of cards

FORBIDDEN ITEMS - these items will be confiscated

food of any kind, including gum and candy

cell phone

any type of **MP3 player** or **electronic game**

Items Provided by PEAK for the Trip

Tent

Individual meal kit - bowl, utensils

All group cook gear - stoves, fuel, pots and pans

Sleeping Bag - by request only (***please let us know ASAP if your child needs a sleeping bag***)

Backpack - by request only (***please let us know ASAP if your child needs a backpack***)

All items should be packed in one large duffel bag or backpack. Please do not bring large suitcases as space is limited.



PEAK

EXPERIENCE THE LEARNING

8TH GRADE LEADERSHIP EXPEDITION REGISTRATION FORM

Participant _____ Teacher/Advisor _____

Parents _____ Home Phone _____ Work Phone _____

Address _____ Cell/ _____ Email _____

All Fees DUE Prior to Program (Make checks payable to HEATHWOOD HALL)

Cost \$260 Paid _____ Date _____ Check #/Cash _____

ASSUMPTION of RISK

There are significant elements of risk in any adventure activity associated with, but not limited to, initiative activities, paddling, biking, camping, backpacking, hiking, mountaineering, climbing, diving (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:

- Fall from heights that may result in personal injury.
- Heat related illnesses including heat exhaustion and heat stroke.
- River travel, trail travel, or travel to or from the Activity.
- Cold weather-/cold water-related injuries, including hypothermia and frostbite.
- SCUBA diving related illnesses including nitrogen narcosis.
- Altitude related sicknesses, including acute mountain sickness, pulmonary edema, cerebral edema.
- Acts of nature that may include avalanche, rock fall, crevasse fall, lightning strikes, high winds, and severe cold.
- Equipment failure.
- Accidents or illnesses that occur in remote places where medical facilities are not immediately available.
- Accidents or illnesses that occur in remote places where there are no immediately 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 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.

_____ I do NOT give permission to use my/my child's photo in any PEAK Outdoor Center Heathwood Hall publication.

Participant (Please print your name)

Signature of parent/guardian

Date

Trip-Specific Authorization

- WHO:** 8th Grade Class
- WHAT:** 8th Grade Class Trip
- WHERE:** Camp Pinnacle, Hendersonville and sites in Pisgah National Forest in NC
- WHEN:** Tuesday-Friday, May 4-7, 2010
- TRANSPORTATION:** Students travel to and from the event via Heathwood transportation driven by a qualified driver.
- LODGING:** Cabins at Camp Pinnacle and trailside campsites in Pisgah National Forest and in the Shining Rock Wilderness Area
- ACTIVITIES:** Backpacking, camping, visiting downtown Hendersonville, NC
- COST:** \$260
- CHAPERONES:** Stan Wood, Becca Reynolds, 8th Grade Teaching Team and additional PEAK Instructors

*Please sign all statements and return this form to your child's advisor.
Medical forms will 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

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*

REQUEST FOR MEDICATION ADMINISTRATION ON A FIELD TRIP

It is the policy of Heathwood Hall Episcopal School that any prescription or over-the-counter medication required by a student during a school-sponsored field trip must be secured and transported by a Heathwood Hall staff member designated by the headmaster.

Heathwood Hall requires that parents of a student needing any prescription or over-the-counter medication during a field trip present the following:

- 1) **A medication administration form signed by a parent and the prescribing physician.**
- 2) Medication in the original prescription bottle properly labeled by a registered pharmacist as prescribed by law. The student's name and the physician's name must be on the label of prescription medications. **NO OTHER CONTAINERS WILL BE ACCEPTED.**

A parent, **NOT THE STUDENT**, must deliver and pick up medicines, and inform the school of medication, dosage, student conditions, or restrictions.

Name of Student: _____

Grade: _____ Teacher: _____

Medication and Dosage:

1) _____

Time of day to be given: _____ Number of days to be given: _____

Purpose of medication: _____

Possible side effects: _____

Student restrictions, if any, and length of time: _____

2) _____

Time of day to be given: _____ Number of days to be given: _____

Purpose of medication: _____

Possible side effects: _____

Student restrictions, if any, and length of time: _____

3) _____

Time of day to be given: _____ Number of days to be given: _____

Purpose of medication: _____

Possible side effects: _____

Student restrictions, if any, and length of time: _____

4) _____

Time of day to be given: _____ Number of days to be given: _____

Purpose of medication: _____

Possible side effects: _____

Student restrictions, if any, and length of time: _____

Prescribing Physician: _____

I hereby give permission for _____ to take the above medication on a school-sponsored field trip. I will not hold Heathwood Hall Episcopal School or the person designated by the headmaster liable for an adverse reaction experienced by the student.

Signature of Parent: _____ Date: _____

Signature of Physician: _____ Date: _____

Heathwood Hall Fax: 803-748-4755

RELEASE AND WAIVER OF LIABILITY AGREEMENT

I, _____ (“Participant”), acknowledge that I have voluntarily applied to participate in the events planned with Heathwood Hall School.

I AM AWARE THAT THESE ACTIVITIES ARE COULD RESULT IN AN ACCIDENT, INJURY OR OTHER UNFORSEEN HAZARDS. I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES AND AGREE TO ASSUME ANY AND ALL RISKS OF BODILY INJURY OR PROPERTY DAMAGE, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN.

I verify this statement by placing my initials here: _____
Parent or Guardian’s initials (if under 18 years old): _____

As consideration for being permitted by Camp Pinnacle, Inc., Hendersonville, NC, and any Lessee of the Camp premises (“Lessee”), to participate in activities on the Camp premises, I fully and forever release Camp Pinnacle, Inc., and their respective directors, officers, employees, agents, contractors and representatives (collectively “Releases”) from any and all actions, claims, or demands that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives now have, or may have in the future, for injury, death, or property damage, related to the negligence or other acts, whether directly connected to these activities or not, and however caused, by any Releasee, or the condition of the premises where these activities occur. Whether or not I am then participating in the activities. I also agree that I, my assignees, heirs, distributes, guardians, next of kin, spouse and legal representatives will not make a claim against, sue, or attach the property of any Releasee in connection with any of the matters covered by the foregoing release.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND CAMP PINNACLE, INC., AND SIGN IT OF MY OWN FREE WILL.

PARTICIPANT/RELEASOR

PARENT/GUARDIAN

signature

signature

Date

Date

IF YOU ARE UNDER 18 YEARS OF AGE, YOU AND YOUR PARENT OR GUARDIAN MUST SIGN AND INITIAL THIS FORM WHERE INDICATED.