



ADVENTURE CLUB

Adventure Club, for **first** and **second graders**, takes place in the fall and in the spring. Adventure Club offers instruction and experience at a beginner level in the areas of biking, climbing, and paddling. The club meets on Tuesdays for first graders and Wednesdays for second graders following the club schedule. Club sessions begin at the PEAK classroom under the Robinson Center immediately after school. Adventure Club ends at 5pm (6pm on the river and biking field trips). Club size is limited to 12 students. Club membership is \$175 per semester and includes instruction, gear (except for bikes and helmets) and transportation to field sites. Club dates are as follows:

Fall Semester

TW, September 16,17 – kayak/pond
 **TW, September 23,24 – canoe Congaree
 TW, Sept 30,Oct 1 - Alpine Tower
 TW, October 7,8 - Giant Swing
 TW, October 21,22 - Odyssey
 TW, October 28,29 - bike/campus
 *TW, November 11,12 - bike/Riverfront
 *TW, November 18,19 - bike/Riverwalk
 * indicates field trip; club members return to Heathwood at 6pm
 ** half-day, Adventure Club starts at 12noon (students should bring bag lunch)

Spring Semester

TW, March 10,11 - bike/campus
 *TW, March 17,18 - bike/Riverfront
 *TW, Mar 31, April 1 - bike/Riverwalk
 TW, April 7,8 - Alpine Tower
 TW, April 14,15 - Giant Swing
 TW, April 21,22 - Odyssey
 TW, May 5,6 - kayak/pond
 *TW, May 12,13 - canoe/Congaree

Specific Objectives for PEAK Adventure Club Members

In fulfilling the PEAK Outdoor Center mission and related values, the Adventure Club program specifically addresses the following objectives:

- To provide a tangible appreciation for natural venues through participation in paddling, biking and climbing activities that take place on the Heathwood campus and the Congaree River.
- To introduce and develop, at a beginner level, skills related to paddling canoes and kayaks, technical climbing and biking.
- 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 through adventure activities.

Logistical Information

Adventure Club members meet immediately after school outside the PEAK classroom under the Robinson Center. Club members should bring the following items to all club meetings (a small backpack or nylon bag makes a great gear bag for individual club gear):

- Bathing suit, Water shoes and Towel (on paddling days and Adventure Race)
- Water bottle and Snack
- Sunscreen
- Bikes and Helmets (on biking days)

We look forward to working with your child in the Adventure Club this year.

Trip-Specific Authorization

WHO: First and Second Grade Adventure Club Members

WHAT: Local Field Trips

WHERE:

Fall Semester

*TW, September 23,24 - canoe/Congaree

*TW, November 11,12 - bike/Riverfront

*TW, November 18,19 - bike/Riverwalk

Spring Semester

*TW, March 17,18 - bike/Riverfront

*TW, Mar 31, April 1 - bike/Riverwalk

*TW, May 12,13 - canoe/Congaree

WHEN: Scheduled field trip dates as listed above

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

LODGING: n/a

ACTIVITIES: Adventure activities

COST: Club cost at \$175/semester

CHAPERONES: Stan Wood, Elizabeth Airey, Becca Reynolds, additional PEAK Staff

*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

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 Adventure Club

Date Tuesdays or Wednesdays as scheduled

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 \$175/semester 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