



## ArrowDOGS

### Monday Afternoons in November

ArrowDOGS is a club for those third and fourth graders who are interested in shooting Olympic-style archery. ArrowDOGS practice basic archery skills on the Heathwood archery range. Archers learn to shoot with compound bows and may have an opportunity to participate in a statewide archery competition (date TBA). Team size is limited to 12 archers. Shooting sessions take place on Monday afternoons in November from 3:05-4:30pm. Cost is \$75 per team member and includes all archery equipment (archers may bring their own equipment if they like), and instruction.

#### **SPECIFIC OBJECTIVES for the ArrowDOGS program**

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

- To introduce, develop and enhance skills related to olympic-style archery.
- To provide opportunity for personal growth in the areas of self-confidence and self-reliance by challenging limits of physical and emotional comfort and ability.
- To provide opportunity for the development of leadership qualities including the ability to focus on a very specific task, problem solve, and work steadfastly on personal improvement.
- To introduce team members to competitive archery through participation in statewide archery competitions (dates TBA).

#### **LOGISTICAL INFORMATION**

ArrowDOGS meet immediately after school on the PEAK archery range. Archers should bring the following items to all training sessions:

- loose fitting clothing
- closed-toed shoes
- Water bottle (and snack)
- Sunscreen

# Registration Form

**Program** ArrowDOGS for 3rd and 4th Graders      **Dates** November 5, 12, 19, 26

**Participant** \_\_\_\_\_ **Teacher/Advisor** \_\_\_\_\_

**Parents** \_\_\_\_\_ **Home Phone** \_\_\_\_\_ **Work Phone** \_\_\_\_\_

**Address** \_\_\_\_\_ **Cell/Beeper** \_\_\_\_\_ **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