



## PEAK Explorers Club

*Explorers Club for **third and fourth graders** is designed to give older elementary age students an opportunity to learn and practice skills related to paddling, biking, climbing, and archery.*

The club meets on Thursday afternoons according to the schedules below. Club sessions begin at the PEAK classroom under the Robinson Center immediately after school. Explorers Club ends at 5pm (6pm on days of field trips). Club size is limited to 12 students per grade level. Club membership is \$175 and includes instruction, gear (except for bikes and helmets) and transportation to field sites. Club dates are as follows:

### Fall Semester 3rd/4th Grade

Th, Sept 10 – Kayak pond (3)/Odyssey (4)  
 Th, Sept 17 – \*Kayak Congaree (3)/Odyssey (4)  
 Th, Sept 24- Odyssey (3)/Kayak pond (4)  
 Th, Oct 1- Odyssey (3)/\*Kayak Congaree (4)  
 Th, Oct 8 - \*Bike Riverfront (3)/Archery (4)  
 Th, Oct 22 - \*Bike Riverwalk (3)/Alpine Tower (4)  
 Th, Oct 29 - Archery (3)/\*Bike Riverfront (4)  
 Th, Nov 12 - Alpine Tower (3)/\*Bike Palmetto Trail (4)

### Spring Semester 3rd/4th Grade

Th, Feb 18 – \*Bike Riverfront (3)/Archery (4)  
 Th, Feb 25 – \*Bike Palmetto Trail (3)/Alpine Tower (4)  
 Th, March 11 - Archery (3)/\*Bike Riverfront (4)  
 Th, March 18- Alpine Tower (3)/\*Bike Riverwalk (4)  
 Th, March 25 - Kayak pond (3)/Odyssey (4)  
 Th, April 8 - \*Kayak Congaree (3)/Odyssey (4)  
 Th, April 15 - Odyssey (3)/Kayak pond (4)  
 Th, April 29 - Odyssey (3)/\*Kayak Congaree (4)

\* indicates field trip; club members return to Heathwood at 6pm

### Specific Objectives for PEAK Explorers Club Members

In fulfilling the PEAK Outdoor Center mission and related values, the Explorers 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 in other outdoor venues in the Columbia area.
- To introduce and develop, at an advanced 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

Explorers 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)
- Water bottle and Snack
- Sunscreen
- Bikes and Helmets (on biking days)

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

## Trip-Specific Authorization

**WHO:** Third and Fourth Grade Explorers Club Members

**WHAT:** Local Field Trips

**WHERE:** Congaree River, Riverfront Park, Riverwalk Park

**WHEN: Fall Semester 3rd/4th Grade**

Th, Sept 17 – Kayak Congaree (3)  
Th, Oct 1- Kayak Congaree (4)  
Th, Oct 8 - Bike Riverfront (3)  
Th, Oct 22 - Riverwalk (3)  
Th, Oct 29 - Bike Riverfront (4)  
Th, Nov 12 - Bike Riverwalk(4)

**Spring Semester 3rd/4th Grade**

Th, Feb 18 – Bike Riverfront (3)  
Th, Feb 25 – Bike Riverwalk (3)  
Th, March 11 - Bike Riverfront (4)  
Th, March 18- Bike Riverwalk (4)  
Th, Apr 8 - Kayak Congaree (3)  
Th, April 29 - Kayak Congaree (4)

**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

**CHAPERONES:** Stan Wood, 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: Explorers Club (Grades 3 and 4)

Date: Thursdays as scheduled

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

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

Address \_\_\_\_\_ Cell \_\_\_\_\_ Email \_\_\_\_\_

### ALL fees DUE PRIOR to Program (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