



IMS Expeditions Program Whitewater Kayaking

The Intermediate/Middle School (IMS) Expeditions program is a series of month-long events designed to offer challenge, adventure, and personal growth through activities that require skill and practice and take place in natural venues, sometimes in remote locations.

The Whitewater Kayaking Expedition is a program designed specifically for IMS students who are serious about whitewater paddling. Students practice basic whitewater kayaking skills as sessions move from the Heathwood Pond to class I and II rapids on the Saluda River. Paddlers learn paddle strokes, self- and team-rescue techniques, and river reading skills. The Expedition is limited to 10 paddlers. Cost for the Whitewater Kayaking program is \$150 (NOT including the cost of the paddling trips to the Tuckaseegee and Nantahala Rivers). Cost for each of the paddling trips to North Carolina is \$125 and is in addition to the cost for the Kayaking program. Both trips are optional for all paddlers.

SCHEDULE for the White Water Kayaking Expedition Program

T, Sept 8	3-5pm	Heathwood Pond
F, Sept 11	3-6pm	Congaree River
S, Sept 12	9-12noon	Saluda River (Pop up Hole)
M, Sept 14	3-6pm	Saluda River (Shandon Rapid)
F, Sept 18	3-5pm	Roll clinic (Heathwood pond)
S, Sept 19	9-12noon	Saluda River run
M, Sept 21	3-6pm	Saluda River (Shandon Rapid)
T, Sept 22	3-6pm	Saluda River (Shandon Rapid)

FSSu, Sept 25-27 NOC Festival and Nantahala/Tuckaseegee River paddle

Cost for trip to NOC Festival/Nantahala/Tuckaseegee River Trip is \$125

SPECIFIC OBJECTIVES for the Whitewater Kayaking Expedition Program

In fulfilling the PEAK mission and related values, the Whitewater Kayaking Expedition program specifically addresses the following objectives:

- To foster a tangible appreciation for natural venues through participation in whitewater kayaking activities that take place on the Heathwood Pond, the Saluda River, and other rivers in the Southeast.
- To introduce, develop and enhance skills related to paddling whitewater kayaks that include paddle strokes, self- and team-rescue techniques, and river reading skills..
- 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.
- To provide opportunity for the development of leadership qualities including the ability to communicate effectively, problem solve, and work cooperatively within a small team of paddlers.
- To introduce team members to various competitive whitewater events that may take place in the Columbia area and in western North Carolina.

LOGISTICAL INFORMATION

Whitewater kayaking Expedition members meet immediately after school at the boathouse on the Heathwood pond. Paddlers should bring the following items to all sessions (a nylon mesh bag makes a great “water” bag for individual paddling gear):

- Bathing suit
- Water shoes (to be worn in the boat while paddling in the river)
- Towel
- Water bottle (and snack)
- Sunscreen

Registration Form

Program IMS Whitewater Kayaking Expedition **Dates** as per Kayak Expedition schedule

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 \$150 **Paid** _____ **Date** _____ **Check #/Cash** _____

Cost \$125 **(NOC Festival/Nantahala/Tuck trip on 9/25-27)** **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

Trip-Specific Authorization

WHO: IMS Whitewater Kayak Expedition
WHAT: Field trips to rivers
WHERE: Saluda River behind Riverbanks Zoo
Optional Paddling Trips to Tuckaseegee River and Nantahala River
WHEN: F, Sept 11 3-6pm Congaree River
S, Sept 12 3-6pm Saluda River
M, Sept 14 3-6pm Saluda River
S, Sept 19 3-6pm Saluda River
M, Sept 21 3-6pm Saluda River
T, Sept 22 3-6pm Saluda River

Optional Trip:

FSSu, September 25-27, 2009 NOC Festival/Nantahala/Tuckaseegee Rivers
Depart Heathwood 4pm on 9/25; return 6pm on 9/27

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

LODGING: Camping at Tsali Recreation Area or Bent Creek State Park in western NC

ACTIVITIES: Whitewater kayaking

COST: \$150 for Whitewater Kayaking Expedition program
\$125 for trip to NOC Festival/Nantahala/Tuckaseegee Rivers (optional)

CHAPERONES: Stan Wood and additional PEAK Paddling 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: _____ **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:** _____

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