



## IMS Expeditions Program Mountain Biking

*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 Mountain Biking Expedition is a program designed specifically for IMS students who are serious about Mountain Biking. Students ride local trails to improve technique and stamina. Cost for the Mountain Biking program is \$25 per biking event. Bikers provide their own bikes and helmets (PEAK has a supply of mountain bikes and helmets to loan if necessary).

### **SCHEDULE for Mountain Biking Expedition**

S, Nov 7      9am-12noon Harbison State Forest  
S, Nov              8am-2pm      Fat Tire Trails in Aiken

### **SPECIFIC OBJECTIVES for the Mountain Biking Expedition program**

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

- To foster a tangible appreciation for natural venues through participation in mountain biking activities that take place on Heathwood trails and other trails in the Southeast.
- To introduce, develop and enhance skills related to mountain biking that include riding techniques, trail maneuvers, and physical fitness.
- 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 bikers.
- To introduce team members to various competitive biking events that may take place in the Columbia area and in western North Carolina.

### **LOGISTICAL INFORMATION**

Mountain Biking Expedition members meet immediately after school according to the Expedition schedule. Bikers should bring the following items to all sessions :

- Mountain Bike
- Helmet
- Appropriate riding clothes
- Water bottle (and snack)

## Registration Form

**Program** IMS Mountain Expedition

**Dates** as per Mountain Biking 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 \$25/Biking Event**      **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.
- 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 Mountain Biking Expedition

**WHAT:** Field trips to bike trails

**WHERE:** Fat Tire Trail (Aiken)

**WHEN:** Saturday, November 21, 2009 Depart Heathwood 8am; return 2pm

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

**LODGING:** n/a

**ACTIVITIES:** Mountain biking

**COST:** \$25 per biking event

**CHAPERONES:** Stan Wood and 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: \_\_\_\_\_ 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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