



P E A K

Tap Your Potential

ISMS Camping and Paddling Expedition

Friday, Saturday, December 8 and 9, 2007

ISMS students camp at Harbison State Forest and paddle on the Broad River. Participants meet at the boathouse on Friday evening at 5pm to pack personal and group gear. After establishing camp at Harbison, dinner is cooked by instructors and campers on camp stoves. After breakfast on Saturday morning, expedition members break camp and paddle a beautiful and secluded stretch of the Broad River from Harbison State Forest to the dock at the Columbia Rowing Club, returning to Heathwood by 2pm.

PEAK provides dinner on Friday, and breakfast and lunch on Saturday, tents, camp stoves, cook gear, and individual meal kits (bowl and utensils). Sleeping bags and ensolite pads may be available if needed. Please let us know if your child needs to borrow any items from PEAK. Cost for the trip is \$60. Parents are invited to attend at the same cost.

Specific Objectives for the Camping and Paddling Expedition

In fulfilling the PEAK Outdoor Center mission and related values, the Camping and Paddling Expedition specifically addresses the following objectives:

- To introduce, develop and enhance, at beginner a level, skills related to camping and paddling.
- 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 communicate effectively, problem solve, and work cooperatively within a small group.
- To learn and practice principles related to LEAVE NO TRACE (LNT).

Logistical Information

Junior Backpackers meet at the PEAK room under the Robinson Center on Friday evening at 5pm. Students should bring the following items for the weekend:

- Duffel bag for all gear.
- good quality sleeping bag and pad (PEAK can provide a sleeping bag if necessary)
- rain jacket
- fleece pullover or jacket
- 2 shirts (preferably not cotton)
- 2 pairs of pants
- tennis shoes or tevas (flip flops are not appropriate)
- underwear
- toilet articles (toothbrush, toothpaste)
- headlamp or flashlight
- water bottle
- bug repellent
- sunscreen
- camera (optional)

Registration Form

Program ISMS Camping/Paddling Expedition

Dates Friday, Saturday, December 8,9 2007

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 \$60 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

Trip-Specific Authorization

- WHO:** ISMS Campers and Paddlers
- WHAT:** Camping and Paddling Expedition
- WHERE:** Harbison State Forest and the Broad River
- WHEN:** Friday and Saturday, December 8 and 9, 2007
Meet at 5pm on Friday evening at the Boathouse; Return at 2pm on Saturday afternoon
- TRANSPORTATION:** Students travel to and from all sites via Heathwood school bus driven by a qualified driver.
- LODGING:** Trailside campsite at Harbison State Forest
- ACTIVITIES:** Camping and Paddling
- COST:** \$60
- CHAPERONES:** Stan Wood, Elizabeth Blocker, 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: _____

*Heathwood Hall Episcopal School * 3000 South Beltline Boulevard *
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