



Mountain Ecology Camp for Third and Fourth Graders

Saturday-Sunday, November 17, 18

Third and fourth graders spend the weekend on the grounds at Asbury Hills United Methodist Camp located between Table Rock and Caesar's Head in upstate South Carolina. There they explore a host of flora and fauna that inhabit the pristine wilderness of the Appalachian Mountains. Day hikes, creek hikes, rock climbs and natural history programs bring mountain ecology to life. Cost for the program is \$150 per person (including adults) and includes instruction, room and board, and transportation.

Specific Objectives for this event are:

- to promote an understanding and appreciation of the natural world by studying ecological connections through a series of hands-on learning experiences (including day hikes, creek hikes, rock climbs, initiative activities, and environmental education programs) in a pristine mountain environment;
- to foster feelings of self-confidence and self-reliance (both personal and group) in a semi-wilderness environment by engaging students intellectually, socially, and emotionally in an outdoor arena.

Logistical Information

Students leave from the PEAK Outdoor Center at 8am on Saturday, November 17 and return to Heathwood on Sunday afternoon, November 18 at 3pm. Students stay in cabins and eat meals (Saturday lunch through Sunday breakfast) in the dining hall. Students need to bring money for lunch on Sunday at a fast food restaurant on the way home. All activities take place at the camp **Trip fee and all forms must be returned to the PEAK Outdoor Center by Wednesday, November 14.**

Gear List

The weather in the mountain in late fall can be quite cool. We stay in cabins, and shower and restroom facilities are available. A good sleeping bag is necessary as well as warm clothing. All gear items should be packed in one duffle bag, except for the sleeping bag:

- good quality sleeping bag and pillow (PEAK can provide a sleeping bag if necessary)
- raincoat
- warm winter jacket
- fleece pullover or jacket
- synthetic long underwear (tops and bottoms)
- 2 shirts (preferably not cotton)
- 2 pairs of pants
- 1 pair of short
- several pairs of wool or wool blend socks
- 2 pairs of shoes (one of which can get wet – tevas or sandals that buckle or velcro are good options)
- stocking cap
- gloves
- underwear
- toilet articles (toothbrush, toothpaste, washcloth, towel, soap, shampoo...)
- headlamp or flashlight
- water bottle
- daypack or bookbag
- camera (optional)

This trip has been a great experience in the past and we look forward to working with your child!

Registration Form

Program Mountain Ecology Camp

Dates Saturday, Sunday, November 17 and 18, 2007

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 \$150 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: Third and Fourth Grade Mountain Ecology Campers

WHAT: Mountain Ecology Camp

WHERE: Asbury Hills United Methodist Camp

WHEN: Saturday and Sunday, November 17 and 18, 2007
Depart 8am Saturday morning; Return at 3pm on Sunday afternoon

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

LODGING: Asbury Hills United Methodist Camp

ACTIVITIES: Cabin Camping and Exploring

COST: \$150

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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