



PEAK

Tap Your Potential

July 29, 2008

We would like to invite you to participate in the PEAK Student Leadership (PSL) program for the 2008-09 school year. Your prior commitment to PSL or your interest in previous programs and events hosted by PEAK, along with the level of responsibility that you demonstrate as a student at Heathwood Hall, lead us to believe that your influence as a PSL member would greatly enhance our outdoor program.

As a PSL member you are expected to voluntarily become involved with PEAK programs throughout the year. PEAK sponsors a variety of different programs for individuals of all ages, including adults. As you know, program activities include climbing, paddling, biking, backpacking, camping, leadership development and team building, and community service. As a PSL member, you choose to become involved in programs that are of most interest to you.

In order to become a PSL member you must participate in a 2-day/1-night training workshop to be held at Heathwood that begins on Sunday afternoon and runs through the day on Monday, August 17 and 18, regardless of your involvement with PSL in the past. The workshop this year includes an overnight stay at Heathwood on Sunday night. *We will be involved in some rather unique training events during the nighttime hours on Sunday.* There are also several new twists to the program this year that we look forward to explaining to you on Sunday.

**The training workshop begins at 2pm sharp on Sunday, August 17 and will last until 6pm on Monday evening, August 18 (including ALL NIGHT Saturday night).** We'll feed you throughout the weekend. Wear comfortable clothes. Bring clothes for the water, including shoes that will stay attached to your feet in the river (something more reliable than flip flops or crocs). Be sure to bring a water bottle and wear sunscreen. Also, bring a sleeping bag and toiletry items for the overnight.

A set of forms for this event are attached to this email. Please fill out all three of these forms and bring them with you on Sunday, August 17. Since your involvement in PEAK as a PSL member is an investment in our program, there is no cost for this event. However, you may want to have a few dollars in your pocket for the weekend.

If you intend to become involved with the PSL program this year, please return this email IMMEDIATELY. We are excited about the possibility of working with you as a part of our PEAK staff and look forward to seeing you very soon!

Sincerely,

**Stan Wood**, Director of Outdoor Education and the PEAK program  
**Elizabeth Blocker**, Associate Director of Outdoor Education

**PEAK Student Leadership Program**  
*Staff Information Form*

Name: \_\_\_\_\_ Advisor: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**I am interested in investing my PSL time in the following SPECIALTY areas this year (choose at least 2):**

- \_\_\_\_\_ Paddling
- \_\_\_\_\_ Climbing
- \_\_\_\_\_ Hiking/Camping/Backpacking
- \_\_\_\_\_ Biking (mountain biking and/or road biking)
- \_\_\_\_\_ Archery
- \_\_\_\_\_ Fishing
- \_\_\_\_\_ Team Building and Leadership Training (includes leading briefs and debriefs relative to group goals)
- \_\_\_\_\_ General (includes all activities appropriate for elementary aged students - Alpine Tower/Odyssey, basic canoeing, initiative games)

I have the most experience in the following areas: \_\_\_\_\_

**I am most interested in working with the following groups:**

- \_\_\_\_\_ Lower school students
- \_\_\_\_\_ Intermediate/Middle school students
- \_\_\_\_\_ Upper school students
- \_\_\_\_\_ Adults/Contract Groups
- \_\_\_\_\_ All Ages

**I am interested in attending the following 3-day Intermediate/Middle School class trips:**

- \_\_\_\_\_ 7<sup>th</sup> Grade Trip to Camp Arrowhead - October 15-17, 2008
- \_\_\_\_\_ 6<sup>th</sup> Grade Trip to Bull Island and the SC Coast - November 5-7, 2008
- \_\_\_\_\_ 5<sup>th</sup> Grade Trip to Camp Gravatt - April 29 - May 1, 2009
- \_\_\_\_\_ 8<sup>th</sup> Grade Leadership Trip to NC - May 6-8, 2009

## Trip-Specific Authorization

- WHO:** PSL Members
- WHAT:** Field trips associated with the PSL Training Workshop
- WHERE:** River Landings and other areas used by PEAK programs
- WHEN:** Sunday-Monday, August 17 and 18, 2008
- TRANSPORTATION:** Students travel to and from all sites via Heathwood school bus driven by a qualified driver.
- LODGING:** Heathwood Hall campus
- ACTIVITIES:** Activities associated with the PEAK PSL Training Workshop
- COST:** n/a
- CHAPERONES:** Stan Wood, Elizabeth Airey

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 \*  
Columbia, SC 29201-5199 \* 803/765-2309*

# Registration Form

Program PSL Training Workshop

Date Sunday and Monday, August 17 and 18, 2008

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

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

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

## 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