

PEAK 20

Heathwood Hall

July 26, 2020

As the 2020-221 school year approaches, we are beginning to identify students who would be a good fit for our **PEAK Student-Leadership (PSL)** program and we are extending an invitation to eighth graders. We spoke with you as a class last year and many of you indicated a strong interest in learning more about this opportunity. We are looking for students who enthusiastically take initiative and accept responsibility, and who have an interest in activities sponsored through the PEAK program. We would like for you to consider being a part of PSL because we believe that your involvement could enhance the PEAK program.

Please take the time to read all of this information as it explains objectives related to PSL. Parents and students should discuss this opportunity in detail before deciding to make a commitment. Students who choose to become involved in the program need to be aware of the following expectations related to a commitment:

- **Students must attend the PSL Basic Training program in order to be a member of the PSL program for the 2020-21 school year. The date and time for Basic Training for 8th grade students are Saturday, August 15 from 1-5pm.** At Basic Training, students learn about PEAK policies and protocols, and practice techniques necessary to lead and assist our most popular PEAK events. Normally, this is an overnight event but, because of the COVID 19 pandemic, we are modifying our training program to accommodate smaller groups for a much shorter period of time.
- At **Basic Training**, very specific learning goals are emphasized in each area of the PEAK program for which students are training. **The effort put forth and the progress made during the Training Workshop is evaluated by the PEAK staff. *Students should expect constructive feedback throughout the Workshop.*** The intent is not to make the training process intimidating, but rather to make students more confident leaders within the PEAK program. As PSL members, students are expected to lead proactively by enthusiastically accepting responsibility and anticipating problems to ensure the success of the programs in which they're involved.
- **Students who choose to become involved in the PSL program are expected to complete a minimum of 20 hours of service to the PEAK program each year (10 per semester) in order to remain eligible for participation the following year.**

It is important to know the PEAK program has become a signature program for Heathwood Hall. As such, it is a program that is unique to Heathwood, emphasizes learning through practical experience, promotes respect for the environment, offers programs for the entire Heathwood community and for both professional and non-profit organizations beyond the Heathwood community, and serves to set the school apart from other schools. PEAK is recognized across the country, and even internationally. Its reputation for excellence has developed largely because of the quality of leadership that student-leaders provide.

Please understand that a commitment to the program means that PEAK events take on a priority for PSL members. This priority doesn't prohibit any student from participating in other events at Heathwood, including athletics, band, chorus or school plays. It does mean, however, that students need to consider personal schedules carefully so they can successfully fulfill their other responsibilities as well as those associated with PEAK events.

We look forward to learning about your intentions regarding PSL. If you are willing to participate, please return all forms accompanying this letter to the PEAK office (via email or mail) as soon as possible and be prepared to wear comfortable clothing and closed-toed shoes to **Basic Training** program for 8th graders on **Saturday, August 15 from 1-5pm**. *You will also need to bring a mask to be worn inside, and outside when social distancing is not possible or practical.* Do not hesitate to contact us if you have questions about this endeavor.

Again, we hope you'll consider participating in the PSL program and we look forward to the opportunity to work with you.

Sincerely,

Stan Wood, Kelly Turbeville, Brice Spires and Elizabeth Grove

PEAK Program for Leadership, Education and Adventure

ph: 803.231.7723

swood@heathwood.org

kturbeville@heathwood.org

PEAK Student Leadership Program

Commitment Form



Name: _____ Advisor: _____

Address: _____

Cell Phone: _____

- *I must attend the PSL Basic Training Workshop during the weekend of August 15-16*
- *I look forward to receiving constructive feedback from the PEAK staff during the Basic Training Workshop and throughout the year*
- *I must complete a minimum of 10 hours of service to the PEAK program each semester to be considered a member in good standing*

Signature

Date

I am most interested in investing my PSL time in the following areas (please check all that apply):

- Paddling
- Climbing
- Hiking/Camping/Backpacking
- Biking (mountain biking and/or road biking)
- Archery
- Fishing
- Team Building and Leadership Training (includes initiative games and facilitating debriefs relative to group goals)
- General (includes all activities appropriate for elementary aged students - Alpine Tower/Odyssey, basic canoeing, initiative games)
- Other (gear technician, photography, journalist/social media specialist...):

I am interested in working with the following groups (please check all that apply):

- Lower school students
- Middle school students
- Upper school students
- Adults/Contract Groups
- All Ages/all groups

Please return to Coach Wood. You may send a scanned or photographed copy to swood@heathwood.org or mail to:

**PEAK Program
Heathwood Hall
3000 S. Beltline Blvd.
Columbia, SC 20201**

PEAK

Experience the Learning

Assumption of Risk Form

There are significant elements of risk in any adventure activity associated with, but not limited to, initiative activities, paddling, biking, camping, backpacking, hiking, mountaineering, climbing, diving (referred to herein as the "Activity") and the use of any equipment related to the Activity. Although the School has taken reasonable steps to provide appropriate equipment and instruction, the School acknowledges that the 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/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:

- Fall from heights that may result in personal injury
- Heat related illnesses including heat exhaustion and heat stroke
- River travel, trail travel, or travel to or from the Activity
- Cold weather-/cold water-related injuries, including hypothermia and frostbite
- SCUBA diving related illnesses including nitrogen narcosis
- Altitude related sicknesses, including acute mountain sickness, pulmonary edema, and cerebral edema
- Acts of nature that may include avalanche, rock fall, crevasse fall, lightning strikes, high winds, and severe cold
- Equipment failure
- Accidents or illnesses that occur in remote places where medical facilities are not immediately available

In consideration of Heathwood Hall Episcopal School, its administrators, employees, and all other persons or entities associated with Heathwood (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, and understand that participation in the Activity is voluntary. I elect to participate/have my child participate in spite of the risks inherent in the Activity. I/my child possess at least the following qualifications, which I/my child 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 is 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 also agree to indemnify the School for any damages, liabilities or injuries caused by me or my child while participating in this Activity or event.
- I 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.

_____ I do NOT give permission to use my/my child's photo in any PEAK / Heathwood Hall publication.

Participant (Please print your name)

Signature of parent/guardian

Signature of participant

Date