

PEAK²

Heathwood Hall

July 26, 2020

Dear Current PSL Members and Parents,

We look forward to working with you again this year through the PEAK Student-Leadership (PSL) program. As you know, we're all experiencing life in a different manner as we deal with the challenges of the COVID 19 pandemic. The current plan at Heathwood is to begin school in person in August and, as long as we follow necessary safety protocols, we intend to offer PEAK programs for Heathwood students this year. Since it has been nearly six months since most PSL members have been able to work PEAK events, we do feel it is necessary for every PSL member to participate in the Basic Training program this year. That said, however, we are offering a very abbreviated version of training this time around. In an effort to limit the size of the groups during training, we're holding morning and afternoon sessions over the weekend of August 15-16, 2020 according to the following schedule:

- **Saturday, August 15 (9am - 12noon)** - *current PSL members entering grades 10-12*
(students in this group are invited to remain and help with the training for either or both of the other groups)
- **Saturday, August 15 (1-5pm)** - *students entering the 8th grade*
- **Sunday, August 16 (2-5pm)** - *current PSL members entering the 9th grade*

All participants will be required to have masks that are to be worn inside, and outside when social distancing is not possible. The Basic Training program will include instruction and practical experience on the following events:

- **Alpine Tower**
- **Odyssey Course**
- **Giant Swing**
- **Junior Ninja Course (new event for LS students)**
- **Archery**

Please know that we are expecting students to be willing to take initiative, accept responsibility and follow through with expectations. Basic Training is a significant event that sets the stage for PEAK programs to keep participants safe, run smoothly and promote PEAK values.

Please reply to this email to confirm your intentions about attending **Basic Training** in August. It's important that we know how many students are attending on **August 15 and 16**. We also need for you to return the paperwork that follows this letter. You may take a picture of the completed Commitment and Assumption of Risk forms and attach them to the email.

If you have questions, please feel free to email or call. Have a great summer and we look forward to seeing you in August, if not sooner!

Stan Wood and Kelly Turbeville

PEAK Program for Leadership, Education and Adventure

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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