



BROCKTON™

PREPARATORY SCHOOL

Dear Parent or Guardian,

Re: Strathcona Park Lodge Outdoor School.

The grade 6 – 8 (MYP) outdoor education trip this year will be at Strathcona Park Lodge Outdoor School on Vancouver Island. The trip is seen as an integral part of the school curriculum, allowing students to develop their appreciation of the wilderness and learn more about themselves and others whilst developing their leadership and specific activity skills.

The trip will take place in the second week of term, from Monday 14th September to Friday 18th September; hence the letters and request for money now! On Monday 14th September we will meet at Horseshoe Bay Ferry Terminal at 8.00am. We travel on the 8.30am ferry to Vancouver Island as 'walk on passengers'. We will return to Horseshoe Bay Ferry terminal on the Friday evening at approximately 4.30pm. Students will need to be collected from the ferry terminal by parents / guardians.

We will spend the four and a half days at Strathcona Park participating in an 'Adventure Programme'. Students will participate in the following activities: low ropes, high ropes and zip line, survival skills, canoeing, rock climbing and an overnight camping trip. All activities will be delivered by professional and highly skilled instructors. All instructors are required to hold current wilderness first aid, lifesaving and canoeing instruction certification.

We will be accommodated in cabins whilst in camp, all of which have electricity, washroom facilities and smoke alarms, and we will be under canvas whilst on the overnight expedition. We will receive three 'hearty, nutritious' meals a day. Vegetarian food will be available at all meals. Students will be asked to take their turn in assisting with the dining hall clean-up as part of the program.

The cost of the trip is \$410 (The cost has been subsidized from the activity fund). This price includes all meals, accommodation ferry and coach transportation to and from Strathcona Park. A **deposit of \$50** should be sent to the school by **Friday June 19th** along with the attached reply slip. The **final payment** for the trip will be due no later than **Wednesday 9th September, 2009**.

Attached to this letter you will find the following five pieces of paper:

1. A letter from the program managers at Strathcona Park Outdoor School (white)
2. A medical form (green).
3. 2 consent and acknowledgement of risk forms (orange).
4. A kit list to enable you to begin gathering appropriate equipment for the trip. (blue)

The green and two yellow forms need to be returned to your homeroom teacher at school by **Wednesday 9th September**.

We will discuss the trip at the parent's information and student kit check meeting on Thursday 10th September at 3:30pm. This will give you the opportunity to ask any outstanding questions, but please do not hesitate to speak to Mrs. Wall before then with any questions that you may have.

Yours sincerely,

Mrs. Alison Wall and Mr. Ron Fremont

My son / daughter _____ will attend Outdoor School at Strathcona Park Lodge from Monday 14th September to Friday 18th September. I have attached a deposit of \$50 to secure the trip.

Signed _____



STRATHCONA PARK LODGE AND OUTDOOR EDUCATION CENTRE

PO Box 2160 Campbell River BC V9W 5C5 tel(250)286-3122 fax(250)286-6010 www.strathcona.bc.ca info@strathcona.bc.ca

LETTER TO PARENTS

Dear Parent,

In 2009, Strathcona Park Lodge and Outdoor Education Centre is celebrating 50 years of connecting children with nature. Our mission, to teach the wonder, spirit and worth of people and the natural world through outdoor pursuits, continues to guide and inspire us as we work with people of all ages. We look forward to hosting your child as they participate in a unique outdoor education experience with their school/group. You are invited to visit our website to learn more about our history, philosophy and programs for all ages (www.strathcona.bc.ca).

Outdoor education is beneficial to children's physical, mental and academic development. Through challenging activities they develop individual and group traits such as confidence, empathy, a sense of responsibility, communication, teamwork and leadership skills, and problem solving. When students *perceive* an activity to have a greater level of risk and are given more responsibility their level of engagement increases and more effective learning results. As well, exposure to outdoor activities promotes an appreciation for nature and lifelong activity, health and wellbeing.

Prior to your child being allowed to participate in a Strathcona program you must complete a medical form and consent form. Our consent form is an educational tool to inform you of the types of activities your child will be doing and the associated risks; it is not a waiver. Please take the time with your child to carefully read, complete and sign them before returning to your child's teacher. All of our forms are available at <http://strathcona.bc.ca/schools/downloads.html>.

You will also receive a clothing and equipment list that will help equip your child for their time at Strathcona. Our programs operate rain or shine, so proper clothing and equipment are essential for all program participants. If you don't have all of the items on the list, do not feel that you must purchase new gear; most items can be borrowed from friends and family or purchased second hand. As the adage goes, "*There is no such thing as bad weather, only inappropriate clothing.*"

There is no cell phone coverage here and children do not have access to the phone or internet. While your child is here they will be busy participating in outdoor activities and having fun with their friends. Please don't try to call them or expect them to call you. You will be contacted immediately in the event of an emergency.

On behalf of all of us at Strathcona Park Lodge, thank you for supporting children's education.

Sincerely,

Paul Chatterton
School Program Director



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MEDICAL FORM

The purpose of this form is to help our instructors provide the best care for you or your child. Information revealed on this form is considered confidential and will only be shared with medical personnel in the event of an emergency.

This information will not be used to deny you or your child access to the program.

PARTICIPANT INFORMATION

Participant's Name: _____ School/Program: _____

Address: _____ Program Date: _____

Phone: (____) _____ Date of Birth (d/m/y): ____/____/____ Age: ____ Gender: M ____ F ____

Doctor's Name: _____ Doctor's Phone Number (____) _____

BC Care Card Number (for BC residents only): _____

Other Health / Medical Insurance (for non-BC residents) Provider: _____ Number: _____

MEDICAL HISTORY

1. Please list any DIETARY RESTRICTIONS: _____

2. Please indicate known ALLERGIES to foods, medications, insect bites and others:

Allergen	Reaction	Treatment
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

3. Date of last TETANUS IMMUNIZATION OR BOOSTER (Year) _____ (Children in BC receive tetanus boosters in Kindergarten and grade 9. Adults are recommended to have a booster every ten years.)

4. Are you taking any PRESCRIPTION OR NON-PRESCRIPTION DRUGS currently or while at Strathcona? Yes No

Drug Name	Reason
_____	_____
_____	_____
_____	_____

5. Please indicate if you experience any of the following CHRONIC CONDITIONS:

- ADHD
- Motion Sickness
- Frequent Colds
- Epilepsy
- Asthma
- Night terrors
- Balance/Vertigo
- Nosebleeds
- Kidney Trouble
- FAS
- Sleep Walking
- High Blood Pressure
- Headaches
- Heart Condition
- Anxiety
- Fainting
- Diabetes
- Other (specify) _____

If YES to any of the above, please explain: _____

6. Please describe your:

EYESIGHT: Excellent Good Fair Poor Glasses Contacts

HEARING: Excellent Good Fair Poor Require Electronic Hearing Aid

PHYSICAL CONDITION: Excellent Good Fair Poor

SWIMMING ABILITY: Able to swim 100m Able to swim 25m Non-swimmer

Non-swimmers: are you comfortable in deep or moving water while wearing a lifejacket or PFD? Yes No

7. Have you been under a DOCTOR'S CARE in the last 12 month? Yes No

If YES, for what reason? _____

8. Do you have a history of JOINT PROBLEMS (arthritis, tendonitis, bursitis, sprains, dislocation, etc.)? Yes No

If YES, please describe: _____

9. Do you feel you have any PHYSICAL CONSIDERATIONS that could limit your participation? Yes No

If YES, please explain: _____

10. Do you feel you have any PSYCHOLOGICAL CONSIDERATIONS (fear of heights, etc.) that could limit your participation?

Yes No If YES, please explain: _____

11. List any other factors that may affect your participation at Strathcona Park Lodge: _____

IN CASE OF EMERGENCY CONTACT:

Name: _____

Name: _____

Relationship: _____

Relationship: _____

Home Phone: (____) _____

Home Phone: (____) _____

Alternate Phone: (____) _____

Alternate Phone: (____) _____

I hereby give my consent and full authority to the staff of Strathcona Park Lodge to arrange for, and consent to, any emergency medical treatment or hospitalization for the Participant, and to enter into and execute, on my behalf, such documents or consents as may be required by Physicians, Health Care Professionals, Dentists or Hospitals for such purposes.

I have completed this medical form accurately, truthfully, and to the best of my knowledge as of today's date. I understand that it is my responsibility to inform Strathcona Park Lodge of any new medical condition or change to this information before the program begins. I recognize that falsification or omission of information is grounds for removal from the program.

Signature of adult Participant or Custodial Parent/Guardian (for minors): _____

Print Name: _____

Date: _____

Brockton Preparatory School - Outdoor Education

Consent and trip information forms

There are two pages to this information and consent form.

Both pages require the parent/guardian's signature and the student's signature.

Name of Student →→

Programme title: Strathcona Park Lodge Outdoor School
Teacher In charge: Mr. Fremont
Dates of activity: Monday 14th - Friday 18th September 2009
Departing from: Horseshoe Bay Ferry Terminal at 8.00am on Monday 14th September
Returning to: Horseshoe Bay Ferry Terminal at 4.30am on Friday 18th September
Type of transportation: BC Ferry and private coach, Smith Coachlines, on Vancouver Island
Description of activities: Adventure Programme: low ropes, high ropes, zip line, rock climbing, canoeing, kayaking, and overnight camp.
Physical fitness level required: No specific requirement – but if you're fit, it can be more fun!
Planning process: Kit list to be provided to students.
Trip introduced to MYP students.
Parent meeting & Student kit check **Thursday 10th September at 3:30pm.**

Cost of the programme: To be paid by cash or cheque to Brockton Preparatory School: **\$410**

Deposit of \$50 to be paid by Friday 19th June 2009.

Final payment due Wednesday 9th September 2009.

NOTE: Last minute cancellations will result in a partial charge due to reservations that have to be made NOW.

Registration Deadline: The forms must be returned to your homeroom teacher on or before **Wednesday 9th September 2009.**

Registration for this trip cannot remain open to students who do not meet this deadline due to cancellation charges incurred at Strathcona Park Lodge

Brockton Preparatory School - Outdoor Education

CONSENT FORM

PERMISSION STATEMENT:

I have read and understood the details noted on page one.

I hereby give permission for _____ to participate in all aspects of the Strathcona Park Lodge Outdoor School programme, Monday 14th - Friday 18th September 2009. To the best of my knowledge (s) he is medically and physically fit to take part in all aspects of the programme.

I understand that Brockton Preparatory School teachers will accompany the students. I understand that the nature of the activities (kayaking, rock climbing, and hiking) prevents the students from being under direct supervision of chaperones/leaders and within visual contact of chaperones/leaders at all times. Furthermore, I understand that the purpose of the Outdoor Education programme is to encourage students to take personal initiatives and responsibility for themselves and others in all aspects of the programme.

I agree to hold Brockton Preparatory School and its employees harmless from any damage or injury that may befall, however caused.

If emergency medical treatment is required, I give permission for the teacher in charge (as noted above) or other leaders to authorise the appropriate medical authority to proceed with treatment in my absence.

Parent's consent:

Signed: _____ Date: _____
Parent/Guardian

Student's statement of consent and commitment:

I have read and understood the details above. I agree to behave in a mature and appropriate manner at all times. I understand that any breach of this commitment may result in my being sent home directly at my parent's expense.

Signed: _____ Date: _____
Student

Student's medical insurance information:

BC Care number: _____

Extended health plan number: _____

Emergency contact telephone number for the duration of the programme: _____

All known allergies (food & other): _____

Are you currently taking any medication? Yes/No

If Yes: What are you taking? _____

For what purpose do you need to take this medication? _____



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CONSENT AND ACKNOWLEDGEMENT OF RISK

This *Consent and Acknowledgment of Risk* form is an agreement between the Participant and Strathcona Park Lodge (SPL). The choice to participate in any SPL program, event or activity is made freely and with understanding of the associated benefits, risks and responsibilities. This is not a waiver and signing this form DOES NOT waive your/your child's legal rights. **Please initial the two boxes (below right) to indicate that you have read each section and sign below to confirm that you understand and agree to the following terms.**

PLEASE READ CAREFULLY

The activities offered at Strathcona Park Lodge are designed to pose appropriate challenges for participants. The enjoyment and educational benefit derived from outdoor activities is, in part, a result of risks inherent in these activities. The benefits of participation include developing self-confidence, leadership, teamwork and interpersonal skills, exposure to outdoor recreation activities, and nature education. While SPL strives to manage risk, it is neither possible nor desirable to eliminate all risk.

In consideration of being allowed to participate in any SPL program, I, or the minor for whom I am legal guardian (the Participant), understand that:

Print Participant's Name _____

- SPL offers outdoor activities which include, but are not limited to, flat water and whitewater canoeing & kayaking, sea kayaking, rock climbing, rappelling, hiking, ropes courses, zip line, mountaineering, caving, sailing, snowshoeing, and camping.
- Outdoor activities include inherent risks that may be different or greater than those risks normally assumed at home, work or school. These risks include but are not limited to exposure to inclement weather, slipping, falling from a height, insect or animal bites, being struck by falling objects, immersion in cold water, hypothermia (cold exposure), hyperthermia (heat exposure), uneven terrain, stream crossings, travel on active logging roads, social or economic losses, loss or damage of personal property, injury, permanent disability, or fatality.
- Communication and emergency response times may be significantly longer than in urban settings.
- I may contact SPL in advance if I have questions about the risks described above or pertaining to any other aspect of the program.

I UNDERSTAND

Initial

As a participant, I agree that:

- I share the responsibility for the safety of myself and others during all activities.
- My participation requires that I follow all instructions and directions of SPL Instructors/Guides. Failure to do so may result in removal from the program.
- I assume all of the above risks and accept personal responsibility for all damages and loss resulting from my participation in any SPL activity.

I AGREE

Initial

In entering into this Agreement, I am not relying on any oral, written or visual representation or statements by SPL, its officers, employees, guides/instructors, agents or representatives (collectively, SPL) or any other inducement or coercion to go on the program, only of my own free will.

I hereby confirm that I have read and understood this Agreement prior to signing it, and agree that it will be binding upon my heirs, next of kin, executors, administrators and successors. I agree that this Agreement shall be governed exclusively in all respects by and interpreted solely in accordance with the laws of the Province of British Columbia.

Signed by Participant (or Parent/Custodial Guardian if Participant is under 19 years of age):

Participant or Custodial Parent/Guardian's Printed Name _____

Participant or Custodial Parent/Guardian's Signature _____

Date _____

Optional: Consent to Display Photographs and Images
I hereby give my consent to SPL to use photographs or other images of the Participant for educational or promotional purposes, as they deem fit.

Adult Participant or Custodial Parent/Guardian's Signature _____

Clothing & Equipment Checklist

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. Consider this a list of “must-haves,” regardless of the season. In early spring or late fall you’ll want to add some warmer layers, and June thru mid September you may want extra shorts and T-shirts.

It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable.

There is no such thing as bad weather, only inappropriate clothing.

In addition to regular clothes each person requires:

- | | |
|---|--|
| <input type="checkbox"/> Rain jacket and pants | <input type="checkbox"/> Synthetic T-shirt |
| <input type="checkbox"/> 2 fleece, wool or acrylic tops/sweaters | <input type="checkbox"/> 2 pairs of wool socks |
| <input type="checkbox"/> 1 pair of nylon, fleece or wool pants | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Wool or synthetic long underwear top and bottoms | <input type="checkbox"/> Sun hat or baseball hat |
| <input type="checkbox"/> Warm fleece or synthetic fill jacket | <input type="checkbox"/> Fleece/wool toque (warm hat) & gloves |

FOOTWEAR

- 1 pair of shoes for general activities
- 1 pair of old running shoes, Teva-style sandals or Holey Soles for water activities (these will get wet). No Flip-flops.
- Rubber rain boots (recommended spring and fall)
- Mid-weight hiking boots with ankle support (**FOR OVERNIGHT HIKING TRIPS ONLY**)
- 2 plastic grocery shopping bags for waterproofing footwear.

EQUIPMENT

- | | |
|---|--|
| <input type="checkbox"/> Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable) | FOR OVERNIGHT CAMPING TRIPS: |
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Sleeping pad (closed cell foam or Therm-A-Rest type) |
| <input type="checkbox"/> Toiletries & Towel | <input type="checkbox"/> 1L water bottle, unbreakable cup, bowl & spoon |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> 5 Garbage bags and 5 large Zip-loc bags for waterproofing gear |
| <input type="checkbox"/> Sunscreen: SPF 30 or higher | <input type="checkbox"/> CANOE TRIPS: large backpack or duffel bag |
| <input type="checkbox"/> Headlamp or flashlight with spare batteries | <input type="checkbox"/> KAYAKING TRIPS: many extra stuff sacks and garbage bags or dry bags: about 10 litre size |
| | <input type="checkbox"/> HIKING TRIPS: 60+ litre backpack with hip belt |

OPTIONAL ITEMS

- | | |
|---|--|
| <input type="checkbox"/> Camera | <input type="checkbox"/> Bug shirt or mosquito proof head-net (recommended mid-May thru mid-October) |
| <input type="checkbox"/> Journal and pencil | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Spending money | |

IMPORTANT NOTES

- If you wear **glasses** (safety strap recommended) bring a second pair in case the first pair is broken or lost.
- If you wear **contacts**, bring a pair of glasses as a back-up.
- If you require **prescription medication**: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Zip-lock) and labelled with your name, drug name, dose and expiry date.
- Please do not bring cell phones (they don’t work here), electronic games or iPod’s/MP3 players.