

# PEAK

## PEAK5 2020 *(programs for Fifth Graders)*

**All events begin on FRIDAY immediately after school!**

### ONLINE REGISTRATION

Registration is only available online at the UltraCamp website. Participants will be accepted on a first come - first served basis. Credit card payment is accepted through the online registration process and is required at the time of registration. Program forms are available on the UltraCamp website and must be returned to the PEAK office prior to the start of the program. The web address for UltraCamp is: [www.ultracamp.com](http://www.ultracamp.com)

### **Climbing at Adventure Base Camp** *Friday, September 4 (Fall) and Friday, March 19 (Spring)*

Students challenge themselves individually on the Alpine Tower, the Giant Swing and the Odyssey course on Friday afternoon. Alpine Tower climbs like el Diablo, Blackbeard and Staircase, and Odyssey elements like the Bridges, the Matrix Squares, the Floating Poles and the Tension traverse offer excitement, and just a little trepidation while the Giant Swing and the zip line dismount from the Odyssey are nothing but fun and exhilarating. Students gather in Mr. Spire's classroom right after school before heading over to Adventure Basecamp, and are picked up by parents at 6pm. **Cost \$45**

### **Stand-up Paddle Board (SUP) Adventure I** *Friday, Sept 11*

### **Stand-up Paddle Board (SUP) Adventure II** *Friday, Sept 18*

During SUP Adventure I, students paddle upstream and then back downstream on a calm, slow moving section of the Congaree River, from the Barney Jordan Landing up to the lock and back. This stretch of the river allows paddlers to become comfortable with their boards and their balance, and have a little fun with the rapid at the lock. SUP Adventure II offers a fun, frolicking paddle down the Congaree River from the Gervais St. Bridge to the Barney Jordan Landing, encountering several lively but paddlable rapids along the way. For both programs, SUPers meet at the Boathouse immediately after school and return to Heathwood by 6pm for pick up. Program size is limited to 8 paddlers. **Cost is \$55 for each program** *(includes all paddling gear, instruction, and transportation)*



### **Mountain Biking I on the Weston Trail** *Friday, March 26*

### **Mountain Biking II on State Park Trails** *Friday, April 16*

During Mountain Biking I, students ride mountain bikes on the Weston Trail on the Heathwood campus, practicing trail techniques, braking, changing gears, and learning to ride confidently. Mountain Biking II offers an opportunity to put new skills and confidence to the test on more challenging terrain on trails at Poinsett State Park or Harbison State Forest that include hills, rocks and roots as well as hairpin turns, creek crossings and whop-ti-dos! Students should bring their own bikes and helmets to school on Friday. The Mountain Biking I session ends at 6pm; for the Mountain Biking II session, students return from Park trails by 7pm. Program size is limited to 8 bikers. **Cost is \$45 for Biking I, and \$55 for Biking II** *(includes instruction and transportation).*



# Registration Form - PEAK5

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

Parents \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email #1 \_\_\_\_\_ Email #2 \_\_\_\_\_

Please list all events that apply:

Program Event #1: \_\_\_\_\_ Date (as per schedule) \_\_\_\_\_

Program Event #2: \_\_\_\_\_ Date (as per schedule) \_\_\_\_\_

Program Event #3: \_\_\_\_\_ Date (as per schedule) \_\_\_\_\_

Program Event #4: \_\_\_\_\_ Date (as per schedule) \_\_\_\_\_

\_\_\_\_\_ Payment completed online

## ASSUMPTION of RISK

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 or Heathwood Hall publication in print or on social media.

\_\_\_\_\_  
Signature of parent/guardian

# Trip-Specific Authorization

**WHO:** PEAK5 Event Participants

**WHAT:** Local Adventure Field Trips

**WHERE and WHEN:** F, Sept 11 - Paddle boarding on the Congaree River  
F, Sept 18 - Paddle boarding on the Congaree River  
F, April 16 - Mountain biking at Harbison State Forest or Poinsett State Park

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

**LODGING:** n/a

**ACTIVITIES:** PEAK5 activities

**COST:** \$55/event

**CHAPERONES:** Stan Wood, Kelly Turbeville and additional PEAK Staff

*Please sign all statements and return this form to the PEAK Office.  
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