



HEARTLAND
OUTDOOR SCHOOL

Camp Planning Guide

2024-2025
School Calendar Year



Dear Camp Coordinator,

We are anticipating your upcoming visit to Heartland Outdoor School with much enthusiasm and hope you are too! We hope this camp experience is one of the highlights of you and your students' school year. Heartland's outdoor classrooms present science and hands-on learning in ways that are hard to duplicate in your classroom. Be prepared to watch your students shine in ways you may have not previously seen.

Our mission as an outdoor school is to encourage hands-on discovery, teamwork, personal growth, and an appreciation for the environment through a fun, safe, quality program. We believe you have chosen an excellent program in the best interests of your students, and for that we are grateful!

Please read the Camp Planning Guide carefully and thoroughly as you begin to plan your trip. We have included essential documents, lists, forms, and helpful hints to make sure this process goes as smoothly as possible. This packet has been designed primarily for a first-time trip to Heartland but can serve as a tool for subsequent trips.

Please feel free to contact us with any questions you may have. It is our pleasure to work with you to provide the best experience possible. If you are new to the program, we encourage you to schedule a tour of our facilities prior to your camp experience. We also highly recommend scheduling a parent meeting. One of our staff will travel to your school for this informative event. You can also schedule a time where one of our staff members can be available to sit down with you and your fellow teaching staff to offer any aid in choosing classes and activities as you customize your camp experience.

Most of the camp planning information is available for download on our website (www.heartlandoe.com) for quick and easy distribution. A planning checklist is available on page 6 of this packet to help you make sure everything is complete. Please contact us with any questions or additional information you may need.

Again, we are excited to see you and your students very soon! Thank you for allowing us to help you create a meaningful and memorable learning adventure for your students.

Your Partner in Education,

Kendrick Flanagan
Director of Education & Programming

HEARTLAND OUTDOOR SCHOOL MISSION STATEMENT

To encourage hands-on discovery, teamwork, personal growth and an appreciation for the environment through a fun, safe, quality program.

HEARTLAND CONFERENCE RETREAT CENTER PURPOSE STATEMENT

To inspire others to change the world for the glory of God.

CONTACT INFORMATION

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This guide and other information and resources about Heartland are available upon request or can be downloaded from our website, www.heartlandoe.com.

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GENERAL OVERVIEW OF PLANNING A TRIP

	Steps	Notes
1	Tour Heartland	We would love to show you what we have to offer. This is a recommendation for schools planning their first visit to Heartland.
2	Select camp dates	Our dates fill up quickly. Let us know what dates would work best for you and we will do our best to fit you in.
3	Receive a contract	Once we have your information, we will generate a contract and send it to you. It will have estimated arrival times and departure times as well as numbers and meal times.
4	Sign contract and return (w/ P.O. Number)	Be sure to read each page and sign or initial where appropriate. You can then either mail your signed contract or fax it to us. Remember to include your P.O. number. A signed contract is needed to secure your dates.
5	Secure funding	See "Funding" section, pg. 2, for ideas.
6	Schedule transportation	Don't forget to include number of buses, dates, times, driving directions, etc.
7	Select cabin leaders	Ratio of 10:1. See "Choosing Cabin Leaders" section, pg. 2.
8	Schedule Parent/Planning meeting (Can be two separate meetings)	To take place sometime before camp. Each usually lasts about 45 minutes. Call or email for availability.
9	Create info. packet for students & parents	See the "Packet for Students/Parents" section, pg. 3.
10	Attend the Parent/Planning meeting (Can be two separate meetings)	To take place sometime before camp. Each usually lasts about 45 minutes.
11	Fill out "Camp Planning" form and return	This includes information such as number of students and leaders, class selections, and activity preferences.
12	Group students into cabins and travel groups	See the section entitled, "How to divide students into cabin and travel groups" for more information (pg.4).
13	Complete and submit online Health Form.	Heartland requires one for each student, teacher, and cabin leader attending camp.
15	Complete health screenings	Lice and illness check for each student.
16	Enjoy your stay at Heartland	Arrive, relax, and enjoy your experience.

DEADLINES FOR INFORMATION

All of the deadlines below exist to give you and your students an unforgettable, fun, safe experience. These are our deadlines for your camp experience. You may have other deadlines for your school.

Item	Deadline
Signed Contract	As soon as possible to secure your dates
Contact Heartland to schedule a Parent and/or Teacher Meeting	90 days prior to camp
Camp Planning Form	30 days prior to camp
Cabin Lists and Travel Groups	14 days prior to camp
Names of teachers and parents attending	14 days prior to camp
Health Forms (one for every person)	14 days prior to camp

CONTRACTS

Contracts provide two things. They secure your dates and provide a point of reference. Your P.O. number serves as your deposit payment. As schools request camp dates throughout the year, priority is given to those who have turned in a signed contract. We cannot hold your dates for camp without a signed contract. Returning schools will have the chance to keep their dates from year to year, as long as a signed contract has been received.

The number of students, teachers and cabin leaders on the contract is an estimate and not a guarantee of how many people you will bring. The total payment is also an estimate based on the number of estimated guests. Your final invoice amount will be based on your actual number of attendees.

FUNDING

There are many ways to fund camp. Some ideas include fundraisers, grants, corporate sponsors, parents, PTO or PTA, Title funds, and many more. Each school will need to evaluate what works best for them. Please contact us for more information on possible fundraising ideas.

BUSING

The teachers are responsible for making the busing arrangements. You will need to work with your busing department to arrange number of buses, drop off and pickup times, directions and funding. We ask that students arrive between 10:00am and 10:30am and no later than 11am. Your departure time can be arranged with the Program Director to fit your needs.

Each school funds the busing differently. In some cases the school pays for busing while others raise the funds through the PTO or a fundraiser. Still others charge the students a small amount extra on their camp fee to help offset busing cost.

Due to the rural nature of our camp, some of the roads near Heartland are not accessible to buses. For this reason, we recommend giving the provided driving directions to your school's transportation department. Up-to-date driving instructions can be found either in this packet (page 5), or on our website. **(PLEASE do not use Google Maps, MapQuest, or GPS devices for directions, as we have found them to be very inaccurate or misleading in guiding guests to Heartland.)**

CHOOSING CABIN LEADERS

Each school is responsible to bring adequate supervision for their students. Heartland recommends a ratio of at least 1 cabin leader per 10 students. There is a limit of 2 cabin leaders for every 10 students, unless otherwise approved by the Heartland Program Director.

The cabin leaders can be parents, high school students or teachers. We do recommend that no matter who the cabin leaders are, the school uses some kind of screening or application process when choosing cabin leaders. Heartland also recommends using state-certified background checks for any adult cabin leaders.

If your school uses high school students we recommend using National Honor Society students. This helps to ensure quality cabin leaders as well as giving students an opportunity to gain community service hours.

PARENT/PLANNING MEETING

(Schedule 90 days prior to camp)

We recommend that a meeting be scheduled for parents, whereby one of our staff members will make a presentation. This is a great way to inform parents of the camp experience and answer any questions they may have. The meeting typically requires about 45 minutes with a "Question and Answer" time at the end. We usually show a video or PowerPoint of the camp and will need a computer, projector, and sound capabilities or a way to present our PowerPoint and video. We can bring our Heartland laptop to use as well. Please let us know which way works best for your school when you are scheduling your meeting.

Either before or after the meeting is a good time for a Heartland representative and school staff to meet and go over planning or questions about camp.

PACKET FOR STUDENTS/PARENTS

We recommend that you put together a camp packet for students to take home to parents. If you would like to see some example packets, let us know. You will find recommended pages to copy at the end of this packet.

Here are some items you could include in each packet:

- A cover letter introducing camp
- Student pickup and drop-off times
- Cost of camp and payment info
- Permission slips
- Online Health Form School Code (page 30)
- Packing list for students (page 29)
- Camp contact info
- Any school forms (e.g. release forms)

CAMP PLANNING FORM

(Due no later than 30 days prior to camp)

This form includes information such as school contact information and number of students as well as class and activity choices. Please use this form as a tool to help with your planning. A copy can be found in this guide or downloaded from our website. If you have questions about the form, please contact us.

RECOMMENDATIONS AND TIPS FOR CHOOSING ACTIVITIES AND CLASSES

We offer a wide variety of classes. Each one is designed to meet or exceed state curriculum standards. We highly recommend calling or meeting with one of our Heartland staff member to help plan your classes. Please review the detailed class and activity descriptions found in this packet.

Our classes fit into either a 1-hour or 2-hour time block. The amount of class hours available varies based on the length of your camp experience. Typically a 3-day experience offers 8 class hours, a 4-day experience offers 12 class hours, and a 5-day experience offers 16 class hours.

Each evening, a 2-hour time block is allotted for evening activities. We offer activities ranging from a campfire, night hike, or active large group games. Generally, it works best to do an active activity first, followed by a quieter activity. This helps the students to burn energy and then gets them in the mindset for going to bed. Some individual evening activities require 2 hours depending on the size of your group.

HOW TO DIVIDE STUDENTS INTO CABIN AND TRAVEL GROUPS

The first step is to divide the students into groups of about 10. There is not a “right” or “wrong” way to do this. You may, however, want to divide students in such a way to avoid behavioral issues. Each of these groups is then considered a cabin of students.

A travel group (or traveling tribe) is made up of 2 to 4 cabins of students. Each travel group stays together for all of their classes during the day. During meals, afternoon activities and evening programs, students may not necessarily be with their travel group, but will be with their cabin group.

We recommend traveling tribe numbers to be around 20-25, but can be more if necessary. This generally means putting together 2 large cabin groups or 3 to 4 smaller cabin groups. Depending on logistics, your groups may need to be larger.

If you need help with dividing students into cabins and/or tribes, please contact us. Also, if you do not feel comfortable with this process, we would be happy to help.

PAYMENT

We do not require a deposit, however, a P.O. number is required at the time the contract is signed.

Near the end of your camp week, a representative from Heartland will meet with one or more of your school’s staff to confirm numbers of how many teachers, students, etc. attended camp. Students who only stay for a portion of the time due to illness will be prorated. Students sent home for behavior will be charged the full amount. We will adjust the total invoice amount based on these numbers and email an invoice to the school camp coordinator.

Payment is due 30 days after your camp experience.



DRIVING DIRECTIONS

3201 COUNTY RD 225, MARENGO , OH 43334

FROM I - 71

Take Exit 140, and go south on State Route 61 (From the north, turn left onto State Route 61. From the south, turn right onto State Route 61.)

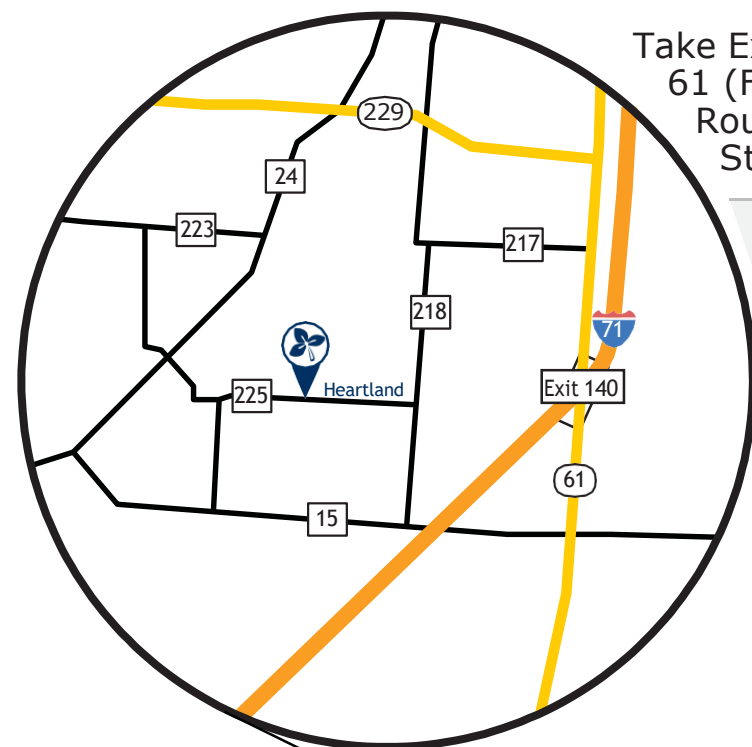
Turn right (west) on County Road 15 also called West Liberty Mt Vernon Road

Note: County Road 15 will go back over I-71

Turn right (north) on County Road 218 also called Berkshire-South Woodbury Road

Turn left (west) on County Road 225 also called West Liberty East Road

The entrance to Heartland is on the right!



FROM ROUTE 23

Turn east on State Route 229 (From the north, turn left onto State Route 229. From the south, turn right onto State Route 229.)

Note: Continue through the town of Ashley

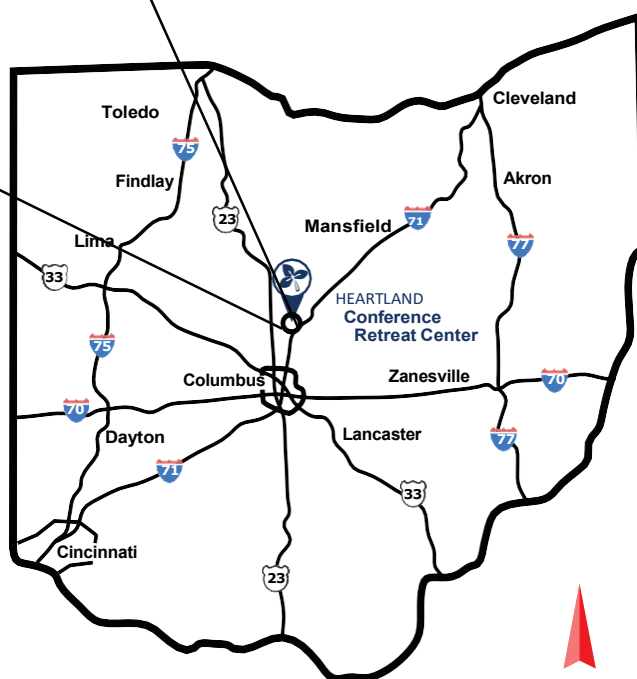
Turn right (south) on County Road 218 also called Berkshire-South Woodbury Road

Note: you will come to a sharp left curve.

After the curve, turn right to stay on Country Road 218

Turn right (west) on County Road 225 also called West Liberty East Road

The entrance to Heartland is on the right!



CAMP PLANNING CHECKLIST

✓	TO DO	NOTES
	Contact Heartland for dates (due ASAP)	
	Receive contract from Heartland	
	Sign contract and return to Heartland (due no later than 14 days after you receive the contract)	
	Develop camp funding and payment plan	
	Schedule transportation	
	Schedule parent meeting (90 days prior to camp)	
	Select cabin leaders	
	Packet for students and parents	
	Permission slips for students	
	Complete 'Camp Planning Form' and send to Heartland (due no later than 30 days prior to camp)	
	Communicate any special health needs to Heartland	
	Send cabin lists and travel groups to Heartland (due no later than 14 days prior to camp)	
	Health forms for students	
	Health forms for teachers	
	Health forms for cabin leaders / chaperones	
	Ensure all Health forms have been submitted (due no later than 14 days prior to camp)	
	Driving directions to bus drivers/transportation	
	Complete health screenings prior to camp	

HEARTLAND OUTDOOR SCHOOL CABIN LIST

MALE STUDENT CABINS

<u>MALE STUDENT CABINS</u>			
<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>

FEMALE STUDENT CABINS

<u>FEMALE STUDENT CABINS</u>			
<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>	<div>Students</div> <div>1</div> <div>2</div> <div>3</div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>Cabin Leader</div> <div>12</div>

TEACHER NAMES

1
2
3
4
5
6
7
8
9
10

DAY GUESTS (IF ANY)

<div>1</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>	<div>2</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>	<div>3</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>
<div>4</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>	<div>5</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>	<div>6</div> <div>Day:</div> <div>Arrival time:</div> <div>Departure time:</div> <div>*S, CL, or T:</div>

*Student, Cabin Leader, or Teacher

SAMPLE MEAL MENU

HEARTLAND OUTDOOR SCHOOL

Guests who visit our dining hall will enjoy a wide variety of nutritious food prepared by our excellent Food Service Staff. Each meal is "serve yourself" style with both hot and cold options available. We offer opportunities for seconds so that students never go hungry. Drinks are served at the tables and include water and juice. Coffee and soda machines are available to cabin leaders and adults during camp.

*We do our best to accommodate dietary requests and restrictions. Please contact Heartland to make arrangements in advance.

BREAKFAST

Eggs
Sausage
Hash browns
Bacon
Pancakes
French toast sticks
Waffles
Dry cereal
Oatmeal
Coffee cake/cinnamon rolls
Muffins
Juice and water

DINNER

Salisbury steak
Spaghetti and meat sauce
Macaroni and cheese
Roast beef
Grilled chicken
Sweet and sour chicken
Pork loin
Mashed potatoes
Carrots
Broccoli
Green beans
Corn
Rolls
Salad bar
Dessert
Lemonade / water

LUNCH

Pizza
Hamburgers
Chicken fingers
Ham and cheese subs
Turkey sandwiches
Tacos
Hot dogs
Corn dogs
Grilled cheese
French fries
Salad bar
Dessert
Lemonade / water

Food For Thought

We utilize a Food For Thought program in the Dining Hall to promote education on healthy food choices, limiting food waste, and providing earth-friendly solutions for the waste that we do have. An emphasis will be placed on students and the impact their decisions can have on the environment, not only here at camp, but also at home. As we develop this program, we hope to continue implementing and educating students on the current techniques, facts, and ideas within this field.

3-Day Schedule

EXAMPLE

DAY ONE

10:30 A.M.	Arrive
12:00 P.M.	<i>Lunch</i>
12:45 P.M.	Travel Time
1:15 P.M.	Class
2:15 P.M.	Travel Time
2:30 P.M.	Class
3:30 P.M.	Travel Time
3:45 P.M.	Afternoon Activities in the Gym TEACHER/CABIN LEADER MTG.
5:00 P.M.	Everyone line up for dinner at patio Responsibilities: Flag / Hoppers
5:15 P.M.	<i>Dinner</i>
6:00 P.M.	Dorm Time
6:25 P.M.	Travel Time
6:30 P.M.	Evening Program 1
7:25 P.M.	Transition Time
7:35 P.M.	Evening Program 2
8:30 P.M.	Travel Time
8:40 P.M.	Snack Time / Health Office
9:00 P.M.	Back to Cabin
10:00 P.M.	Lights Out!

DAY TWO

7:45 A.M.	Everyone line up for breakfast at patio Responsibilities: Flag / Hoppers / Weather
8:00 A.M.	<i>Breakfast</i>
8:50 A.M.	Travel Time
9:15 A.M.	Class
10:15 A.M.	Travel Time
10:30 A.M.	Class
11:30 A.M.	Travel Time
11:45 A.M.	Everyone line up for lunch at patio Responsibilities: Hoppers
12:00 P.M.	<i>Lunch</i>
12:45 P.M.	Travel Time
1:15 P.M.	Class
2:15 P.M.	Travel Time
2:30 P.M.	Class
3:30 P.M.	Travel Time
3:45 P.M.	Afternoon Activities in the Gym TEACHER/CABIN LEADER MTG.
5:00 P.M.	Everyone line up for dinner at patio Responsibilities: Flag / Hoppers
5:15 P.M.	<i>Dinner</i>
6:00 P.M.	Dorm Time
6:25 P.M.	Travel Time
6:30 P.M.	Evening Program 1
7:25 P.M.	Transition Time
7:35 P.M.	Evening Program 2
8:30 P.M.	Travel Time
8:40 P.M.	Snack Time / Health Office
9:00 P.M.	Back to Cabin
10:00 P.M.	Lights Out!

DAY THREE

7:30 A.M.	Bring Luggage to Parking Lot
7:45 A.M.	Everyone line up for breakfast at patio Responsibilities: Flag / Hoppers / Weather
8:00 A.M.	<i>Breakfast</i>
8:50 A.M.	Travel Time
9:15 A.M.	Class
10:15 A.M.	Travel Time
10:30 A.M.	Class
11:30 A.M.	Travel Time
11:45 A.M.	<i>Lunch</i>
12:45 P.M.	Leave Camp

CAMP PLANNING FORM HEARTLAND OUTDOOR SCHOOL

Please feel free to contact us at any point while filling out this document. We want to help make this a fun learning experience for your students! *This form is due no later than 30 days prior to your visit.*

GENERAL INFORMATION

School _____ Grade(s) _____ Trip Date/Year _____
 Lead Teacher _____ Lead T phone number (_____) _____
 Principal _____ School phone number (_____) _____
 Arrival time: _____ Departure time: _____

Special Lodging Request: Hickory Lodge _____ Beechnut Lodge (Teachers only) _____

*While we will do everything that we can to accommodate lodging requests, we cannot guarantee they will be met.

Golf Cart Request: (Yes / No) Number of Carts Requested _____

*Each overnight school will receive 1 complimentary Golf Cart to be used by their Health Officer.
 Additional carts are \$60/day for overnight schools and \$40/day for Field Trips.

Email a Camper: (Yes / No) Assigned Tables (Yes / No) Linens (Teachers only) (Yes / No)

PARTICIPANT INFORMATION

Students	Cabin Leaders	Teachers	Special Arrangements: _____
____ Male	____ Male	____ Male	_____
____ Female	____ Female	____ Female	_____
____ Total	____ Total	____ Total	Birthdays: _____

SCHEDULE INFORMATION

Please number choices in order of preference (1, 2, 3...).

CLASSES

**3 day schools - 8 class hours
2 day schools - 4 class hours**

EVENING PROGRAMS

Choose 2 hours for each evening at camp. Each program is 55-60 minutes unless otherwise marked.

Grades 3-8 Classes

____ Archery
 ____ Construction Zone
 ____ Critter Scene Investigation
 ____ Earth Rocks!
 ____ Eco Explorers
 ____ Eco X-Stream (*Apr-Oct only)
 ____ Group Problem Solving
 ____ Mad About Mammals
 ____ Ohio Living History (2 hrs.)
 ____ Ornithology (*Spring only)
 ____ Pathfinders
 ____ Reptiles & Amphibians
 ____ Team Challenge
 ____ 1 hour
 ____ 2 hours
 ____ Wilderness Survival
 ____ 1 hour
 ____ Fire building
 ____ Shelter building
 ____ 2 hours (Fire & Shelter)

* Designates seasonal offering

Evening Programs

____ Astronomy
 ____ Campfire
 ____ Extreme Nature Charades
 ____ Gold Rush
 ____ Hikes - Evening/Night
 ____ Movie Night
 ____ Ohio Living History (2 hrs.)
 ____ Omnikin Games
 ____ Relay Races
 ____ Tribe Fires
 ____ Wacky Olympics

Elective Classes

Please call for activity minimums, pricing, and requirements.

____ Climbing Wall
 ____ High Ropes
 ____ Zip Line

CLASSES AND DESCRIPTIONS

Heartland offers a customizable experience for you and your students when choosing classes and program activities. All of the classes offered at Heartland's Outdoor School meet or exceed Ohio's Academic Content Standards for curriculum. Whether the focus is team-building, science, outdoor adventure or a combination of all three, we are confident you will find our selection excellent!

Use the class descriptions below or on our website as you fill out the Camp Planning Form to select classes and evening programs. Classes for K-2 are found on pages 14-17 of this packet and classes for grades 3-8 are found on pages 11-14.

CLASSES FOR GRADES 3-8

Availability is dependent on group size, weather and season, and requests from additional groups. Please contact us to check availability or for assistance in customizing your experience.

Archery (1 Hr.)

Archery class provides fun for all ages as an introduction to form & shooting techniques and the basics of potential and kinetic energy. This class also develops student motor skills and safety awareness while promoting positive group encouragement and interactions.

Construction Zone (1 Hr.)

Develop teamwork and cooperation skills by having teams of students build structures through friendly competition! Construction Zone emphasizes positive communication as teams overcome physical and psychological obstacles. Facilitators personalize challenges to enhance the experience of each student and the group.

Critter Scene Investigation (1 Hr.)

Predators run rampant all over Heartland and we have stumbled across several critter crime scenes! We need your students to aid us in our investigation! Students will put on their investigator caps and practice critical thinking to help us solve our wildlife mysteries!

Earth Rocks! (1 Hr.)

This interactive outdoor class gives students the opportunity to explore the banks of Alum Creek's surrounding tributaries and observe and identify rocks found amidst Ohio's terrain. Students will review the rock cycle and basic geology concepts, and learn identification through the use of a dichotomous key.

Eco-Explorers (1 Hr.)

This ecosystems class gives students a better understanding of the various relationships in the different ecosystems of Ohio. Hands-on exploration of forest, grassland and wetland ecosystems will further knowledge and understanding of the intricate balance between living organisms and their habitat.

Eco-X-Stream (1 Hr.)

Hop on our wagons and hitch a ride down to the headwaters of Alum Creek for an exciting hour of creek-filled fun! We'll discover the creatures that lie beneath the surface of the water, how they relate to one another in the food chain and how they contribute to understanding the health of a stream.

Group Problem Solving (1 Hr.)

This class uses cooperative games and activities to help students develop teamwork, communication, cooperation and motor skills. Students will be given a variety of mental and physical obstacles that they must work together to successfully complete. We strive to lead people in building confidence, decision-making skills, positive interaction, cooperation, self-awareness and self-discovery.

Mad About Mammals (1 Hr.)

Close your eyes and think of an animal. What animal comes to mind? Does it have fur? If it does, you thought of a mammal! Did you know mammals are found in every continent of the world? They have different characteristics to help them live within their habitats. In this class, students will get to meet a few of our amazing animal ambassadors. As students handle the animals, they will make observations and try to guess each animal's habitat based on their characteristics.

Ohio Living History (2 Hrs.)

Step back in time to the Alum Creek Settlement. Follow 1798 settlers through a forest notorious for attacks. Once safely in the village, interact with historic characters and take part in period activities such as candle making, crafts, games, blacksmithing, carpentry, militia and outdoor cooking. Contact us to see what this experience would look like based on your group size and age range.

Ornithology (1 Hr.) **Spring offering only*

Students will be introduced to the native Ohio bird species and their specific adaptations while on a birdwatching hike complete with binoculars and field guides! Staff will call in a variety of birds for students to observe while on the trail and at the Heartland Bird Blind.

Pathfinders (1 Hr.)

Pathfinders introduces students to the purpose, parts and proper use of a compass. This class also provides practical experience on how to navigate with or without maps and charts. Students will have the opportunity to use a compass on a course to further their understanding of orienteering.

Reptiles & Amphibians (1 Hr.)

What's the difference between reptiles and amphibians? Find out in this class as we discuss the characteristics of these animals using a Venn diagram. Students will then have the unique opportunity to hold both native and exotic reptiles and amphibians.

Team Challenge (1 Hr.)

Head out into the woods to our course of elements, where students will be introduced to teamwork and personal development principles! This 1 hour introductory team building activity is geared toward grades 5-8 and groups will complete an ice breaker and 1-2 elements focusing on 1-2 basic teamwork principles

Team Challenge (2 Hrs)

While out on our challenge course, students will develop teamwork through cooperative elements and be challenged to move outside their comfort zone. This 2 hour activity is geared toward grades 6+ and groups will complete an intro ice breaker and 3-4 elements focusing on 3-4 teamwork principles.

Wilderness Survival (1 or 2 Hrs.)

Preparedness and survival are not typically at the forefront of our thinking. In this class, students will learn and practice basic survival techniques while working cooperatively to build a fire and/or shelter.

This class is offered as a 1 or 2 hour option. In the 1 hour option you may choose either fire or shelter building. The 2 hour option covers both topics.

GRADE 3-8 ELECTIVE CLASS OPTIONS

Please contact us for school pricing, age and weight minimums, and group size compatibility. Availability is also dependent on weather and season, and requests from additional groups.

Climbing Wall (1 Hr.)

Watch your students "climb to new heights" as they challenge themselves on our multi-pitch climbing wall or showcase their skill on our horizontal bouldering wall. Located indoors; this class is offered year-round with instruction from our trained and experienced staff members. Climbers of all levels, from beginner to advanced, will enjoy the thrill of the climb!

High Ropes (1 Hr.)

Students will be challenged in the area of personal growth, team support, and encouragement while on our dual level high adventure course.

Zip Line (1 Hr.)

Hang on tight as you rush down our 400 ft. zip line! Minimum height/weight of 42" and 45lbs. and maximum height/weight of 75" and 275 lbs.

EVENING PROGRAM OPTIONS

Each evening, your school can choose from a variety of activities offered at Heartland. Typically, two programs are chosen per night, each lasting about an hour in length unless otherwise marked. Availability is dependent on group size, weather and season, and requests from additional groups. Please contact us to check availability or for assistance in customizing your experience.

Astronomy (Recommended for grades 4+)

The low levels of light pollution at camp make it an ideal area for star gazing. This opportunity gives participants the chance to not only learn about objects in space, but also get to see them with their own eyes.

Campfire (All ages)

Join us around a blazing fire underneath the evening sky in our cozy outdoor amphitheater. Staff will tell stories, sing songs, and provide the quintessential camp experience around the campfire for you and your students.

Extreme Nature Charades (Recommended for grades 3+)

Get ready to put your brains and brawn to the test! Gathering together in the gym, students will be placed into cabin teams for an extreme relay race charade showdown. Students will sprint to get their action cards and hastily act out their actions. It could be a person, place, thing or natural event. Which team will be the first to complete their charade gauntlet? Help us find out!

Gold Rush (Recommended for grades 3+ and for a group size 50+)

Get out your face paint and be ready to run in this action-packed, exciting game that is a combination between Capture the Flag and Freeze Tag. Students (and any leaders that wish to play) will be placed on one of two teams, identified with washable face paint. At the whistle, teams will race across the field to the stash of "gold" on the opposite side, without getting tagged by the opposing team. The team who collects the most gold wins!

Hikes - Evening/Night (All ages)

Take a hike through the woods and fields to explore the sights and sounds at Heartland! Students will be encouraged to use their senses to observe and discover nature either at dusk (Evening Hike) or after dark (Night Hike). The type of hike available depends on the amount of daylight hours during your visit.

Movie Night (All ages)

Enjoy some time together with an outdoor movie and yard games. We'll provide the blankets and popcorn! We will learn more about our world as we watch Planet Earth, Blue Planet, or other nature-related movies.

Ohio Living History (Running time: 2 hours)

Step back in time to the Alum Creek Settlement. Follow 1798 settlers through a forest notorious for attacks. Once safely in the village, interact with historic characters and take part in period activities such as candle making, crafts, games, blacksmithing, carpentry, militia and outdoor cooking. Contact us to see what this experience would look like based on your group size and age range.

Omnikin Games (All ages)

Play tag, run the gauntlet, and race the boulder like Indiana Jones! Students will play an exciting variety of games with our new 48" Omnikin Balls. These larger than life volleyballs provide opportunities to get everyone play and get involved.

Relay Races (All ages)

On your mark, get set, GO! Students will enjoy an evening filled with classic and unique relays alike. Our focus will be more on creativity and fun, rather than who wins these relays. Expect silly smiles and rounds of cheers and laughter as we participate in zany relays.

Tribe Fire (All ages)

Gather around the campfire as each traveling tribe has its own individual fire with a combination of games, activities, and songs led by one Heartland staff member. These are meant to provide a special experience to promote small group community and organized fun around the campfire.

Wacky Olympics (All ages)

Let the games begin! This program is chock-full of individual and team competitions. Students will out-shoot the competition in "Knockout", strive to be the King in "9 Square in the Air", survive until the end in "Gaga," battle each other in a hula hoop contest, and more! Winners enter their names into a drawing for the "Final Showdown." A special prize awaits the last student standing!

HELPFUL HINTS

DAILY SCHEDULE

Each day's format is consistent throughout the week. A typical day looks like: breakfast, 2 class hours, lunch, 2 class hours, 1 hour of activity time, dinner and evening program. The first and last days of camp are a bit different but still follow this pattern. There is a more detailed sample schedule in this packet (page 9).

LUGGAGE

We recommend that all luggage is labeled with the student's name to help with sorting. Each student can bring 2 bags of luggage. When you arrive, we will unload your luggage in the parking lot. If it's raining, we will unload your luggage to an indoor location.

ARRIVAL

On the first day, we recommend schools arrive at camp between 10:00-10:30am, but no later than 11:00am. This allows us to give you the best experience possible. We understand you may need to arrive later because of travel time and other factors. If you need to arrive later than 11:00am, please notify Heartland so that plans can be made accordingly.

THE FIRST DAY OF CAMP

When you arrive at camp, you can expect the following things to happen:

1. All staff of Heartland will give you a warm welcome
2. Heartland staff help to unload luggage and students
3. The students will then be given their cabin assignments
4. Students will take their luggage to their dorm
5. Orientation and tour of camp
6. Lunch

The rest of the day continues on as a normal camp day.

THE LAST DAY OF CAMP

Students will need to have their luggage packed and ready to go before breakfast. Teachers will also need to have all of their belongings out of their rooms before breakfast. This allows Heartland to prepare the facilities for our next guest group(s).

Departure times can be customized to fit your needs. Some schools leave after breakfast on the last day of camp, while others leave after lunch.

LODGING

We have three lodges available for students, each with beds for 196 people. Each lodge has two bathrooms, heat, air-conditioning and a common area in the middle. Generally, we put boys in one lodge and girls in another lodge to separate the genders. Within each lodge, there are a total of 17 rooms, most with 12 beds, some with 10.

MEALS

We serve three meals a day and a snack in the evening. Each meal is “serve yourself” style with both hot and cold options available. We offer opportunities for seconds so that students never go hungry. Drinks are served on the tables and include water and juice. Coffee and soda machines are available to adults and cabin leaders.

HEALTH ISSUES

Your school will need to provide a nurse(s) to handle any and all medical issues. This includes issues from bumps and bruises to the distribution of medication and taking care of special dietary needs. The nurse(s) remains on the grounds during your entire stay, day and night, and carries a radio. They can also be reached by phone through the on-call number.

PARTICIPATION WAIVER AND DIETARY RESTRICTIONS FORM

Every person that attends camp will need to fill out our Participation Waiver and Dietary Restrictions Form.

A copy of this form can be found at the end of this packet and can be filled out, scanned, and emailed to oe@heartlandretreat.com. Additionally, a URL and QR code will be provided to you for your school-specific online form.

A copy of the Health Forms are due no later than 14 days prior to your camp stay.

MEDICATIONS

All medication needs to be at camp upon your arrival. It needs to be in the original container it came in and have a clearly printed, valid prescription label with the student’s name and instructions. Parents do not need to send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Allegra, Claritin, etc.). Heartland provides many generic over-the-counter medications a student might need during their stay at camp.

We strongly recommend that each student have a zip-lock bag with their name on the outside and all of their medication(s) on the inside. This helps to keep track of each medication. Also, it is good to remind parents to only send the amount of medication needed for the camp trip. We count all controlled medications upon check-in and also during check-out. It makes our process much more efficient if we only have a few pills to count versus 30.

GUIDELINES FOR TEACHERS

In case you are wondering what type of role you may play while your students are here at our Outdoor School, we have put together some suggestions that will guide you in the right direction. We look forward to partnering with you as fellow educators to offer your students the best learning experience possible!

- We appreciate your overall availability during your stay with us. This allows better communication and awareness between our staff and yours throughout the week.
- We strongly encourage you to visit different classes each day and experience what your students are learning and how they may be growing as a young person.
- We also ask that you would be present at each meal time, as this is very helpful with crowd control and encouraging kids to participate in meal-time programming.
- Please be prepared to volunteer your help with the evening activities offered each night. (e.g., Dance Night, Camp Fire, Wacky Olympics, etc)
- Please be available to assist cabin leaders during the "lights out" period of the evening. Our staff will make rounds each night, but it would be very helpful if a few teachers are doing the same.
- Please promptly inform Heartland Staff of any important or emergency issues that may arise during the week.
- We encourage you to keep in fairly constant communication with the Cabin Leaders for the week, as this lets them know you are both supporting and supervising their leadership.
- Please be present at the daily 3:45 p.m. cabin leader and teacher meeting.
- Have fun! Enjoy the week! Take pictures to capture the moments.

Most importantly, we are all striving together to give your students a learning experience of a lifetime. We value your input, assistance and support while you are here! Please know that we as a staff are always willing to listen to your questions or concerns and hope you feel comfortable expressing those. Thank you so much for bringing your students to Heartland!

FURTHER EXPECTATIONS

SMOKING: Heartland enforces a no smoking or vaping policy on its premises.

ALCOHOL: Possession and consumption are strictly prohibited on Heartland property.

LEAVING CAMP DURING THE WEEK: Your participation in the program is vital and greatly appreciated. However, if you must leave the grounds, please let the Heartland Program Director know you are leaving camp.

PETS: Heartland prohibits guests bringing pets.

CHILDREN: Heartland discourages teachers from bringing their own children with them due to housing limitations. Exceptions will only be made with prior approval of the school AND the Heartland Program Director.

SENDING STUDENTS HOME: Sending a student home for illness or misbehavior is a decision made by the school's designated representative and the Heartland Program Director following both school and Heartland policies and procedures.

- **Illness:** For the protection of all campers, a child will be sent home if he/she has a temperature at or above 100.4 F (or the school's temperature threshold, whichever is lower). Heartland will work with the school representative to contact the parents/guardians to arrange pick up.
- **Lice:** In order to prevent an outbreak of lice within the camp, Heartland's policy is that all campers are lice and nit free. If lice/nits are found at any point during camp, the school representative will be asked to notify the child's parental guardian to return the camper home and arrange treatment. The camper will be readmitted only if: properly treated, a letter is presented from a physician stating the child is both lice and nit free, and the camper is re-checked by the camp nurse to confirm.
- **Misbehavior:** Heartland and the school representative will work together in accordance with both school and Heartland policy and procedures to communicate with the school's principal and the student's parent/guardian to arrange pick up.



OUTDOOR EDUCATION CLASS SITE LOCATIONS

Those classes which travel from a meeting area to the activity have their actual class area circled in white.



STUDENT PACKET



Dear Parent or Guardian,

The staff at Heartland are anticipating a wonderful upcoming camp experience for your child. A learning adventure awaits the students as they prepare to visit our several hundred scenic acres, complete with creeks, grasslands, and serene forest trails.

Our mission as an outdoor school is to encourage hands-on discovery, teamwork, personal growth, and an appreciation for the environment through a fun, safe, quality program. We are committed to excellence in everything we do and know that your child will have a wonderful experience while at Heartland Outdoor School!

Here are a few reminders and helpful hints as you prepare to send your child to Heartland.

Appropriate Clothing: Because we offer hands-on science and team building classes, we spend most of our time in the great outdoors, even in the rain and cold. At times we may be out for several hours, and we ask that you help your child be prepared with appropriate clothing, as indicated on the "Packing List". In truly inclement weather, we have ample indoor teaching space.

Student Health Form: For your child's well-being, please submit a Health Form at least two weeks prior to camp. Any student without a submitted Health Form may not attend our program. Thank you for helping Heartland provide a safe and quality program!

Medications: Please follow the instructions for sending medications (found on the Health Form) and do not send unlabeled medication(s). *For any special concerns or questions, please contact me at 740-747-2426 or your school nurse.*

Before your child's camp stay, your school will provide an informational camp meeting. We highly recommend you attend this helpful presentation! A camp representative will be present and any questions you have can be answered during that time. For further questions, please do not hesitate to contact your child's teacher or visit our website (www.heartlandoe.com).

This could possibly be the most exciting and memorable trip of the school year for your student! Thank you for your dedication and valuable help in preparing your child for camp.

Here to Serve,

Kendrick Flanagan
Director of Education & Programming

Heartland Outdoor School • 3201 County Road 225 Marengo, OH 43334
phone: 740.747.2426 • fax: 740.747.0200 • web: www.heartlandOE.com • e-mail: oe@heartlandretreat.com

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Dear Student,

How would you like to shoot a bow and arrow during a P.E. class? Or hold live lizards and snakes during science class? Perhaps you might enjoy a social studies class where you visit a pioneer village from the 1700's and make candles?

If any of this sounds interesting to you, then get ready! You are going to love your upcoming visit to Heartland Outdoor School, where learning is fun! Here at camp, our staff will take you on adventures through fields, streams, and forest trails. We love teaching students like YOU about the great outdoors!

At Heartland, you will be part of a community of people living and working together. You will be in a cabin with around 9 of your classmates and one adult cabin leader from your school. In your classes you will be working together with other students from your school. You may eat and enjoy recreation activities with other schools. A large responsibility for you will be to get along with the other members of the community at camp.

During your visit we will have certain expectations of you and your classmates. First, you should follow all of the rules of your school, and also those of Heartland. Heartland guidelines include RESPECT for others, yourself, and the environment. Second, you should help with group responsibilities such as cleaning your cabin each day and setting up the dining hall as a "hopper". Third, you should have fun while you are here! If you are curious as to what Heartland looks like, check out our website at www.heartlandoe.com.

Bring along a notebook to write down your memories and a camera to capture your great adventures! See you soon!

The Coolest Camp Dude,

Kendrick Flanagan
Director of Education & Programming

Heartland Outdoor School • 3201 County Road 225 Marengo, OH 43334

phone: 740.747.2426 • fax: 740.747.0200 • web: www.heartlandOE.com • e-mail: oe@heartlandretreat.com

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HEARTLAND OUTDOOR SCHOOL PACKING LIST

Remember to pack carefully and don't forget your rain gear!

Packing Tips:

- Be sure to prepare for all weather, as all classes are held outdoors rain or shine!
- Bring OLD clothes and shoes. We will get muddy!
- Please limit your belongings to one suitcase and one bag for bedding (a black trash bag works well) and label each with your name and school on them. Place your sleeping gear in plastic to prevent it from getting wet during arrival/departure.
- Label anything that you don't want to lose.

Required Items

- Poncho or Rain Gear
- 2-3 Pairs of Old Shoes/Boots (One pair will get very wet)
- 2 Extra Trash Bags for wet clothing/shoes
- Water Bottle
- Daily change of Socks and Under Clothing
- 3-4 T-Shirts (5-6 for five-day experience)
- 1 or 2 Sweatshirt or Fleece
- Shorts (Weather permitting/Modest length)
- 2-3 Pairs of Pants (4-5 for five-day experience)
- 1 Warm Jacket (For chilly nights)
- Pajamas
- Bath Towel and Washcloth
- Soap/Deodorant/Toothbrush/Toothpaste
- Sleeping Bag (or sheets and 2-3 blankets)
- Pillow
- Seasonal: Sunscreen/Lip Balm/Insect Repellent

In Colder Months

- Be sure to pack layers of clothing
- Gloves
- Warm Hat
- Thermal Layers
- Heavy Coat
- Warm Boots
- Thermal/Wool Socks

Optional Items

- Waterproof Boots
- Baseball or other cap
- Labeled Camera (Disposable recommended)
- Notebook and pen (Be sure to label)
- Sandals- shower use only
- Travel-size Hand Sanitizer

Leave at Home

- Money
- Knives/Weapons
- Food*/Gum/Candy
- Cell Phones
- Firearms/Fireworks/Matches
- iPod/Mp3 Player/Radio
- Electronic Video Games

*Unless needed for dietary or medical restrictions. Please contact your school nurse or Heartland Outdoor School at 740-747-2426 or oe@heartlandretreat.com.



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FREQUENTLY ASKED QUESTIONS

- **HOW ARE CABIN LEADERS SELECTED?** The cabin leaders are selected by a school representative and all screening is done by the school.
- **HOW ARE CABINS ASSIGNED?** Cabins are assigned by the teachers and they typically make sure that your child is with at least one friend.
- **DO GIRLS AND BOYS STAY IN THE SAME AREA?** No. There is a separate dorm area for each gender.
- **IS THERE SECURITY THAT PATROLS THE GROUNDS?** There are several staff that stay on call during both the day and nighttime hours and help maintain a secure campground.
- **WHAT KIND OF DOWN TIME DO THE CAMPERS HAVE?** We fill their day and allow for very little down time. After dinner the campers have a little time just to hang out in their cabins or play a game as a small group. The general rule is that if the camper is not with an adult, they are in the wrong place.
- **WHAT TYPES OF MEALS ARE SERVED?** Our meals are served with students in mind. The teachers have been given a list of sample meals served which they can share with you. There is cereal at every breakfast and a fruit and salad bar at lunch and dinner.
- **WHAT IF MY CHILD IS A VEGETARIAN OR HAS SPECIAL DIETARY NEEDS?** We do our best to accommodate special dietary needs and restrictions. Please make sure your child's teacher is aware of any dietary needs at least 2 weeks prior to your child's camp stay, in order that Heartland may be prepared with specific meal-time options. In some cases, we may suggest that your child bring along a few food items depending on the situation.
- **WHAT IS THE BEST WAY TO LABEL BELONGINGS?** The best thing to do is to write on the tag of clothing with a permanent marker. For other items, such as cameras and flashlights, please write your child's name with a permanent marker on an area that is visible. If they pack their sleeping bag/blankets in a plastic garbage bag, make sure that it is clearly labeled and/or decorated so they can locate it easily. Pack an extra bag for them to store their sleeping bag/blankets for the trip home since the first one often tears on the first day.
- **WHAT DOES A TYPICAL DAY LOOK LIKE?** The campers wake up at about 6:45 a.m. and get ready for the day. They also have to clean their cabins before flag raising at 7:45 a.m. They eat breakfast and then go to two classes before lunch. After lunch at 12:00 p.m. they go to two more classes. After the second class in the afternoon, the campers have afternoon activity time where they pick from a variety of activities led by the staff. Dinner is served at 5:15 p.m., followed by two evening program hours which may include Campfire, Relays, Wacky Olympics, or Night Hike. Campers return to the cabins at 9:00 p.m. to get ready for bed; lights out is at 10:00 p.m. The Heartland staff will rove the cabin area around that time to make sure that everyone is quiet for the night.
- **WHAT TYPES OF CLASSES WILL THEY BE ATTENDING?** The classes are not typical school classes. Teachers select the classes from a variety of science-based and team-building class options. Some of the most popular options include: Reptiles and Amphibians, Aquatic Ecosystems, Team Challenge, Wilderness Survival, Archery and Ohio Living History.

If you have any further questions, please ask your child's teacher or the camp coordinator at your school. Feel free to visit our website, www.heartlandoe.com, for further details as well. Don't forget to attend the parent meeting before the camp experience to hear valuable information and helpful hints in preparing your child for camp!

As a reminder, children love to get mail. Please send it to 3201 County Road 225 Marengo, OH 43334. Be sure to put your child's name on the outside of the envelope along with the school name. Alternatively, you may visit our website and use the "Email a Camper" feature to send e-mail to your child. No faxes, candy or food.

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Online Participation Waiver and Dietary Restrictions Form

A URL and QR Code will be sent to Lead Teacher to access your school-specific participation waiver and dietary restrictions form.

Thank you so much for helping Heartland provide a safe and quality program!

Medication Reminder

for Parents

- All medication and first aid supplies coming to Heartland Outdoor School are to be turned in and will be administered by the school's nurse / health officer.
- ALL medications, prescription or non-prescription, are to be in their **original containers** and sent in a Ziploc bag with the student's name on it.
- Prescription medicines **MUST** be in their original containers and have the following information on the prescription label:
 - Student Name
 - Name of Prescription Drug
 - Administration directions (dose, time & route)
- Please send only the amount of medication needed for the camp trip.

Heartland provides many generic over-the-counter medications a student might need during their stay at camp, like Tylenol, Advil, Band-Aids, etc. Please do not send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Allegra, Claritin, etc).

If you have questions or concerns related to your child's food allergies or dietary restrictions please call 740.747.2426 to discuss.

Thanks!

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HEARTLAND OUTDOOR SCHOOL

Participation Waiver and Dietary Restrictions Form

Print Participant Name

Print Name of Group

Date of Event

INSTRUCTIONS: Please read this entire form carefully. Each participant and/or their custodial parent/guardian must read, complete, sign and submit this agreement to Heartland so that Heartland receives all completed and signed forms at least one business day before the Event Date. Without an appropriately signed form delivered to Heartland in advance, the individual will not be permitted to participate in the Program.

I have read, and do understand, the Participation Is Voluntary statement accompanying this form. I understand that my/my child's participation in all activities offered by Heartland Conference Retreat Center (Heartland) is based on the Participation Is Voluntary philosophy. These activities may include, but are not limited to: High Ropes, Zip Line, Paintball, Team Challenge, Group Problem Solving, Archery, Night Hike, Nature Center, Large Group Game, Orienteering, Living History, Wagon Ride, Bird Blind, Climbing Wall and Wilderness Rush. I recognize that the Heartland Activities are designed to utilize experiential and engaging teaching techniques, and that my participation is purely voluntary. At all times I will choose my level of participation in any activity, and I agree to follow all guidelines and instructions as presented.

I do understand that the staff of Heartland have received extensive training, and will work to protect the emotional and physical safety of myself/my child. I understand that participation in Heartland activities in which I/my child have enrolled, may entail certain risks. I elect to participate in spite of these risks.

I do understand that safe participation in Heartland Activities requires reasonably good health, and I certify that I have/my child has no medical, emotional and/or physical conditions which could interfere with my/my child's safety in this activity/these activities.

I grant to Heartland and all persons acting through them, the rights to use, reproduce, assign, and/or distribute photographs, films, videotapes, and sound recordings of myself/my child for use in materials they may create.

I have read and do understand and accept the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon my heirs, assigns, personal representatives and estate, and for all members of my family, including minor children.

Therefore, for myself/my child, I knowingly and voluntarily assume all risks involved in my/my child's participation, and do hereby release and promise to defend, indemnify, and hold harmless, Heartland and its members, trustees, officers, employees, volunteers, independent contractors, and agents from any and all liability, damages, costs and expenses arising out of or relating to bodily or psychological injury, or loss that may occur as a result of participation in Heartland Activities, whether such injury arises out of the negligence of Heartland, myself/my child, or otherwise.

If your event is taking place at Heartland, I hereby give my permission to Heartland, Licensed by the State of Ohio and Morrow County, to secure emergency medical and surgical treatment.

Signature of Participant **(Required)**

Date

Signature of Custodial Parent/Guardian
(Required if participant is a minor)

Address

City

State

Zip

Phone: _____

Age of Participant if a minor: _____

Dietary Restrictions: Gluten Free _____ Dairy Free _____ Other _____

Other Allergies/Medical Concerns: _____

NOTE TO SCHOOLS: This form is no longer needed by Heartland, as Heartland no longer provides our own Health Officers. You may, however, use this form for your own benefit in collecting your students' medication information. It does not need to be submitted to Heartland. The only form that needs to be submitted to Heartland is the Participation Waiver and Dietary Restrictions Form.

HEARTLAND EMERGENCY MEDICAL AUTHORIZATION AND INFORMATION FORM

Camper's First Name: _____ Last Name: _____ Date of Birth: _____ Age: _____ Gender: _____
 Address: _____ City: _____ State: _____ Zip: _____ Home Phone: _____
 Emergency Contact 1 Name: _____ Relation: _____ Phone: _____
 Emergency Contact 2 Name: _____ Relation: _____ Phone: _____
 Emergency Contact 3 Name: _____ Relation: _____ Phone: _____
 Parent/ Guardian Email Address: _____
 Medical Insurance Company: _____ Policy Number: _____

Please do not send over-the-counter medications unless it is something very specific (i.e. Zyrtec, Claritin, etc.)
 Heartland provides many generic over-the-counter medications a student might need during their stay at camp. We will provide Tylenol, Advil, Benadryl, Tums etc.

Due to Federal and State Law ALL medications must be current/not expired with the current prescription label, be in the name of the person taking the medication, and in their original bottle (prescriptions in the prescription bottle, supplements in their original bottle). All medication will be given according to the dosing instructions. If they have changed, we must have a note with the changes and the doctor's signature. We cannot give a medication unless it meets the criteria listed above.

Please list any medications that your child will be taking while at camp. Please send only the amount of medication needed for the camp trip.

Name Of Medication	Dose	Reason for Medication	Dosing Time(s)

I give permission for my child to self-carry their emergency medication(s): **Yes**___ **NO** ___ (*If yes, please fill out and send a self-carry permission form*)

Recent Health History (please check if applicable)

☐ Convulsions/Seizures ☐ Bedwetting ☐ Diabetes
☐ Bleeding/Clotting disorders ☐ Sleepwalking ☐ Asthma

Other potential health problems (please list)

Allergies (please check if applicable)

☐ Bee stings ☐ Allergies to medication (please list) _____

FOOD ALLERGIES AND RESTRICTIONS (please list)

CAMPER'S FIRST NAME: _____

LAST NAME: _____

SCHOOL NAME: _____

Additional Notes:

I agree to the following in the event that my child will need to take medication (OTC or prescription) while at camp:

___ All medications being sent to camp will be current/not expired.

___ All OTC medications/supplements are dosed appropriately for the age of the child attending camp.

___ All prescription medications will have a current prescription label or prescription note signed by the physician.

REQUIRED FOR EACH YOUTH CAMPER: I HEREBY GIVE PERMISSION TO HEARTLAND, LICENSED BY THE STATE OF OHIO AND MORROW COUNTY, TO SECURE EMERGENCY MEDICAL AND SURGICAL TREATMENT. ALSO TO PROVIDE ROUTINE, NON-SURGICAL MEDICAL CARE FOR THE MINOR CHILD NAMED ABOVE WHILE ATTENDING CAMP. I RELEASE ALL PHOTOS, VIDEO AND AUDIO TAPES OF MY CHILD TO HEARTLAND FOR PROMOTIONAL PURPOSES SUCH AS BROCHURES, VIDEO, WEB PAGES, ETC. I HEREBY GRANT PERMISSION FOR MY CHILD TO PARTICIPATE IN THE ACTIVITIES INCLUDED IN THE OUTDOOR ENVIRONMENTAL EDUCATION EXPERIENCE AND ACCEPT ANY RISKS INVOLVED IN HIS OR HER PARTICIPATION AS WELL AS PERSONAL FINANCIAL RESPONSIBILITY FOR ANY INJURY OR LOSS SUSTAINED DURING THE ACTIVITIES AND HOLD HEARTLAND OUTDOOR ENVIRONMENTAL SCHOOL HARMLESS FOR SUCH INJURY OR LOSS ARISING DIRECTLY OR INDIRECTLY FROM SAID ACTIVITIES.

I certify that this information is true to the best of my knowledge.

Parent or Legal Guardian Signature