



FALL Clubs 2020 - Hawks and Mtn Lions

The Lower School Hawks Club (for 3rd graders) and Mountain Lions Club (for 4th graders) offer instruction and experience at a beginner level in the areas of climbing, biking and paddling for third and fourth graders. In an effort to maintain a safe environment during the COVID 19 pandemic, the following protocols will be observed:

- club size will be limited to 8 students per semester (students who are not enrolled during fall semester will receive priority for enrollment during spring semester),
- PEAK activities will be chosen and facilitated so that students and instructors may best maintain social distance,
- masks for students and instructors will be worn when maintaining social distance in outdoor venues is not possible or practical,
- because bus travel is logistically problematic, the club will not offer paddle trips on the Congaree River this year.

Club sessions begin with a snack at the PEAK classroom, located under the Robinson Center, immediately after school and end at 5pm. **Cost is \$190/semester** and includes snacks each session (students are also encourage to bring their own favorite snacks), instruction, gear, and a PEAK t-shirt.

CLUB SIZE ACCOMMODATION and CLUB DAYS

In an effort to accommodate all students who would like to participate, two club days are available for each grade level. Students may choose to attend either the Wednesday club session or the Thursday club session each semester. Students who choose to participate in Wednesday club must follow the Wednesday schedule throughout the semester, same for students who choose to participate in the Thursday club.

ONLINE REGISTRATION

Registration is only available online at the Ultra Camp website. Participants will be accepted on a first come - first served basis based on the time stamp on the online registration. Credit card payment is accepted through the online process and is required at the time of registration. The web address for Ultra Camp is: www.ultracamp.com

Hawks (3rd grade)

Wednesday

W, Sept 2

W, Sept 16

W, Sept 30

W, Oct 14

W, Oct 28

W, Nov 11

Thursday

Th, Sept 3

Th, Sept 17

Th, Oct 1

Th, Oct 15

Th, Oct 29

Th, Nov 12

Mtn Lions (4th grade)

Wednesday

W, Sept 9

W, Sept 23

W, Oct 7

W, Oct 21

W, Nov 4

W, Nov 18

Thursday

Th, Sept 10

Th, Sept 24

Th, Oct 8

Th, Oct 22

Th, Nov 5

Tt, Nov 19

Logistical Information

Hawks and Mountain Lions should bring the following items to all club meetings (a small backpack or nylon bag makes a great gear bag for individual club gear):

- Bathing suit, Water shoes, Towel (on pond days)
- Water bottle and Sunscreen
- Additional snack, if desired (Goldfish or pretzels provided)

Specific Objectives for Hawks and Mountain Lion Club Members

In fulfilling the PEAK program mission and related values, Club programs specifically address the following objectives:

- To provide a tangible appreciation for natural venues through participation in adventure activities that take place on the Heathwood campus.
- To introduce and develop, at a beginner level, skills related to paddling, biking and climbing.
- To provide opportunity for meaningful growth in the areas of self-confidence and self-reliance by challenging limits of physical and emotional comfort and ability through adventure activities.

PEAK

Experience the Learning

Assumption of Risk Form

There are significant elements of risk in any adventure activity associated with, but not limited to, initiative activities, paddling, biking, camping, backpacking, hiking, mountaineering, climbing, diving (referred to herein as the "Activity") and the use of any equipment related to the Activity. Although the School has taken reasonable steps to provide appropriate equipment and instruction, the School acknowledges that the Activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of the Activity. The same elements that contribute to the unique character of the Activity can be causes of loss/damage to equipment, accidental injury, illness, and in extreme cases, permanent trauma or death.

The School does not want to frighten or reduce enthusiasm for this Activity, but it is important to know in advance what to expect and to be informed of the inherent risks in participating in the Activity. The following describes some, but not all, of those risks

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

In consideration of Heathwood Hall Episcopal School, its administrators, employees, and all other persons or entities associated with Heathwood, (collectively referred to as the School), I agree as follows:

I am aware that the Activity entails risk of injury or death to the participant. I understand the description of these risks is not complete and that other unknown or anticipated risks may result in injury, illness or death. I agree to assume responsibility for the risks identified herein and those risks not specifically identified, and understand that participation in the Activity is voluntary. I elect to participate/have my child participate in spite of the risks inherent in the Activity. I/my child possess at least the following qualifications, which I/my child understand are prerequisites to participate in this activity:

I/my child am/is physically and mentally capable of participating in the activity and/or using the equipment.
I/my child am/is safety conscious and acknowledges that wearing an UIAA approved helmet is a basic safety precaution with respect to preventing head injury.

I acknowledge that if, during the activity, I/my child experience(s) fatigue, chill and/or dizziness, my/his or her reaction time may be diminished and the risk of accident increased. I certify that I/my child am/is fully capable of participating in this activity. Therefore, I assume full responsibility for myself/my child for bodily injury, accidents, illness, death, loss of personal property and expense thereof as a result of participation in the Activity. I also agree to indemnify the School for any damages, liabilities or injuries caused by me or my child while participating in this Activity or event.

I agree to hold the School, including its directors, officers, employees, agents and servants, harmless from any and all claims, damages, expenses or other losses of any nature that may arise as a result of my/my child's participation in the Activity.

I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be binding upon myself, my heirs, assigns, personal representatives, and estate and for all members of my family.

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

Signature of parent/guardian

Date