

June 18, 2010

Dear Eleventh Grade Parents,

Sage Ridge School's Outdoor Education Week is September 13 through September 17, 2010. The entire student body and faculty will be participating on grade level trips. Regular classes will not be held. The Outdoor Education Trip Informational Meeting for parents is scheduled for Thursday, September 2, 2010 at 6:00 p.m. at Sage Ridge School. This is an important meeting for parents to attend. The faculty members for each trip will be present to answer any questions and to provide essential trip information. Please mark your calendars.

The 11th grade will depart one day earlier than the other trips. **This trip will travel on Sunday, September 12 departing campus at 9:00 a.m.** for Pt. Reyes National Seashore where they will spend the first night at the Pt. Reyes Youth Hostel. Monday morning the group will launch their expedition sea-kayaks at Hearts Desire Beach on Tomales Bay. We will employ the services of Sea Trek, a well-established ocean-kayaking outdoor education organization. Their guides, organization and curriculum make this an exceptional and safe experience for our students. This trip includes a four-night sea-kayaking wilderness experience within Tomales Bay. Sage Ridge School faculty will join each of the paddling groups and be a part of all the activities throughout the week. **Students will return to Sage Ridge by 4:00 p.m. Friday, September 17.** Please supply your child on the departure day with a bag lunch, drink and snack for the bus ride. Lunch on the return will be provided.

On Book Day, August 23, there will be an area dedicated to an **Outdoor Gear Swap and Share:** the swap and sharing of outdoor equipment and clothing. If you have anything to give to the swap or share with another family, a list will be established to keep track of the sharing between families. Please keep this in mind over the summer. Consider your child's outgrown rain jackets, extra sleeping bag, etc. and please bring it to the Great Space by Friday, August 20.

Please find attached the required forms to be completed by you on behalf of your child and returned to Mrs. Stephens, Divisional Assistant, no later than Friday, August 27. Please do not hesitate to call or email me about this trip.

Sincerely,

Colburn Shindell
Outdoor Education Coordinator
cshindell@sageridge.org

11th Grade Outdoor Education Trip

Tomales Bay Clothing and Equipment List

Summer on the bay typically consists of a mixture of weather conditions. Morning and evening fog are common with the sun burning through most days and wind commonly picking up in the afternoons. Expect lows around 50 with highs in the 70's or better. Layering clothes works best so that you can easily keep pace with the changing temperature and weather. Bring both a paddling outfit (synthetic long underwear with nylon shorts) and a beach outfit (pile pants or sweat pants, fleece jacket, sweater or sweat-shirt and a wind breaker) with you each day. Your child may be cold if you do not send the appropriate clothing.

Please plan well when packing your gear, as storage space is limited in the kayaks. Pack your gear in two medium size, nylon stuff sacks (12" x 18" approx.) lined with plastic trash compactor (heavy duty) bags.

Your sleeping bag needs to be in a nylon stuff sack that is also lined with a trash compactor bag.

What to Bring

- _ Bathing suit or quick drying nylon shorts (for paddling in and also for warm weather hikes).
- _ wool hat, or some sort of warm hat for cooler evenings around camp
- _ 2 polypropylene or capilene shirts for kayaking (i.e quick dry shirts)
- 1 pair of synthetic quick dry long john style pants (lycra bike pants work great also) These can be worn under shorts for colder paddling days.
- _ 1 small towel
- _ 2 pair cotton underwear for evenings and sleeping – not to be worn during the day's activities
- _ dry set of warm clothes-fleece jacket, windbreaker, pants for camp wear
- _ footwear that can get wet (old sneakers with wool socks, aqua socks, strap-on sandals, or booties)
- _ Tennis shoes or hiking boots that stay dry
- _ small collapseable day pack, or fanny pack, for carrying lunch, water, etc during day hikes
- _ sunblock for face, body and lips
- _ 1 pair of sunglasses with retaining strap. Polarized sunglasses are the best.
- __1 sun hat with a brim and a good chin strap. Think wind and sun protection when you choose
- _ 1 water bottle (preferably large mouth for mixing drinks)
- _paddling gloves (to prevent blisters)-optional
- _ sleeping bag (must be compact, no huge cotton Coleman style bags please)
- _ sleeping pad closed cell foam or "Thermarest" type
- _ personal toiletries
- _ flashlight and extra set of batteries
- _ cup, silverware, & bowl or plate
- _ camera and extra film

If you have questions, do not hesitate to call Colburn Shindell, Outdoor Education Program Coordinator, at Sage Ridge School.

775-852-6222, extension 510
cshindell@sageridge.org

Sea Trek Kayak Camp

HEALTH QUESTIONNAIRE

These questions are designed to protect your health and safety. Please answer them completely and candidly.

Child's Name _____ Camp Dates _____

Address _____ Phone _____

City _____ State _____ Zip _____

Parents' Names _____ Phone(w) _____

_____ Phone (w) _____

Medical Insurance Provider _____ Policy # _____

Doctor _____ Phone _____

Emergency Contact _____ Phone _____

Height _____ Weight _____ Date of Birth _____

Do you wear a Medic-Alert tag? _____

Have you ever been told by a doctor that you have high blood pressure, heart murmur or heart disease? _____

Have you ever experienced a seizure of any kind? _____ If yes, please explain _____

Do you experience anaphylactic shock from bee stings or other insect bites? _____

Are you allergic to any drugs such as penicillin, sulfa etc.? _____

If yes, please specify any such allergies _____

Do you have allergic reactions to any environmental substances, foods or drugs? If yes, please specify _____

Do you have hemophilia? _____

Have you ever had any lung disease? _____

Do you have any disabilities or problems with back, hips, knees or ankles? If yes, please specify _____

Are you taking any medication prescribed by a physician at the present time? Have you recently? If yes, please specify _____

If you are under the care of a doctor, would they approve of your participation in this activity? Ask them if you cannot answer this question confidently.

Parent / Guardian Signature _____ Date _____
(if under 18, must be signed by parent or legal guardian)



Date: _____ Camp Session: _____

Name: _____ Day Phone: _____

Address: _____ City: _____ Zip: _____

PARTICIPANT AGREEMENT, RELEASE, AND ACKNOWLEDGMENT OF RISK

In consideration of the services of Sea Trek Ocean Kayaking Center, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter referred to as "Sea Trek"), I hereby agree to release and discharge Sea Trek, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that sea kayaking entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: boat capsizes; tidal conditions and currents; travel in remote areas; collision with objects or other water craft; prolonged exposure to cold water, hypothermia, accidental drowning; cold, storms, large waves, eddies and whirlpools, and lightning; aggressive and/or poisonous marine life; wrist, arm, shoulder, and/or back injuries; and rapidly changing weather and water conditions

Furthermore, Sea Trek employees have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Sea Trek from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity, or my use of Sea Trek's equipment or facilities, including any such Claims which allege negligent acts or omissions of Sea Trek.

4. Should Sea Trek or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical condition which could interfere with my safety in this activity, or else I am willing to assume -- and bear the costs of -- all risks that may be created, directly or indirectly, by any such condition.

6. In the event that I file a lawsuit against Sea Trek, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules or that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.

BY SIGNING THIS DOCUMENT, I ACKNOWLEDGE THAT IF ANYONE IS HURT OR PROPERTY IS DAMAGED DURING MY PARTICIPATION IN THIS ACTIVITY, I MAY BE FOUND BY A COURT OF LAW TO HAVE WAIVED MY RIGHT TO MAINTAIN A LAWSUIT AGAINST SEA TREK ON THE BASIS OF ANY CLAIM FROM WHICH I HAVE RELEASED THEM HEREIN. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms .

**PARENTS OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(must be completed for participants under the age of 18)**

In consideration of _____ (print minor's name). Minor being permitted by Sea Trek to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless Sea Trek from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Signature of Parent or Guardian: _____ Date: _____

Print Name: _____