

2017

Parent Packet



Black Rock Retreat

Outdoor Education Multi Day Retreat

2017

Parent Packet Section 6

Please distribute these documents to the parents/ guardians of any student that will be attending this trip. Parents must read this information!

Permission and Health History Form

What to bring list

Outdoor School Guidelines

Dietary Allergies/Restrictions (Due 2 weeks before arrival)

[Click Here for our Allergy Form](#)

Parents of students with food allergies are required to fill out the online form (above) and submit it 2 weeks prior to your schools trip. If the form (which has an automatic date stamp) is not received two weeks prior to the start of your groups time at Black Rock Retreat we cannot make meal accommodations and parents will be require to bring their own meals. If this were to happen there will be no food refunds given.

If you are unsure of how this is going to work please call or email us at 717-529-3375 or outdoor@blackrockretreat.com.

Permission & Health History Form

Black Rock Retreat Outdoor Education Section 6.1

Participant Name _____ Birthdate ___/___/___ Age ____ Sex ____
Last First MI
Parent/Guardian _____ Social Security # _____ (not required)

Home Address _____ Phone _____
Street & Number City State Zip Area Code/Number
Business Phone _____ Cell Phone _____
Area Code/Number Area Code/Number

If not available in an emergency, notify:
Name _____ Relationship to Participant _____

Address _____ Phone _____
Street & Number City State Zip Area Code/Number

Operations or serious injuries (dates) _____

Disability or chronic/recurring illness _____

Physical, emotional, or mental handicaps _____

Activities limited by physician _____

Dietary modifications _____

Current medication (send w/ instructions) _____

Name of family physician & phone # _____

Date of last physical examination _____

Do you carry family medical/hospital insurance? ___Yes ___ No

If so, indicate: Carrier _____

Policy or Group # _____

Check all that apply:

ALLERGIES:

___ Hay Fever

___ Ivy Poisoning, etc.

___ Insect Stings

Reaction: _____

___ Food

Specify: _____

Reaction: _____

___ Penicillin

___ Other Drugs:

Specify: _____

___ Asthma

___ Other: (Specify) _____

Other medical concerns?

Date of last Tetanus shot? _____

This health history is correct as far as I know, and the person herein described has my consent to participate in Black Rock Retreat's Outdoor Education program and permission to engage in all prescribed camp activities except as noted. Black Rock Retreat does not provide accidental or health insurance coverage for guests on property.

Authorization for Treatment: I hereby give permission to the staff of Black Rock Retreat to administer First Aid or CPR in the event of injury or illness. I also give permission to the medical personnel selected by Black Rock Retreat to order X-rays, routine tests, treatment, and necessary related transportation for me/my child. In the event aid cannot be reached in an emergency, I hereby give permission to the physician selected by Black Rock Retreat personnel to secure and administer treatment, including hospitalization, for me/or my child as named above.

I also agree to allow Black Rock Retreat to use any photographs or video footage taken of me/my child for publicity purposes. **If you DO NOT agree to the media release statement please state so in writing on the back of this form or with a separate signature.**

Name of Participant: _____

Signature: _____ Date: ___/___/___

(Parent/Guardian signature if under age 18)

Dear Student,

What to Bring: Section 6.2

Your trip to Black Rock Retreat for Outdoor Education is on its way! We are looking forward to these days with you. The following clothing and equipment list will make your stay at Black Rock more comfortable. Because space is limited, please plan so that your luggage includes only a **sleeping bag** or bedroll and a small suitcase. Please do **not** bring new items of clothing as we will be spending our time outside, sitting on the ground, etc...where they will probably get dirty.

Temperatures may range from the 40's to the 90's. It is good to plan on wearing layers of clothing that can be added or taken off as the temperature changes. **Please label all clothing and other items;** this will avoid confusion and loss. Also, **don't forget your rain gear!** **We hold classes outdoors, rain or shine!**

Sleeping bag or two-blanket bedroll and sheets	Towel(s) & washcloth(s)
Pillow	Shampoo
Pajamas	Toothbrush & toothpaste
Flip Flops for the Shower (optional)	Soap & deodorant
4 pairs of socks	Bible
Several changes of underwear	Sharpened pencils/pens
Shirts	Small backpack
2 or 3 pairs of jeans or long pants	Water bottle (with name)
Sweatshirt	Sunscreen
Jacket/coat	Bug spray with tick repellent
Raincoat or poncho	Hat or bandana
Comb and/or brush	Flashlight
Gloves for Gaga court (optional)	Camera (optional)
2 pairs of shoes/sneakers (1 pair that can get muddy or wet in the creek, 1 pair that is good for hiking/running)	_____ Money (optional--if you want to purchase a T-shirt or other items from the Black Rock Gift Shop and or Snack Shop)

Please **do not** bring **snacks, gum, your best new clothes, radios, CD players, iPods, cell phones, electronic games, weapons, or knives.**

If your parents would like to write to you or need to contact you in case of an emergency, use the following address and phone number:

(Your Name)

Phone #: 717-529-3232

(School Name)

Black Rock Retreat

1345 Kirkwood Pike

Quarryville, PA 17566

See you soon,

The Outdoor Education Staff

Respect, Respect, Respect!

Dictionary defines it as “to show regard or consideration for”, or simply putting something ahead of yourself

Respect: **Who** is around you

Respect: **What** is around you

Respect: **You** – have a good attitude

Three Strikes

Consequences for not following these guidelines and all of your school rules are as follows:

1. Strike One- All first offenses will be handled by the counselor or teacher and the student given a warning
2. Students who continue to ignore guidelines will be sent home according to the following policy:
Strike 2 – Phone call home letting them know you may have to come home.
Strike 3 – Phone call to your parents so they can pick you up.
3. I, _____, have heard and understand the guidelines and the consequences for not following them.

