

2019

# Student Booklet



**Black Rock Retreat**  
**OUTDOOR**  
**EDUCATION**

# Student Booklet

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The information and forms found in this booklet is for the student and parents/guardians of any student that may be attending this trip. Parents must read and respond to this information!

- Field Trip Permission Form
- Dietary & Allergy Restrictions (If eating meals provided by Black Rock Retreat)
- What to bring List
- Student Guidelines

# Field Trip Permission & Release Form

## Black Rock Retreat Outdoor Education

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### Participation Agreement

I acknowledge that participation in the Outdoor Education Program at Black Rock Retreat involves risk to the Participant (and to Participant's parents or guardians, if Participant is a minor), and may result in various types of injury including, but not limited to, the following: sickness, bodily injury, death, emotional injury, personal injury, property damage and financial damage.

In consideration for the opportunity to participate in the Outdoor Education Program (the "Activity"), the Participant (or parent/guardian if Participant is a minor) acknowledges and accepts the risks of injury associated with participation in and transportation to and from the Activity. The Participant (or parent/guardian) accepts personal financial responsibility for any injury or other loss sustained during the Activity or during transportation to and from the activity, as well as for any medical treatment rendered to the Participant that is authorized by the Sponsor or its agents, employees, volunteers, or any other representatives (collectively referred to hereinafter as the "Activity Sponsor").

Further, the Participant (or parent/guardian) releases and promises to indemnify, defend, and hold harmless the Activity Sponsor for any injury arising directly or indirectly out of the described Activity or transportation to and from the Activity, whether such injury arises out of the negligence of the Activity Sponsor, the Participant, or otherwise.

If a dispute over this agreement or any claim for damages arises, the Participant (or parent/guardian) agrees to resolve the matter through a mutually acceptable alternative dispute resolution process. If the Participant (or parent/guardian) and the Activity Sponsor cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel for resolution pursuant to the rules of the American Arbitration Association.

Participant Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_  
*(Participant)*

Date: \_\_\_\_\_

Signature: \_\_\_\_\_  
*(Parent or Legal Guardian if participant is a minor)*

Date: \_\_\_\_\_



*Black Rock Retreat*

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# Dietary Allergies

Complete only if eating meals provided by Black Rock

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We don't want any student with a food allergy not to be able to come to Black Rock! For this reason we take our process for communication regarding food allergies seriously.

If your student has a food allergy please click on the link below and fill out the form. Please understand we desire to adjust for health needs that may cause serious health concerns. Preferences may not always be adjusted for.

The information submitted in this form will go directly to our food service department and they will process the information to serve your specific student. This information will be used for food service purposes only.

When your student arrives please have them introduce themselves to the outdoor education staff so that we will know who it is that we are serving.

**[Click Here For the 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.**

# What to Bring:

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We plan to be outdoors as much as possible, so make sure that you dress accordingly. If it is cold, wear layers of clothes so that when we are inside you can take off a jacket and sweatshirt, and when we head outside, you can layer back up. Please wear clothing that you can get dirty. The following is a list of items to bring with you:

## Checklist

- Water bottle
- Extra shoes if doing Creek Exploration
- Sharpened pencils and/or pens
- Backpack
- Ball cap, bandana, or tick repellent (all are good for tick protection)

Please do not bring: gum, your best new clothes, electronic devices, cell phones, or knives.

# Black Rock Retreat Student Guidelines

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## **Respect, Respect, Respect!**

The dictionary defines respect as "to show regard or consideration for", or simply thinking through the impact of your actions. By giving consideration to your actions you can help ensure that everyone has a great day at Black Rock Retreat!

Respect: **Who** is around you

Respect: **What** is around you

Respect: **Yourself** – Attitude is a choice.