

2020

Parent Booklet



Black Rock Retreat
OUTDOOR
EDUCATION

Parent Booklet

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

- Permission, Release and Health History Form
- Dietary & Allergy Restrictions
- What to bring List
- Outdoor School Guidelines

Permission, Release & Health History Form

Black Rock Retreat Outdoor Education (1 of 2)

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 _____

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 # _____

ALLERGIES: Check all that apply:

Hay Fever / Poison Ivy

Insect Stings

Reaction: _____

Penicillin

Other Drugs:

Specify: _____

Asthma

Other: (Specify) _____

This health history is correct as far as I know.

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 bottom of this form with an additional signature.**

Signature: _____ Date: ___/___/___

(Parent/Guardian signature if under age 18)

Do not stop here! Go to page two of the Permission, Release and Health History Form.

Permission, Release & Health History

Form **Continued**

Black Rock Retreat Outdoor Education (2 of 2)

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.

Signature: _____ **Date:** _____

Printed Name: _____

Signature: _____ **Date:** _____

Printed Name: _____

Signature: _____ **Date:** _____

Printed Name: _____

(Participant and/or ALL parent/guardians if participant is a minor)

Dietary Allergies (Due 2 weeks before arrival)

We don't want any student with a food allergy not to be able to come to camp! 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:

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, and doing other outdoor activities 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. Also, **don't forget your rain gear! We hold classes outdoors, rain or shine!**

Please label all clothing and other items; this will avoid confusion and loss. Black Rock Retreat is not responsible for lost or stolen items. Lost and found items after your schools' trip will be kept for 30 days. Items can be picked up or shipped after a check to cover costs is received.

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 if doing Creek Study and 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.**

See you soon,
The Outdoor Education Staff

Outdoor School Guidelines: R.R.R.

Respect, Respect, Respect!

Dictionary defines respect 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: **Yourself** – Attitude is a choice.

(Your attitude will help you have a great trip)

Three Strikes

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

1. Strike 1 – All first offenses will be handled by the OE Staff 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.

I, _____, have heard and understand the guidelines and the consequences for not following them.