

TrekNorth High School

Outdoor Adventure Program

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Phone: (218)-444-1888
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Trip Title & Destination:

Trip Dates:

Itinerary:

Trip specific logistics:

Trip Leader(s):

Emergency Contact Numbers:

218-444-1888 TrekNorth High School
218-308-1334 After School Hours, Mark Larson cell phone
218-209-7691 After School Hours, Dan McKeon cell phone
218-556-0579 After School Hours, Mike Munson cell phone

Please know that phone contact with the Trip Leaders during the dates of the trip will be intermittent at best. Emergences will be filtered through the above numbers and appropriate channels of communication will be used depending upon the situation.

Updates will be left with Kirby Ganske at the front desk throughout the length of the trip. Getting messages to students on the trip could take up to one full day.

Trip Cost:

Outdoor Adventure Credit:

Parent Meeting Date:

Brief Description of Trip, Activities, and Expectations:

Backcountry trips with TrekNorth High School will provide students with a solid understanding of wilderness skills pertinent to the trips discipline: backpacking, climbing, paddling, winter camping/skiing. It is taught using a combination of classroom lectures and actual trip experience, providing students with the skills necessary to participate in an efficient wilderness experience.

We will begin the experience in the classroom, where we’ll talk about preparation, food, gear and the route of travel. Students will travel in TrekNorth vehicles to a designated trail head, campsite, or water access point mentioned in the above itinerary.

The group will spend the nights at campsites along the trail where the living conditions are rustic and communal; students can expect to share tents with other students, and the campsites will not have running water, flush toilets, or phone service. Transportation to emergency services will be available but limited and could take several hours.

Environment:

Backcountry trips mean dealing with extreme weather conditions that can quickly change. Students should expect to be prepared for anything from cold and wet to hot and dry conditions. The other environmental factors to be aware of include poisonous and irritating plants, bugs, and animal life.

Only in extreme circumstances will a trip be postponed or will a group leave a site early!

Activities:

While on OAP trips, students will be expected to participate in Instructional and Safety Seminars pertinent to the trips discipline as well as complete the route of travel specified by the trip leaders. Students are also expected to participate in other group activities and chores, such as trip preparation, cooking, cleaning, campsite maintenance, circle discussions and group games.

Expectations:

In addition to the learning objectives set forth by the instructors, students are expected to contribute to the success of the experience by doing their fair share of work, by listening to and respecting TrekNorth staff, and by making decisions based on safety of self, others, and the environment. Students are also expected to abide by the rules set forth in the TrekNorth High School Student Handbook and the Principles of Expedition Behavior.

Learning Objectives:

Upon completion of the course, students are able to do all or part of the following depending on the trip’s discipline:

- Demonstrate skills pertinent to the trips discipline

<u>Backpacking</u>	<u>Paddling</u>	<u>Climbing</u>	<u>Winter Camp/Skiing</u>
	Proficient in Canoe Handling and Paddling Techniques	Progression of Routes of Increased Level of Difficulty	Demonstrate Proper Classical Cross-Country Ski Technique
Independently Fit a Backpack	Use of Paddling Terminology (bow, stern, gunnels, etc.)	Proficient at Belaying	Understand and Properly use Snowshoes
Use of Backpacking Terminology	Independently and Efficiently Portage Canoe and Gear	Proficient in Rappelling	Safely and Efficiently Operate a Wood-Burning Stove
Independently Load a Backpack	Proficient in Canoe Rescue (T-Rescue)	Use of Climbing Terminology (belay, harness, carbiner, etc.)	Safely and Efficiently Chop Firewood
Water Purification	Water Purification	Water Purification	Water Purification
Route Planning/Map Reading	Route Planning/Map Reading	Route Planning/Map Reading	Route Planning/Map Reading
Camp Management	Camp Management	Camp Management	Camp Management
Meal Planning and Prep	Meal Planning and Prep	Meal Planning and Prep	Meal Planning and Prep
Leave No Trace Practiced	Leave No Trace Practiced	Leave No Trace Practiced	Leave No Trace Practiced
Risk Management Practiced	Risk Management Practiced	Risk Management Practiced	Risk Management Practiced
Expedition Behavior Modeled	Expedition Behavior Modeled	Expedition Behavior Modeled	Expedition Behavior Modeled

- Identify proper clothing and footwear pertinent to the trips discipline
- Identify appropriate equipment necessary for the trip requirements
- Independently pack appropriate gear into backpack and/or dry bags

- Explain proper food and water requirements
- Independently plan/prepare meals
- Identify and follow the route on the map
- Operate a camp stove safely in order to prepare meals
- Use iodine and/or filter to purify drinking water from lakes and streams
- Properly set-up tent
- Demonstrate and contribute to the principals of camp management
- Successfully complete route at an appropriate pace
- Explain and demonstrate the principles of Leave No Trace
- Contribute to the success of the group using the Principles of Expedition Behavior (Putting the group's needs first)

In combination with the above learning objectives, each participant will be graded on the following criteria:

- Pre-trip Meeting Attendance
- Trip Preparation
- Positive Attitude
- Skill Level Improvement
- Group Participation
- Acceptance of Constructive Criticism

All students will receive a letter grade for this trip based on the criteria mentioned above.

Food

Breakfast: Typical breakfast on trips includes oatmeal, fruit, and granola.

Lunch: Typical lunch on the trail includes peanut butter, jelly, honey, beagles, tortilla shells, pitas, cheese, summer- sausage, granola bars, and trail mix.

Dinners: Typical dinners on trips include pasta, sauce, vegetables, fruit, ramen noodles, instant potatoes, beans, cheese, tortilla shells, summer sausage, soups and snacks.

Some dinners on trips will be supplemented with students partnering up and supplying one dinner for everyone throughout the trip. These meal types include frozen soups in quart bags, frozen hot dishes, frozen lasagna, chili, stew, or anything that travels well and does not require much preparation other than heat. Any baked goods or snack food people would like to contribute would be well appreciated by tired and hungry skiers, but please choose things that travel well and are appropriate for the trip. Dinner plans will be discussed at pre-trip meetings.

If students require specific foods or known allergies exist, it is the responsibility of the student and the student's parent/guardian to inform the trip leaders well in advance of the trip.

General Required Clothing and Gear List

Clothing

Synthetic Long Underwear: Top and Bottom
2 Pairs Synthetic or Wool Socks
Fleece/Wool Jacket (2 layers for April or October trips)
Rain Jacket*
Hat or Bandana
Pants: pack able and quick-to-dry (jeans don't qualify)
Underwear (synthetic is best)
1 T-Shirt/Long Sleeve Shirt
Winter hat/gloves
Footwear: durable and supportive for activity (running shoes work great!)

Gear

Mummy Sleeping Bag w/ stuff sack*
Sleeping Pad*
2 Extra stuff sacks for clothing*
Headlamp/Flashlight*
Mess Kit (Tupperware bowl w/ a fork is great)
Plastic Travel Mug
Novel for Personal Reading
Journal for Writing
Small Personal Hygiene Kit (toothbrush, paste, OTC meds, etc)
Sunscreen/Bug Spray (as necessary for season and location)
Extra batteries for light
Water bottles (2) (something durable, like a nalgene)

**Gear may be available upon request from TrekNorth high School. If need anything, it is your responsibility to let Mark or the trip leaders know with plenty of time before the trip leaves.*

Remember that in the wilderness "cotton kills", and it is much better to have synthetic and/or wool clothing than it is to have cotton.

Trip specific gear listed below:

Student Name (Print) _____
Phone Number of Parent/Guardian _____
Trip _____

**Outdoor Adventure Program
A Program of TrekNorth High School**

In consideration of the program and services offered by TrekNorth High School, I, joined by my parents or guardians if I am less than eighteen years of age, agree and acknowledge as follows:

Acknowledgement & Assumption of Risks

Although TrekNorth High School has taken reasonable steps to provide me with appropriate equipment and skilled staff for the course for which I have registered, I acknowledge that the activities of the course have risks, including certain risks which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that TrekNorth High School does not want to frighten me or reduce my enthusiasm, but considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of the risks inherent to wilderness OAP trips with TrekNorth.

1. Equipment may fail or malfunction, despite reasonable maintenance and use
2. Because of the remote location, communication and transportation can be difficult and sometimes evacuations and medical care may be significantly delayed
3. Travel is by vehicle and then foot over rugged, unpredictable terrain or paddling over open lakes or moving rivers. Attendant risks include falling, collision, capsized boats, and others usually associated with such travel, including environmental risks.
4. Environmental risks and hazards include intense heat and freezing cold, high winds, immersion in cold water, and weather changing to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, dehydration, muscular-skeletal injuries, and other mild or serious conditions, including permanent injury and death, that could result from falls. Other environmental risks include those brought on by contact with the plant and animal life native to the destination of the trip and risks associated with working on top of and at the bottom of high rock faces, including falling rock and equipment.
5. TrekNorth activities are conducted indoors and outdoors, day and night. Physical activities include paddling long distances, hiking across portages with large heavy packs, hiking by foot across rugged terrain, technical climbing, those associated with camping, and various other group and/or individual activities.
6. Decisions are made by the instructors and students usually in a wilderness setting, and based on a variety of perceptions and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, weather conditions, natural hazards, routes and medical conditions.

I acknowledge that engaging in this program may require a degree of skill and knowledge not required in other activities, and that I have responsibilities as a student for my safety and the safety of others. I acknowledge that TrekNorth activities are instructional in nature and I expect to be challenged to expand my skills and judgment. I acknowledge that the staff of TrekNorth has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

I understand that the description above of the risks is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I expressly acknowledge and assume the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to

participate in spite of and with knowledge of the inherent risks. Additionally, I acknowledge that the required academic credit to be gained through participation in this program can be gained through other means.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

Assumption of Additional Risks and Agreements of Release and Indemnity

The U.S. National Park Service and some other federal land management agencies, as well as the state of Minnesota, do not allow educational institutions such as TrekNorth to be released by their students from liability for injuries or other losses occurring on certain public lands or during secondary public education programs. On those lands, and during school activities (including activities and travels with the Outdoor Adventure Program) TrekNorth is limited to the Acknowledgement and Assumption of Risks, above. Your course may include travel and activities off these public lands, and TrekNorth seeks the following additional protection for such travel and activities.

In further consideration of the services and programs of TrekNorth I (joined by my parents or guardians if I am under eighteen years of age,) acknowledge that I have read and understand the Acknowledgement and Assumption of Risks, above, and confirm its representations and agree to all its provisions as though they were fully set forth here again. In addition, except with respect to an injury or loss that occurs on public lands whose rules and regulations prohibit doing so, I acknowledge and expressly assume **all** risks of the course and any other activity of TrekNorth, whether those risks are known, unknown, inherent or otherwise.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

If I am an adult student, or the parent or guardian or a minor student, I agree, to the fullest extent allowed by law, for myself and on behalf of the minor child, if any, as follows:

- a. To release and discharge TrekNorth, its employees, directors, contractors, and all other persons or entities associated with it and its activities (individually and collectively referred to as "Released Parties") from any and all claims of injury or loss which I or the minor child may suffer, arising out of or in anyway related to my, or the minor child's, enrollment or participation in the activities of TrekNorth High School. I understand that in signing this document I, for myself and the minor child, surrender all rights to make a claim or file a lawsuit against a Released Party, for personal injury, property damage, wrongful death, products liability, breach of warranty or contract or under any other legal theory, except in cases of intentional wrongs or the gross negligence of TrekNorth.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

- b. To defend and to indemnify (that is, protect by payment or reimbursement, including attorney's fees and costs) any and all Released Parties from any claim which may be brought by the minor child, a co-participant, rescuer or any other person, including a member of my or the minor child's family, asserting a loss, including by reason of my, or the minor child's injury or death, which may arise from or in anyway relate to my or the child's enrollment or participation in the activities of TrekNorth High School.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

The Release and Indemnity described above includes but is not limited to any claim arising out of or in any way related to transportation or other occurrences to and from any activity of TrekNorth High School, and the use of TrekNorth's equipment or facilities.

The Release and Indemnity described above includes claims arising in whole or in part from negligent acts or omissions of the Released Parties or any of them.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

The Following Provisions Apply to the Acknowledgement and Assumptions of Risks and The Agreements of Indemnity and Release:

I, joined by my parents or guardian if I am less than eighteen years of age, further agree as follows:
TrekNorth is authorized to obtain or provide emergency hospitalization, surgical or other medical care for me.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

Any dispute between TrekNorth and me and/or my parents or guardian shall be governed by the substantive laws of the State of Minnesota, and any mediation or suit shall occur or be filed only in the State of Minnesota.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

If I have any legal dispute with TrekNorth which cannot be settled through discussions between the parties, I will attempt to settle the dispute through mediation before a mutually acceptable mediator whose name appears on the registry of names recognized by Minnesota courts as qualified persons for mediation assignments. I also agree to pay all costs and attorney's fees incurred by TrekNorth in defending a claim or suit, if the claim is withdrawn or to the extent a court or arbitration determines that TrekNorth is not responsible for the injury or loss.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

TrekNorth High School and persons designated by it may use my photograph for sale or reproduction in any manner TrekNorth chooses, including for advertising display, audiovisual presentations or otherwise.

_____ **Parent/Guardian Initial**

_____ **Student Initial**

If any part of this agreement is found by a court or other appropriate authority to be invalid, the remainder of the agreement nevertheless will be in full force and effect.

This agreement is entered into voluntarily, after careful consideration and is binding upon the persons signing below, their heirs, executors, administrators, wards, minor children and other family members.

THIS STUDENT HAS READ THIS PAGE AND THE PREVIOUS PAGES AND UNDERSTANDS AND AGREES TO THE ACKNOWLEDGEMENTS AND ASSUMPTIONS OF RISKS, AGREEMENTS OF RELEASE AND INDEMNITY AND THE ADDITIONAL PROVISIONS, ABOVE.

STUDENT SIGNATURE / / _____
DATE AGE PRINT NAME

At least one parent or guardian must sign below if the student is under 18 years of age to reflect their understanding and agreement, for themselves and on behalf of the student, to the provisions of the Acknowledgements and Assumptions of Risk, Agreements of Release and Indemnity and additional provisions, above, including, though not exclusively, their agreements to release and indemnify TrekNorth High School.

Parent Signature

____/____/____
Date

Parent Signature

____/____/____
Date

Parent Notification and Agreement:

Students must have a **Medical History Form** on file with TrekNorth High School and the form must be up-to-date with medications and/or medical conditions. Students will fill out a new medical history form prior to each trip they go on. Students must also have proof of insurance on file with the school. Please speak with the Outdoor Adventure Program Director or the Executive Director of TrekNorth if you have questions or concerns.

Please arrange for you student to have a ride home at the designated return time.

By signing, I signify that my student has permission to attend the Outdoor Adventure Program trip with TrekNorth High School.

Parent/Guardian Signature

____/____/____
Date

MEDICAL HISTORY FORM

FORM A

TrekNorth Junior & Senior High School
Confidential Medical Record

Part I

General Information

Name: _____ M / F

Street Address: _____ City/State/Zip _____

Home Phone/Cell Phones: _____

Doctor Name/Phone: _____

Emergency Contact #1: _____ Phone # _____

Emergency Contact #2: _____ Phone # _____

Relationship: #1 _____ #2 _____

Insurance: Each participant is required to show proof of insurance. Each participant is required to have a photocopy of the front and back of their personal insurance card stapled to this form.

Insurance company: _____ Policy# _____

Part II

Medical Information

Allergies (medicines, foods, stings, etc.): describe reaction and medications required

Medications: list condition for which they are used, name of med, frequency and side effects

Part III

Medical History

Please describe current health history. Include dates and diagnosis. Use additional sheets if necessary.

Diabetes _____

Seizures _____

Pregnancy _____

Respiratory Problems _____

Hospitalization/Emergency Room visit within past year _____

Head/Neck/Back/Shoulder/Leg/Foot/Arm/Hand problems _____

Cardiac Problems _____

Special Diet _____

Other medical history information _____

Part IV

Cardiovascular Fitness

Height/Weight _____

Health concerns regarding physical exertion _____

Current exercise activity and level (type, frequency, time and distance) _____

Please return this form as soon as possible so we may have time for adequate review and preparation.

Consent is hereby given for the student to attend a TrekNorth High School Outdoor Adventure Program Event and permission is given for any emergency anesthesia, operation, hospitalization, or other treatment that might become necessary. All information will remain confidential, except when shared with professional medical personnel. Many students with medical/psychological difficulties successfully participate in our program, but we must be aware of these conditions. Failure to disclose such information could result in serious harm to the student and/or the group.

Signature (Parent/Guardian): _____ Date _____

Signature (Student): _____ Date _____

FORM B

TrekNorth High School

Medication Form

Student Name:

Medication and Instructions

Name of Meds:

Amount to be administered:

Schedule for administering medication:

Name of Meds:

Amount to be administered:

Schedule for administering medication:

Any additional helpful information

HOMEWORK FORM:

THIS FORM IS FOR YOU. FILL IT OUT WITH YOUR HOMEWORK YOUR TEACHERS GIVE YOU. COMPLETE THE HOMEWORK BEFORE OR AFTER YOUR TRIP AND GIVE THE COMPLETED FORM HOMEWORK TO YOUR TEACHERS

SEMINAR	CLASS	HOMEWORK	TEACHER INITIAL
1			
2			
3			
4			
5			