



## Grade 6-8 Science Camp April 30-May 3, 2019

We are scheduled to attend the High Sierra Outdoor Institute science camp over four days April 30-May 3. It is located just outside of Nevada City, CA at Camp Del Oro. Over the years it has been a wonderful growing experience for students who have attended. There are team building activities, rope course challenges, chapel times, outdoor science education classes and games



The cost this year is \$300.00 for the four days including food, lodging, transportation, the science journal and the ropes course fee. **You will need to return this form and a \$50.00 deposit by Monday, April 8.** Forms should be turned in to your student's teacher: Grade 6 to Ms. Sovey, Grades 7 & 8 to the front office. **The balance of all camp fees is due by Thursday, April 25.**



**We will be having our annual Walk-A-Thon on April 12 to help with camp costs.**

If you would like to chaperone, the cost is \$220.00.

**Chaperones will also need to fill out all camp release forms.**

If you have any questions, please contact the school office  
775-356-9995 or email: [office@excelchristianschool.com](mailto:office@excelchristianschool.com)

**Students not attending camp will NOT be attending school and will be given an assignment to complete at home.**

**We will be having an informational meeting on Tuesday, April 9 at 6:30pm in Room 2 of the high school building.**

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**Grade 6-8 Science Camp April 30-May 3**

**Please return this form by Monday, April 8 to the Excel Front Office**

Student Name: \_\_\_\_\_

\_\_\_ Yes, my child will be attending camp.

\_\_\_ No, my child will not be attending camp.

\_\_\_ I am interested in being a chaperone. Name: \_\_\_\_\_

**\*\* The High Sierra Medical Form, Waiver & Release of Liability Form and your payment in full for the camper and chaperone are due NO LATER than Thursday, April 25.**

Excel's school trip to High Sierra Outdoor Institute will begin Tuesday, April 30. We are looking forward to an exciting and educational week. Use this form as a "check off" list to make sure that you have everything that you will need.

**REQUIRED ITEMS:**

- Sleeping Bag
- Pillow with pillow case
- Towel (at least one/no more than two)
- Jacket or sweater (seasonally appropriate)
- 1 Pair of sturdy shoes and 1 pair of comfortable shoes
- Bible
- Flashlight
- Something to write with (preferably a pencil or two)
- A change of clothes for each day, plus one. Extra socks is a good idea
- Toiletry items: toothbrush, toothpaste, soap, shampoo, deodorant & wash cloth

**RECOMMENDED ITEMS:**

- Camera
- Sun Screen
- Insect Repellent

**SEASONAL ITEMS:**

**Early Spring**

- Rain Gear
- Long Pants
- Sweat Shirt
- Boots
- Clothes that can get dirty

**Late Spring**

- Short sleeved shirts
- Short pants
- Swimsuit if water activities scheduled
- Sandals
- Clothes that can get dirty

**DO NOT BRING CELL PHONES, ELECTRONIC GAMES, OR ANY OTHER ELECTRONIC DEVICES.**

Be at the school by 8:00am to check in. You will be returning to the school approximately 3:00pm.

If you have any questions, please call the school office at 775-356-9995

# *High Sierra Outdoor Institute*

## Waiver and Release of Liability

In consideration of High Sierra Outdoor Institute furnishing services and/or equipment and/or using my own equipment to enable me to participate in ropes course activities, hiking over active terrain, rock climbing, team building activities, water slide, lake swimming, skateboarding, paintball games, housing in cabins with bunk beds, active night games or any other activities associated with outdoor education programs, I agree as follows:

### **I FULLY UNDERSTAND AND ACKNOWLEDGE THAT:**

- A) Risks and dangers exist in my use of the equipment and my participation in the activities stated above;
  
- B) My (or my child's) participation in such activities and/or use of such equipment may result in injury or illness including, but not limited to bodily injury, disease, strains, fractures, partial and/or total paralysis, death or other ailments that could cause serious disability;
  
- C) These risks and dangers may be caused by the negligence of the employees, officers, board members, or agents of High Sierra Outdoor Institute; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. These risks and dangers may arise from foreseeable or unforeseeable causes; but not limited to, instructor decision making, including that an instructor may misjudge terrain, weather, faulty equipment, trail route or location, lake water levels and risks of drowning, hazards that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment;
  
- D) And by my (or my child's) participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibilities for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the employees, officers, board members, or agents of High Sierra Outdoor Institute, or by any other person.

I, on behalf of myself, my personal representatives, and my heirs hereby voluntarily agree to release, waive, discharge, hold harmless, defend and indemnify High Sierra Outdoor Institute and its employees, officers, board members, or agents from any and all claims, actions or losses for bodily injury, property damage, wrongful death, loss of services or otherwise which may arise out of my participation in any of the activities stated above, or any other activities. I specifically understand that I am releasing, discharging, and waiving any claims or actions that I may have presently, or in the future due to negligent acts or other conduct by the employees, officers, board members, or agents of High Sierra Outdoor Institute.

I have read this waiver and release of liability and by signing it agree, it is my intention to exempt and relieve High Sierra Outdoor Institute from liability for personal injury, property damage or wrongful death caused by negligence or any other cause. I also understand that in signing as a parent or guardian in the event of an emergency the High Sierra Outdoor Institute staff transfers all responsibility for decision making and oversight for first aid or medical treatment of any kind to the school-designated First Aid Person that accompanies the school my child attends.

SCHOOL NAME \_\_\_\_\_

PARTICIPANT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
Street City State Zip Code

PHONE NUMBER \_\_\_\_\_ EMAIL ADDRESS \_\_\_\_\_

PARENT or GUARDIAN NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

# High Sierra Outdoor Institute

## Medical History

School \_\_\_\_\_ Program Dates \_\_\_\_\_

Student Name \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Parent or Guardian Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

### **Emergency Contact Person in Case Parent/Guardian Cannot Be Reached**

Name \_\_\_\_\_ Relationship \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

### **Health Care Provider**

Medical Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Physician or Clinic Name \_\_\_\_\_ Phone # \_\_\_\_\_

Dental Insurance Company \_\_\_\_\_ Policy # \_\_\_\_\_

Dentist Name \_\_\_\_\_ Phone # \_\_\_\_\_

### **Check Any Conditions Which Apply**

Diabetes \_\_\_\_\_ Chronic Headache \_\_\_\_\_ Heart Condition \_\_\_\_\_

Seizures \_\_\_\_\_ Nose Bleeds \_\_\_\_\_ Asthma \_\_\_\_\_

Fainting \_\_\_\_\_ Sleep Walking \_\_\_\_\_ Other \_\_\_\_\_

Describe "Other" medical condition: \_\_\_\_\_

### **Immunization Dates**

Tetanus \_\_\_\_\_ Polio \_\_\_\_\_ Measles \_\_\_\_\_ Mumps \_\_\_\_\_ Rubella \_\_\_\_\_

### **List Allergies**

Foods \_\_\_\_\_ Insects \_\_\_\_\_ Drugs \_\_\_\_\_

Condition Requiring Medication \_\_\_\_\_ Medication and Dosage \_\_\_\_\_

Medications to Avoid \_\_\_\_\_ Physical Disabilities \_\_\_\_\_

Restriction of Activities \_\_\_\_\_