

Freshman Orientation Adventure

August 16-19, 2023

Please complete the attached forms and return them to school to the attention of Ms. Wickenden by May 1st. The cover sheet, itinerary and packing list are yours to keep for future reference.



Remember that hiking boots are required for everyone. Buy them early enough so that you will have plenty of time to break them in.

A pre-trip informational meeting for freshmen will be held on August 15th from 12:15 – 2:30 in the Deming Theater. Students are required to wear their hiking boots to the meeting. Attendance is required. This meeting is for freshmen and seniors only.

Freshman Orientation Adventure

Episcopal School of Jacksonville

DATES: August 16-19, 2023

PARTICIPANTS: All freshmen
60 junior and senior counselors
20 teachers and adult volunteers
4 paramedics

PREPARATION: Orientation meeting for all freshmen and senior counselors
August 15, 12:15 – 2:30 p.m. in the Munnerlyn Center

CAMPGROUND: Unicoi State Park, Helen, Georgia

ITINERARY:

Wednesday:

5:30 a.m.	Load bus for 6:00 a.m. departure from Episcopal School
Afternoon	Arrival at Unicoi State Park
Evening	Culture & heritage of Southeastern Native Americans, by Bob Slack Campfire readings, reflections and prayer

Thursday:

Morning	Science and wilderness survival at Smithgall Woods Science: Rolling down the river, stream ecology, knots
Afternoon	Wilderness survival: Archery, Fire building, O'Deer Hike on Smith Creek Trail (5 miles);
Evening	Campfire activities and lights out

Friday:

All day	Whitewater rafting trip on the Chattooga River
Evening	Dinner and petting zoo at Dillard House Restaurant, Group reflections and lights out

Saturday:

Morning	Pack up and clean camp sites
9:00 a.m.	Departure for Jacksonville
4:00 p.m.	Arrival at Episcopal School of Jacksonville



The 9th grade orientation adventure helped me to grow as an individual and opened my eyes to the incredible world around me. I didn't want to leave!

A camper

Freshman Orientation Adventure

Episcopal School of Jacksonville

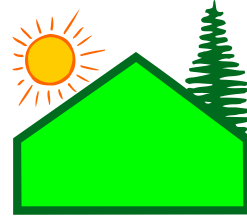
Required Packing List

Pack inside of a trash bag with a draw string:

- sleeping bag rated for 3 seasons
- bed sheet or lightweight blanket
- camping pad for under the sleeping bag

Pack inside of your backpack:

- Fleece jacket or sweatshirt
- rain jacket or poncho (This is essential.)
- flashlight with an extra set of batteries
- Reusable plastic dinner dish with dividers, metal-eating utensils, and cup with handle
- water bottle with a water-tight top (not disposable)
- Chapstick



Pillow – you may carry it on the bus

Anything listed below that you are not wearing should be packed inside of a duffel bag:

- 1 pair of light-weight pants
- 4 pairs of shorts (Girls will wear one pair of shorts over their swimsuit.)
- 5 tee shirts - one long sleeve and four short sleeve (quick-drying is best)
- 1 sleeping outfit
- 6 pairs of socks, lightweight wool is best
- 1 pair of water shoes with backs (not flip flops, Chaos, Texas, Keens or Crocs)
- underwear
- swimsuit – girl's midriff must be covered by the swimsuit (one-piece or tankini)
- hiking boots with ankle support (the only footwear permitted on dry land)
- 1 bath towel
- toiletries (There are showers and electrical outlets in the restrooms.)
- 2 large trash bags (Use masking tape to label each one with the student's name.)

Optional items:

- Wool or fleece sweater and socks for whitewater rafting
- Flip flops to wear in the shower
- watch and/or alarm clock
- books, cards and camera
- insect spray, sunscreen

Use a permanent marker to put your last name on your items.

Items not on this list are not permitted on the trip unless cleared with Mrs. Zeiner.

Examples of items you may not bring:

Electronic devices (iPad, cell phone, tablet, Kindle, etc.), food, snacks or money

Emergency phone numbers:

Unicoi State Park , Helen, GA	706-878-2201
Smithgall Woods	706-878-3087
Wildwater Rafting, Longcreek, SC	864-647-9587
Dillard House, Dillard, GA	800-541-0671



Behavior Agreement

While attending any school-sponsored trip or event students are expected to behave in a manner that reflects Episcopal's standards as outlined in the Student-Parent Handbook. Students are expected to follow the directions of chaperones and counselors so that they do not endanger the safety and security of any student or adult involved in the trip or event.

As an Episcopal student, I agree to respect and adhere to the following guidelines. I understand that this list does not include every possible situation that may occur.

- I will refrain from intentionally separating from my assigned counselor or chaperone on the trip.
- I will adhere to the Drug, Alcohol, and Nicotine Policy. I will not use, possess, distribute, or promote the use of alcohol, nicotine, drugs, or any such paraphernalia.
- I will adhere to the Bullying, Hazing, and Harassment policy in person or while using social media.
- I will respect the Honor System and our community values by acting with integrity, being trustworthy, reliable, and honest while embodying kindness and respect for all.
- I will refrain from any close, intimate encounters on the trip or at the event.
- I will use my electronic device to reflect our community values and uphold our Honor System and its guidelines. Note: I will not use my electronic device on trips that do not allow usage.
- I will refrain from possessing any item that could be deemed a weapon.

Any student that exhibits behavior that is considered inappropriate should expect immediate consequences from the person in charge. Consequences can range from a verbal warning to being removed from participating in an activity, or a more serious consequence of being picked up early by a parent from the event. Please understand that if a student is removed from the event, it is at the parent's expense and not the financial responsibility of Episcopal School of Jacksonville. Once the student is back at school there may be other consequences as well.

If you have any questions, please feel free to contact the Dean's Office at any time.

Please sign below to indicate that you have read and consented to this agreement.

Student's Printed Name _____

Student's Signature _____ Date _____

Parent's Printed Name _____

Parent's Signature _____ Date _____

Authorization for Medical Treatment and Permission Form
This form must be notarized.

I, _____, parent or legal guardian of
_____, who is a student at Episcopal High School,
do hereby authorize my child to participate in the activities of the School during the following
dates: August 14-19, 2023.

I hereby release Episcopal School, its staff, volunteers, drivers and associates from
liability should an accident occur. I authorize the aforementioned to seek medical attention for
my child in the event of an emergency and I cannot be reached. Furthermore, I consent to the
rendering of medical treatment for my child under the supervision of a licensed medical doctor
when the School or its agents deem it necessary.

Cell phone number: _____ (secondary number) _____

Health insurance company: _____

Policy #: _____

Allergies and medications allergic to: _____

Date of last tetanus shot: _____

Adult Tee shirt size (circle one): SMALL MEDIUM LARGE X-LARGE XX-LARGE

_____ Date: _____

(Signature of parent in the presence of a notary)

Notary stamp and signature:

9th Grade Orientation Adventure
Medical Questionnaire

Student Name: _____ Parent Name: _____
Contact Phone Number: _____

1. Does your child have any cardiovascular-related medical problems? Yes or No
If yes, explain: _____

2. Does your child have any respiratory-related medical problems? Yes or No
If yes, explain: _____

3. Does your child have any orthopedic-related injuries? More specifically injuries of the foot, ankle, knee, hip, or back? Yes or No
If yes, explain injury and if support (brace, etc.) is required: _____

4. Does your child have allergies to any of the following:
 - a. Food: Yes or No
 - b. Medications: Yes or No
 - c. Insects: Yes or No
 - d. Other: _____
 - e. Does your child have an Epi Pen? Yes or NoIf yes to any, explain the allergy and type of reaction if exposed: _____

5. Does your child have any food restrictions or preferences? Yes or No
If yes, explain: _____

Please list any other medical problems that your child may have:

Please list any medications (and their dosages) that your child may take:



**Wildwater's Chattooga Ridge
Adventure Center**

PO Box 309, Long Creek, SC 29658

(864) 647-9587 • FAX: (864) 647-5361

(Wildwater information only)

Date _____ Trip Time _____ Group Name _____

WAIVER AND RELEASE OF LIABILITY-PLEASE READ CAREFULLY

In consideration of Wildwater, Ltd. furnishing services and/or equipment to enable me to participate in whitewater paddling, transportation and other activities, I agree as follows:

I fully understand and acknowledge that outdoor recreational activities have: (a) inherent risks, dangers and hazards and such exists in my use of paddling equipment and my participation in paddling activities and related activities; (b) my 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 owner, employees, officers or agents of the United States of America, United States Forest Service, and Wildwater, Ltd.; the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or other causes. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, staff decision making, including that staff may misjudge terrain, weather, transportation, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks and hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and (d) and by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, officers, or employees of the United States of America, United States Forest Service, and Wildwater, Ltd., 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 the United States of America, United States Forest Service, and Wildwater, Ltd. and its owners, agents, officers and employees 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 use of paddling equipment or my participation in paddling activities, transportation, and related activities. I specifically understand that I am releasing, discharging and waiving any claims or actions that I may have presently or in the future for the negligent acts or other conduct by the owners, agents, officers or employees of the United States of America, United States Forest Service, and Wildwater, Ltd.

I hereby authorize Wildwater, Ltd. and its photographic agents to take and utilize photographs of me for the purpose of sale, promotion and advertising.

I understand that I and anyone for whom I sign as a Parent or Guardian must be of the required age or weight.

I HAVE READ THE ABOVE WAIVER AND RELEASE AND BY SIGNING IT AGREE IT IS MY INTENTION TO EXEMPT AND RELIEVE WILDWATER, LTD. FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE.

(optional) email: _____

PLEASE SIGN AND FILL OUT COMPLETELY

<u>X</u> _____	_____	_____	_____	Age _____
Signature of Participant	Street Address	City, State, Zip	Print Name	IF UNDER 18

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility of this participant, do consent and agree to his/her release as provided above of the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above. EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

<u>X</u> _____	_____	_____	3/2011
Parent or Guardian	Date	Emergency phone number(s)	