



Parental Consent Form



Student's Name: _____ Age: _____

School: _____ Teacher: _____

The purpose of this document is to ensure that persons under the age of 19 have permission from their parent or legal guardian to participate in the various Outdoor Centre Programs conducted by Island Pacific Adventures Ltd. It is also designed to provide some information regarding the hazards and risks that are present when these programs are conducted, in order to help parents make informed decisions regarding their child's participation.

The following programs are conducted by Island Pacific Adventures Ltd. Since 1988, we have been providing quality outdoor education programs to thousands of children. Our professional guides and instructors have been selected for their experience in the outdoors and ability to provide each participant with an outstanding educational experience in a natural outdoor setting. Our attention to detail in risk management and staff training contribute to our excellent safety record.

Your child may be participating in some or all of the following activities:

- _____ Cave Tours
- _____ Hiking
- _____ Canoeing
- _____ Low Ropes Challenge
- _____ Wilderness Skills
- _____ Rock Climbing / Rappelling
- _____ Team Building
- _____ Evening Campfires
- _____ Overnight Camping

These programs will be conducted rain or shine. It is important that participants dress for the outdoors and be prepared for any weather. This means dressing in warm layered clothing that can be added or removed depending on the conditions. Fleece or thick sweaters on top of a T-shirt / sweatshirt and long pants will be adequate. Don't forget to include rain gear, a hat, sun screen, gloves, and any medication your child may require. Immersion in water is not intended but is a possibility, **please include a complete change of clothes including shoes and socks.**

Whenever these types of outdoor activities are conducted, there are natural hazards and risks. In addition to the usual risks, dangers and hazards usually present in outdoor activities, programs may involve additional risks, dangers and hazards, such as:

- changing weather conditions such as wet, icy, or slippery conditions that may result in falls;
- climbing on steep or vertical slopes that may result in falls or falling rock;
- immersion in water that may result in hypothermia or drowning;
- travel through forest environments which may result in injury from trees, branches, sticks, etc;
- activities near and travel on back country roads which have vehicle traffic;

"I am aware of, and understand the risks, dangers and hazards associated with these programs. In consideration of this, I hereby give permission for my child to participate in these programs."

Parent's Signature: _____ Date: _____

PLEASE FILL OUT AND SIGN THE MEDICAL INFO SHEET ON THE OTHER SIDE!



Medical Information Form



This form is intended to gather information that may be used by our guides to better instruct the participant and react appropriately to any emergency which may arise. This information is strictly confidential and not intended to deny participation in any activity.

Name of Participant: _____

Date of Birth: _____ Medical Card #: _____

Do you have allergies or ever had a severe allergic reaction? Yes____ No____

If "YES" please describe what causes reaction, what happens, and medications you take or carry for the condition:

Please detail any / all medical issues that might affect your ability to participate in the activity or would affect first-aid treatment: (asthma, diabetes, previous injury, heart condition)

Please list any medications, prescription and non-prescription, that you are taking.
We need the name of the medication, reason it is taken, and instructions for frequency/dosage:

Will you be carrying this medication with you on the trip? YES ___ NO ___

EMERGENCY CONTACT:

Name: _____ Relationship: _____

Home Phone: _____ Work Phone: _____

CONSENT FOR MEDICAL TREATMENT OF AN UNDERAGE PARTICIPANT

"I hereby give permission to a representative of Island Pacific Adventures Ltd. to arrange for any medical treatment required by my child or ward while he / she is under their care."

Parent / Legal Guardian Signature Date

PHOTO RELEASE

"I agree to the reasonable use of photos, of myself or my family members, to promote Horne Lake Camp. I give consent for these photos to be used in promotional and/or other publications associated with Island Pacific Adventures Ltd. We do not rent, sell, or trade our photos. Photos may be used in promotions including brochures, displays, posters, signage or website."

Parent / Legal Guardian Signature Date



Parent Pre-Trip Information and Checklist



Please return the Parental Consent & Medical Info form A.S.A.P. Both sides MUST be signed by a Parent / Guardian before your child will be allowed to participate.

Our programs at Horne Lake Outdoor Centre are designed to be a "hands-on" educational experience. These unique programs are truly rewarding experience and offer every student a chance to discover the magic of the natural world.

Upon arrival, classes will be broken down into groups of maximum 14 students with one guide and at least one adult / teacher coming along to assist with supervision.

The following list will help you prepare and help ensure that your child has everything they need to have a great time. Activities run rain or shine so children should be prepared for any kind of weather. Make sure they can get warm with a hat and gloves!

DAYTRIP CLOTHING and EQUIPMENT LIST

- Long pants and sweatshirt
- Good footwear (runners / gumboots / hiking boots)
- Raingear & gloves
- Extra clothing and footwear
- Camera with flash
- Lunch, water bottle and snack food

Note: AVOID COTTON CLOTHING & JEANS! Wool, fleece, or nylon clothing is better when wet.

Things to Keep in Mind about Caving...

Most daytrips and overnight trips include a tour of the caves. The caves usually have some water running through them during the winter and spring so participants should wear gumboots or be prepared to get wet feet. It is a smart idea to bring a spare change of clothes including shoes and socks. There is a 25 minute uphill hike to get to the entrance to Riverbend Cave. The tour will involve some climbing and travel on rocky and uneven floors. The temperature inside the caves is 8 degrees Celsius, even in the summer. Some children will express reservations about claustrophobia but most times they get so curious and excited that they forget to be scared.

OVERNIGHT TRIP CLOTHING and EQUIPMENT LIST

- Rain gear - hooded rain jacket and pants
- 3 pair pants - wool or synthetic
- Boots & Shoes - one pair of each, keep runners dry for camp
- Socks - lots, as they are likely to get wet
- T-shirts - one shirt per day
- Warm jacket - Note that this jacket is additional to rain gear jacket
- Shorts, 2 Sweatshirts, Towel and a Warm Hat (MANDATORY)

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CAMPING EQUIPMENT

- Sleeping bag - 4 season or 3 season +extra blanket. A pillow is a nice luxury!
- Sleeping mat - Foam or Thermal mats are best. Air mattresses are not ideal
- Sunglasses - Mandatory protection from the sun and reflective glare off the water
- 2 Garbage bags for waterproofing gear
- Medications - If required. Medic Alert tags for allergies! Bee kit, asthma puffer, etc.
- Flashlight (fresh batteries) Small daypack, Toiletries, Sunscreen, Water bottle

OPTIONAL ITEMS:

Camera, insect repellent, special drinks or snacks, pillow, musical instruments

LEAVE AT HOME ITEMS:

Knives, cell phones, music players, electronic games, perfume, make-up and Hairdryers



Activity Description List



Teepee / Geo-Dome Camping

Leave your tents at home! For a truly unique experience you won't soon forget, try hanging out in our native style Teepees or a modern Geo-Dome. Traditional features are combined with modern conveniences such as raised sleeping platforms and modern material to add to your comfort. These spacious shelters sleep 8 to 10 people. Campers must provide own sleeping bag and pad.

Team Building Challenge

What can you learn from "Nuclear Waste" or a "Spider's Web"? This session will run through a series of games starting with introductory ice-breakers that will get everyone working together. Then small groups are presented with challenges that require "creative solutions". Along the way, students learn a lot about themselves and communicating with others. A great way to build camaraderie with fun & teamwork.

Wide Games

Free time can include some fun play on the beach. Hours of fun playing classic games and new ones including "Capture the Flag" at night. A fabulous way to burn up those excess calories!

Cave Exploring

Cave Geology Interpretive Program is designed specifically to support school curriculums. Students explore the underground caverns, learn about geology, crystal formations and see ancient fossils. This unique program combines an excellent learning environment with fun-filled adventure.

Rock Rappelling

Our most popular program is designed to provide basic experience "on-rope" in a fun and supportive environment. Excellent for beginners or as a progression from indoor climbing walls. Activity choices range from easy top-rope climbs to challenging overhanging rappels and are matched with the age and ability level of the group. All participants are instructed in climbing safety and fitted with UIAA approved helmets, harnesses and climbing gear. While on the rock, climbers are secured by a safety line at all times.

Canoe and Water Safety

Canoe / Water Safety program is designed to introduce students to basic canoe handling and pre-tip planning to increase their confidence and safety on the water. Paddle strokes, proper entry /exit, emergency procedures and the importance of wearing P.F.D.'s and appropriate clothing will be taught. Since almost everybody will find themselves in a canoe at some time in their lives, we feel that a little instruction goes a long way toward the safety and enjoyment of the sport.

Wilderness Survivor

Don't go out unprepared! This forest-trail program teaches the essentials of how to spend a night in the forest including building a shelter, lighting a fire, trip planning and wilderness navigation.

Horne Lake Amazing Race

Entertain and challenge your students! Participants race in groups of 3-4 while experiencing some healthy competition from their classmates. The course is located on park property and is supervised by one of our adult instructors. Working together, teams try to answer trivia, collect bonus points, search for water, learn local plant names, and more. But this race will not necessarily be won by the first team to finish... there is more than one way to win so check it out!