



August 2011

Dear Parents/Guardians,

Re: Duke of Edinburgh Bronze Expedition and Practice Trip

Elmwood is very fortunate to have a strong Duke of Edinburgh Award Program. The program was first introduced at Elmwood 13 years ago; it is considered one of the best programs for the personal development of young people. Students follow a progression of growth and personal challenge through the categories of Bronze, Silver and Gold. At each level students perform community service, develop skills, participate in physical recreation and complete an outdoor expedition. This fall all students in Grade 9 who are, or will be, 14 years of age before December will complete their Bronze level. Students who will be 14 years of age in 2012 will be registered as they turn 14.

One component of the award program is to complete an "Expedition." At the Bronze Level this involves a hiking trip. It is our hope that **all Grade 9 students**, regardless of their age, complete this component, as it is an important bonding opportunity for the students. Prior to the actual trip, the students will participate in a one-day practice expedition on September 22, 2011. The purpose of this trip is to test equipment and check conditioning levels. The expedition itself involves a two-day and one-night campout on October 5 – 6, 2011. During the trip the girls will hike both days, set up camp and prepare and cook their meals. The students will be taught the necessary outdoor skills prior to their trip.

The beginning of school is quite busy and the trip will be upon us before we know it. As a result I strongly recommended that your daughter begin physical conditioning over the coming weeks. I have also enclosed an equipment list; it is important that your daughter has the personal items before our practice trip on September 22<sup>nd</sup>. I encourage borrowing items where possible, however it is very important that your daughter wear her own hiking boots. If you need to purchase new footwear please ensure that they are broken in over the summer.

I look forward to working with your daughter in the Duke of Edinburgh Program. If you have further questions over the following weeks you can contact me via e-mail at [ederbyshire@elmwood.ca](mailto:ederbyshire@elmwood.ca) or if you need an answer immediately you may contact Karen Gormley, Duke of Edinburgh's Field Officer, at 232-0925 (Ext. 231).

Sincerely,

Erin Derbyshire  
Duke of Edinburgh Coordinator



**Elmwood School Parent/Guardian Consent and Release Form (Over Night)**

for Excursion to Duke of Edinburgh Practice Trip and Expedition

Location of Practice Trip: Gatineau Park, Kingsmere

Date of Practice Trip: September 22, 2011

Departure: 8:45 a.m. Return: 3:30 p.m.

Location of Expedition: Gatineau Park, Lac Phillippe

Date of Expedition: October 5<sup>th</sup> and 6<sup>th</sup>, 2011

Departure: October 5, 8:45 a.m. Return: October 6, 3:30 p.m.

\*\* In the case of joint custody, BOTH parents must sign this Consent/Release form \*\*

**COST OF TRIP**

By my signature below, I allow Elmwood School to bill my account \$100 for the cost of this trip and my daughter's Duke of Edinburgh Program registration. **I understand that Elmwood School will incur fixed costs as a result of this commitment and accordingly there are no refunds in the event that my daughter is unable to participate.**

**MEDICAL INFORMATION and EMERGENCY CONTACT INFORMATION**

Student: \_\_\_\_\_ Birth Date: \_\_\_\_\_  
Month Day Year

Family Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical Condition(s): \_\_\_\_\_  
\_\_\_\_\_

Medication(s): \_\_\_\_\_  
\_\_\_\_\_

Allergies: \_\_\_\_\_  
\_\_\_\_\_

Ontario Health Card Number: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

### **CONSENT TO PARTICIPATE & TERMS OF PARTICIPATION**

By my signature below, I give my daughter of SLG/Homeroom \_\_\_\_\_ permission to attend the Duke of Edinburgh Practice Trip on September 22, 2011 and Expedition on October 5-6, 2011 in Gatineau Park.

I understand that all of Elmwood School's rules and policies (see Handbook) as well as any rules and directives established by those leading the trip remain in full force and effect for the duration of the trip.

By my signature below, I acknowledge and agree that I am solely responsible for any costs arising out of my daughter's breach of any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip and the resultant disciplinary actions, if any, whether occurring prior to or during the trip.

By my signature below, I further acknowledge and agree that in the event that my daughter breaches any of Elmwood School's rules and policies and/or any rules and directives established by those leading the trip while on the trip, Elmwood School may in its absolute discretion require that my daughter immediately return home and any expenses related to such a return (including without limitation travel, including travel of an adult to accompany my daughter, and any outstanding trip expenses) will be my sole responsibility.

### **RELEASE AND INDEMNITY**

In consideration of my daughter being permitted to participate in the Duke of Edinburgh Practice Trip and Expedition ("the trip"), I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, agree as follows:

I acknowledge and accept that participation in the trip may expose my daughter to unspecified risks and hazards, which are inherent in such trips, including without limitation, my daughter's participation in all travel activities and programs incidental to the trip, all of which I expressly and voluntarily assume.

Furthermore, I acknowledge and accept that my daughter will not be under the direct supervision and control of Elmwood School staff or other trip volunteers at all times during the trip. As such, I agree that the conduct of our daughter during unsupervised times and any consequences flowing from such conduct is solely the responsibility of my daughter.

By my signature below, I do for myself, my daughter, my spouse and our respective heirs, executors, administrators, successors and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE Elmwood School Inc. and its respective officers, partners, agents, employees, servants, representatives, successors and assigns ("the Releasees") OF AND FROM any and all actions, causes of actions, complaints, demands and claims whatsoever in existence prior to on or after the date hereof whether in law or in equity, in respect of death, injury, loss or damage to my daughter's person or my person or property HOWSOEVER CAUSED, arising or to arise by reason of my daughter's participation in the activities contemplated herein except to the extent that same are directly caused by the gross negligence of Elmwood School Inc. or its respective officers, partners, agents, employees, servants, representatives, successors and assigns. I FURTHER UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all the aforesaid from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to my daughter's participation in the activities contemplated herein.

By my signature below, I also agree and undertake not to make any claim or take any proceedings against the Releasees set out above, or any other person or corporation which might claim contribution or indemnity under the provisions of any statute or otherwise from the Releasees set out above.

**EMERGENCY MEDICAL CONSENT**

In the event of an emergency, Elmwood School requires parental consent in order to consent to the medical treatment or surgery of the student. Elmwood School will use reasonable efforts to contact the parent(s) prior to consenting to medical treatment for the student and the parent(s) acknowledge and agree that the need for an immediate decision regarding medical treatment for the student may make such contact impossible.

Accordingly, I, by my signature below, hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to act in loco parentis and in that capacity to consent to medical treatment or surgery for the student based on the advice of the attending physician who considers immediate medical treatment or surgery to be a necessity.

In addition, by my signature below, I hereby authorize and give my express consent to the Head of Elmwood School, or her delegate, to seek and obtain any and all medical interventions that may be reasonably required to ensure the safety and well being of my daughter while on the trip.

**I have read all of the foregoing carefully and by my signature agree to be bound by all aspects of the foregoing.**

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

***Please return this form to Ms. Derbyshire by Monday, September 12, 2011***

## DUKE OF EDINBURGH BRONZE EXPEDITION PACKING LIST

### TO WEAR:

- Quick dry shorts or pants (**NO JEANS**)
- Quick dry T-shirt and a long-sleeved shirt (**NO COTTON**)
- Wide brimmed hat, sunglasses and sunscreen
- Hiking boots or hiking shoes - we recommend boots as they provide better ankle support. If buying new footwear, please ensure that your daughter has had time to break them in prior to the practice trip.
- Wool or quick dry hiking socks (**NO COTTON SOCKS**)

### BACKPACK:

- 45-60 liter pack
- Waist, chest and padded shoulder straps

\*\*\*Mountain Equipment Co-op rents these packs at reasonable rates\*\*\*

### TO CARRY IN YOUR PACK:

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• rain suit (top and bottom)</li><li>• long underwear - top and bottom</li><li>• toque and gloves</li><li>• wool or fleece sweater</li><li>• 1 liter water bottle (Nalgene)</li><li>• 2 pairs of socks (<b>NO COTTON</b>)</li><li>• 1 pair of fleece pants</li><li>• 2 pairs of underwear</li><li>• Swimsuit</li><li>• Plate, bowl, cup and utensils</li><li>• Small towel</li><li>• 2 Large garbage bags</li></ul> | <ul style="list-style-type: none"><li>• Camera</li><li>• Personal kit with Kleenex, baggies for waste, sanitary supplies, toothbrush, band aids, and personal medication, <i>Blister Care Kit</i> (mole skin, Nu Skin, etc.) scissors, sunscreen, and bug spray.</li><li>• Whistle</li><li>• Headlamp</li></ul> |
|---|---|

**GROUP CAMPING EQUIPMENT:** Please do not buy anything yet but have a look to see what you have. Once groups have been formed a modified list will be made for each student.

- Tent (maximum 2 tents per site and/or 6 people)
- Ground sheet
- Large tarp
- 50 feet of rope
- Stove
- Extra stove fuel
- Match/Lighter
- Duct tape
- Set of pots and frying pan
- Oven mitts
- Dish soap
- Wash basin
- 2 Dishtowels

Personal Equipment that you don't have to carry

- Sleeping pad and compression bag
- sleeping bag (below zero warmth rating)