EBLS 6\textsuperscript{th} Grade San Juan 2018 RSVP

Please respond as soon as you can, but no later than Wednesday, August 29\textsuperscript{th}.

Mr. Baggaley’s class: Monday, Sept 17 to Friday, Sept 21
Mrs. Jenkin’s class: Monday, Sept 24 to Friday, Sept 28

After reading the information packet, please check one of the following:

- My student will attend the sixth-grade San Juan River experience. Completed forms and $425 payment are included with this RSVP.

- My student will attend the sixth-grade San Juan River experience. Completed forms are included with this RSVP. We need to visit with EBLS administration about payment options.

- My student will NOT be attending the sixth-grade San Juan River Experience. (Students not participating will attend the other 6\textsuperscript{th} grade classroom during the week instead).

Parent Name:___________________________________________

Parent Signature:_______________________________________

Date: _______________, 2018

(Return by Wednesday, August 29\textsuperscript{th})
Overview:

Edith Bowen Laboratory School 6th Grade Four Corners School of Outdoor Education: Four nights, Five days. Cost is $400 per student.

Website: [http://www.fourcornersschool.org](http://www.fourcornersschool.org)

This is the new capstone field experience for EBLS students and will take place the last two weeks of September (each class will go a separate week). This field experience will focus heavily on integrating the social studies ancient civilization curriculum with the new 3-D Science SEEd standards that includes the movement of energy through environments. On Monday sixth graders will travel via mini-bus to Monticello, Utah and camp at the brand-new Canyon Country Discovery Center facility. In the evening, students will spend time exploring interactive science exhibits and peering through the massive telescope at the stars and moon. Tuesday morning, students will head to Bluff, Utah to Sand Island boat launch and spend the next three days rafting and camping on the San Juan River with the Four Corners School of Outdoor Education (FCSOE) staff and guides. This is a class I to II section of river, renowned for its kid-friendly currents and Ancestral Puebloan cultural artifacts that include pictograph panels, ruins, and stairs cut in sandstone walls. FCSOE will provide life jackets, rafting equipment, professional guides, and food. On Thursday afternoon we will pull off the river in Mexican Hat and then return to the Canyon Country Discovery Center where we will camp again and process the experience. Friday morning we will load up in the USU minibuses and return to Logan between 4 and 5 PM. We anticipate the drive will take approximately 8 hours, including stops.
San Juan River Trip Welcome Packet

Edith Bowen Lab School - September 17 - 21, 2018
September 24 - 28, 2018

All forms must be returned to teacher by: August 29, 2018

Contents of this packet:
Welcome Letter From Staff
Trip Schedule
Pre-Trip Preparations
Forms:
  Liability and Publicity Release
  Medical Form
River Life 101
Gear Packing List
Post-Trip Information

CANYON COUNTRY DISCOVERY CENTER
1117 N. Main St, Monticello, UT 84535
435-587-2156
info@ccdicovery.org
Welcome from the Canyon Country Discovery Center!

Founded in 1984, our mission is to create lifelong learning experiences about the natural and cultural treasures of the Colorado Plateau for people of all ages and backgrounds through conservation, adventure, service, and education programs. Your child will have a unique experience floating on the slow moving, silt-laden waters of the San Juan River in southeastern Utah, enjoying breathtaking surroundings, participating in hands-on learning activities, and hiking to archeological sites, while camping under the stars. These outdoor programs not only help students make real-life connections to concepts taught in classrooms, but also allows them to create memories that will last a lifetime. On behalf of the staff at Canyon Country Discovery Center, thank you for entrusting us. We hope that you are excited about this extraordinary adventure your child is about to embark on!

Sincerely,
David Taft, Adventure Director
Holly Phillips, Education Director
Trip Itinerary

Day 1
Students arrive at the Canyon Country Discovery Center and will set up camp. CCDC staff will facilitate opening activities and ice breakers. Students will have a chance to explore the Colorado Plateau Education Center and in the evening engage in astronomy programming.

Day 2
Arrive at Sand Island Campground (3 miles West of Bluff, UT). River guides and expert staff will provide an orientation and will facilitate the launch. Evening programming will be provided.

Day 3
Continue floating down the San Juan River. Students will learn about the natural and cultural history of the San Juan River by participating in hands-on activities and exploration. Evening programming will be provided.

Day 4
Final day floating on the river to Mexican Hat, UT. Students will return to the Canyon Country Discovery Center to set up last night of camp and participate in closing activities.

Day 5
After an early breakfast, students will load buses and head home.
Pre-Trip Preparations

The following forms are due TWO WEEKS BEFORE the start date:

☐ Liability and Publicity Release  ☐ Medical Form

Complete documents and submit to Eric Newell.

Health Insurance
We advise you to have medical or trip insurance in case of an accident. Check with your insurance agent to review your health insurance policy to verify whether it will cover your child on this trip. It’s also a good idea to confirm if your homeowner’s policy will cover loss or damage to your camera, gear etc.

Travel Insurance
We highly recommend purchasing travel insurance for the duration of your child’s trip. A travel protection plan can help cover your non-refundable travel payments should you cancel the trip due to a covered illness or injury. See the Travel Guard Travel Insurance website for more information.

Physical Conditioning
The Canyon Country Discovery Center recommends that participants be in healthy physical condition for this adventure. We recommend individuals be involved in aerobic exercise a minimum of three times a week.

Health Considerations
The following information is intended to be helpful to you and your child’s physician to safeguard their health and well-being.
Allergies to specific foods, plants (e.g. poison ivy), bee stings, insect bites.
Arthritis or other conditions that would hinder backpacking or physical activity.
Respiratory problems.
Heart condition(s) including conducting physical activity at elevations 3,000 feet above sea level.

Inoculations
A current Tetanus inoculation is the only recommendation. Please contact your family physician for their advice on additional inoculations.
Program Name:
DATES:

IMPORTANT: THIS IS A LEGAL DOCUMENT
We ask that you read this, understand it, sign it, and return it to our office no less than two weeks before the beginning of the program. If you have any questions, please ask us or consult an attorney.

Canyon Country Discovery Center wishes to inform our guests that San Juan River Trip is not risk free. The same elements that contribute to the unique character and fun of a San Juan River Trip such as the physical exertion or living outdoors, can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be informed of some of the possible inherent risks.

RECREATIONAL ACTIVITY RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.

Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Recreational Activities.

I, _________________________________ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with the recreational activity generally described as San Juan River Trip, including the rental of equipment and transportation associated therewith in which I am about to engage.

Inherent hazards and risks include but are not limited to:
1. Risk of injury from the activity and equipment utilized is significant including the potential for permanent disability and death.
2. Possible equipment failure and/or malfunction of my own or others’ equipment.
3. This activity takes place outdoors and therefore includes risks associated with exposure to elements, excessive heat, hypothermia, impact of the body upon the water, injection of water into my body orifices, encountering objects either natural or man-made, exposure to animals with the attendant risk of kicking, biting, shying away, running off or otherwise moving in an unanticipated manner causing injury and/or death.
4. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, rapids, weather, trails, or route location.
5. Attack by or encounter with insects, reptiles, and/or animals.
6. Accidents or illness occurring in remote places where there are no available medical facilities.
7. Fatigue, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.

*I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death while participating in San Juan River Trip.

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the activity(ies) described above and related activities, I hereby agree, acknowledge and appreciate that:
1. I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the following named persons or entities, herein referred to as Canyon Country Discovery Center. Name ______________________________

2. To release Canyon Country Discovery Center, their officers, directors, employees, representatives, agents, and volunteers, and vessels from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the Canyon Country Discovery Center or otherwise. By executing this document, I agree to hold Canyon Country Discovery Center harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of engaging in the above activities.

3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by Canyon Country Discovery Center, other than what is set forth in this Agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

____________________________       _______________________________        __________________ 
Signature          Name (Print)        Date

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of Four Corners School of Outdoor Education, but also to release and indemnify the Four Corners School of Outdoor Education from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

_____________________________       _______________________________        __________________ 
Signature of Parent or Legal Guardian       Name of Parent/Legal Guardian (Print)     Date

Publicity Release

In connection with my participation in the production of any print, audio filmed, or digital program material produced by Four Corners School, or partner organizations, I hereby grant, assign, and convey all rights, titles, and interests I may have in and to the specified program material and in and to any reproduction made there from.

I irrevocably authorize the Canyon Country Discovery Center, and partner organizations, free of charge and without limitations to broadcast, distribute, publish, and/or exhibit the specified program material and any reproduction made therefrom, or any portion thereof.

Canyon Country Discovery Center will not identify any individual by name when a photograph is used in publication.

____________________________       _______________________________        __________________ 
Signature           Name (Print)        Date

__________________________           _______________________________         _________________ 
Signature of Parent or Legal Guardian        Name of Parent/Legal Guardian (Print)     Date
CONFIDENTIAL MEDICAL HISTORY FORM

The following questions relate to problems that may occur while participating in outdoor activities or have particular significance in the wilderness, away from medical help. We ask these questions so that we can be prepared to deal with any problems that may arise and although some questions may not seem relevant, please answer them thoroughly and honestly, as a complete medical history could help save your life in the event of illness or injury. Should a serious injury or illness occur, this form provides emergency medical personnel the necessary medical history for appropriate treatment. This form is confidential and is seen only by course staff or medical personnel. You may receive a follow-up call from course staff if more information is needed. A medical or physical condition does not necessarily prevent participation on a Southwest Ed-Venture or Safari trip. Please print legibly. If additional space is needed, attach a separate sheet.

Program Name:_____________________________________ Dates: ____________________

Participant Contact Information

Name:_____________________________________

Emergency Contact Information

Contact 1 Name:_____________________________________

Home Phone:_____________________________________

Alternate Phone:___________________________________

Email:____________________________________________

Contact 2 Name:_____________________________________

Home Phone:_____________________________________

Alternate Phone:___________________________________

Email:____________________________________________

Participant Medical Information

Family Physician:____________________________

Phone Number:______________________________

Age: ______  Weight:__________  Height:_______

D.O.B _____________  Male  Female

Blood Type (if known):____________________________

Date of last physical:____________________________

Insurance Information

Insurance Company Name:__________________________

Policy Number:___________________________________

Phone Number:___________________________________
If you have had any of the following illnesses, state type of illness and the approximate year of occurrence:

<table>
<thead>
<tr>
<th>Illness</th>
<th>Year(s) of Occurrence:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arthritis</td>
<td></td>
</tr>
<tr>
<td>Colitis</td>
<td></td>
</tr>
<tr>
<td>Cystitus</td>
<td></td>
</tr>
<tr>
<td>Meningitis</td>
<td></td>
</tr>
<tr>
<td>Convulsions</td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td></td>
</tr>
<tr>
<td>Giardia</td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td></td>
</tr>
<tr>
<td>Pleurisy</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
</tr>
<tr>
<td>Convulsions</td>
<td></td>
</tr>
<tr>
<td>Hepatitis</td>
<td></td>
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<tr>
<td>Polio</td>
<td></td>
</tr>
<tr>
<td>Anemia</td>
<td></td>
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<tr>
<td>Ulcer</td>
<td></td>
</tr>
<tr>
<td>Ulcer</td>
<td></td>
</tr>
<tr>
<td>Typhoid Fever</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Recent Surgery</td>
<td></td>
</tr>
</tbody>
</table>

If you have had any of the following, state year of occurrence + body part affected:

<table>
<thead>
<tr>
<th>Illness</th>
<th>Year(s) of Occurrence:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hernia</td>
<td></td>
</tr>
<tr>
<td>Dislocations</td>
<td></td>
</tr>
<tr>
<td>Broken Bones</td>
<td></td>
</tr>
<tr>
<td>Concussions</td>
<td></td>
</tr>
<tr>
<td>Sprains/Strains</td>
<td></td>
</tr>
<tr>
<td>Back Problems</td>
<td></td>
</tr>
<tr>
<td>Tetanus</td>
<td></td>
</tr>
<tr>
<td>Typhoid</td>
<td></td>
</tr>
<tr>
<td>DPT</td>
<td></td>
</tr>
<tr>
<td>Polio</td>
<td></td>
</tr>
<tr>
<td>Small Pox</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

Check immunizations and year administered:

<table>
<thead>
<tr>
<th>Immunization</th>
<th>Year Administered</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tetanus</td>
<td></td>
</tr>
<tr>
<td>Typhoid</td>
<td></td>
</tr>
<tr>
<td>DPT</td>
<td></td>
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<tr>
<td>Polio</td>
<td></td>
</tr>
<tr>
<td>Small Pox</td>
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</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
</tbody>
</table>

Do you smoke? Yes No

Daily consumption:__________

(smoking on all programs is discouraged, restricted or prohibited)

List any recent exposure to infectious diseases:

<table>
<thead>
<tr>
<th>Disease</th>
<th>Year(s) of Occurrence:</th>
</tr>
</thead>
</table>

List any drug allergies

<table>
<thead>
<tr>
<th>Allergy</th>
</tr>
</thead>
</table>

List other allergies (food/bees stings, etc.)

<table>
<thead>
<tr>
<th>Allergy</th>
</tr>
</thead>
</table>

List dietary needs

<table>
<thead>
<tr>
<th>Need</th>
</tr>
</thead>
</table>

List medications you currently take and/or carry.

<table>
<thead>
<tr>
<th>Medication</th>
</tr>
</thead>
</table>

List any illness or condition you are recovering from or for which you receive treatment.

<table>
<thead>
<tr>
<th>Condition</th>
</tr>
</thead>
</table>

List and explain any other illness or condition not mentioned above.

<table>
<thead>
<tr>
<th>Condition</th>
</tr>
</thead>
</table>

I fully understand the vigorous nature of a backcountry trip. In the event of an emergency, permission is given for treatment and/or surgery and anesthesia, which might be necessary as required by a physician.

Signed: __________________________

Date: ________________
River Life 101

Camping

Students will need to be prepared to camp every night of the trip. Along the river, campsites will be remote and primitive. There will not be flush toilets, showers, or built picnic tables. Camp will be separated by gender and tent groups will be determined by the chaperone/teacher. We will be bringing camp tables and chairs, portable toilets, and kitchen supplies.

Food

Food will be prepared by the guides and there will be a different menu each day. If your child has any dietary restrictions please indicate them on your medical form. We will do our best to accommodate special diet needs or allergies (especially if they are severe) that we know of in advance, but we cannot guarantee that all needs can be met due to the group cooking nature of a river camp.

Water

It is very important to drink adequate amounts of water while traveling through the desert. Students will need to drink 1 gallon of water per day on average (which is about four 1 liter water bottles). They will be able fill up their water bottles regularly from the drinkable water which the guides will be carrying. Drinking water prevents dehydration and altitude sickness.

Please remind your child that river water is NOT safe to drink! They should only drink water from the water containers that the guides bring. River water will be used for bathing, cleaning dishes, and some other uses in camp, but it will often be treated by boiling and by using bleach and soap.

Bathrooms in the Wilderness

There are no bathrooms in the canyon, but we do bring along a few things to make going to the bathroom a little easier. Solid waste and toilet paper will be placed in a portable toilet called a “groover” so that it can be disposed of away from the river. Urination will be done in a bucket that can be disposed of separately. Soap and hand sanitizer will be available for washing hands.
Medical Emergencies

All CCDC staff on the trip are certified in Wilderness First Aid and CPR. In the event of an emergency, the crew carries a satellite phone to reach emergency services. The CCDC staff will work with first responders to get medical help as quickly as possible.

Cultural and Natural Resources

During the trip on the San Juan River your child will get the opportunity to experience nature and the past in a very special way. During our trip we will be visiting archaeological sites which preserve the culture of ancient peoples on the Colorado Plateau and traveling through the delicate desert ecosystem. These sites are part of our shared American heritage and we need to treat them with respect. When approaching these areas the guides will advise how best to experience and respect them. Please remind your child to follow their guide's instructions so these places will be preserved for the future.

Other Considerations

Weather - In canyon country, the weather can be variable. In September, the temperature can range from 45F to 80F. It can be windy, rainy, sunny… and sometimes all in the same day! Make sure to check your gear list and have clothing items you can layer to stay warm when it’s cold and get cool when it’s hot!

Altitude - Southeastern Utah is a land of many elevations. Monticello, Utah is located around 7000 feet in elevation and the bottom of the San Juan river is about 3000 feet in elevation. This change in elevation can create altitude sickness in those not use to the elevation changes. Drinking water can help alleviate many of the symptoms.

Terrain - Canyon Country can be rocky and steep in some areas and you are likely to encounter these places on your hikes. Be prepared with good shoes and plenty of drinking water.
Note from CCDC Staff:

Packing for an adventure is a balancing act: too much gear and you risk losing items and weighing down your pack, too little gear and you could be cold or wet with no other gear to change in to. We recommend bringing the clothes you have which are the most versatile, durable items that can help you regulate body temperatures in varying weather conditions. Synthetic or wool clothing can keep you warm when you get wet; whereas cotton and down materials do not. Please keep in mind that we are not responsible for any loss or damage to personal items that are brought on the trip.

You need to bring...

**Clothing**
- 2-3 T-shirts (at least 1 with quick dry material)
- 1 long-sleeved light-weight shirt for sun protection
- 1-2 pairs hiking pants
- 1-2 pairs of shorts
- 1 Wool or Fleece Jacket
- Hat with secure straps
- Sunglasses
- Rain jacket and pants (hood recommended)
- 4-5 pairs of underwear
- 4-5 pairs of socks
- Broken-in lightweight hiking boots
- River shoes/sandals (Teva, Chaco brands recommended, but not necessary)
- Swimsuit/Trunks
- 1 cozy outfit for camp (long underwear/leggings/warm socks)

**Optional Items**
- Lightweight, packable camp shoes
- Bandana
- Warm, packable hat
- Camera (with a case that protects against sand, heat, cold, wet, and impacts.)

**Camping Items**
- Water Bottle (at least 1 liter)
- Small backpack for day trips
- Sunscreen
- Chapstick
- Flashlight/Headlamp
- Insect Repellent
- Small Towel/Washcloth
- Biodegradable Body Soap, if possible
- Toothbrush/paste
- Deodorant
- Other necessary toiletries
- Personal medications
- Plastic grocery bags for dirty clothes
- Ziplocks or “stuff sacks” for clothing and loose items (squeeze the air out)

**Equipment (Available for Rent):**
- Three season tent
- Three season, packable sleeping bag
- Sleeping pad

We will bring...
- Waterproof dry bags for transporting personal items on the river
- All rafting equipment (including life jackets)
- All food, snacks, and drinking water
- Dishware, Cookware, and Cooking Equipment
- Toilet Paper
- Hand Sanitizer and Dish Soap
After Your Journey

The Canyon Country Discovery Center (CCDC) is all about adventure, education, and stewardship, and it doesn’t end with your trip down the San Juan River. During your adventure with the CCDC Adventure Guides and Educators you were able to get up close and personal with the Colorado Plateau. We are dedicated to helping you make that lifelong connection with Colorado Plateau and you can help us reach out to others! Our center is open year-round for visits and our guides/educators are available for other events! We hope you share your experience with the CCDC!

There are many other ways to get involved with the CCDC. We offer volunteer opportunities, youth employment opportunities through the Canyon Country Youth Corps (age 15 - 18), and events throughout the year! Check us out at http://ccdiscovery.org to learn more!

Connect with Us!

Remember to tag us in your photos (@CCDiscovery) and/or use #CCDiscovery so your group can see how much fun you had!