



Wm. E. Hay Stettler Secondary Campus

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Principal: Norbert Baharally
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April 10, 2017

Dear Parents/Guardians:

Wm.E. Hay Stettler Secondary Campus is planning a Grade 9 outdoor education experience for May 30 – June 2, 2017. This leadership camp will be a 4 day/3 night experience in the Nordegg / Kootenay Plains area where we will be participating in a tour of the Rocky Mountain House Historical Site, a longer day hike and a choice of either canoeing or a waterfall hike.

An integral part of the success of our trip continues to be the help of parents preparing their children and assisting with camp. There is an equipment list and itinerary included with this letter and we would appreciate your help in making sure that your child is properly equipped to deal with 4 days and 3 nights in a wilderness environment.

The bus will leave the school between 8:30 and 9:00 a.m. on Tuesday, May 30, 2017 and return to the school between 2:00 and 3:00 p.m. on Friday, June 2, 2017.

Students will be organized into tenting groups of 4 - 6 people of the same gender and 2 tenting groups will come together to form a supervisory group with an adult supervisor. The supervisor's primary responsibility will be to oversee the campsite activities for their group and to lend support to the staff supervisors in the other daily activities. It is hoped that the supervisors will be willing to participate in the daily activities. If you are interested in being a supervisor or are able to provide an equipment trailer/tow vehicle forms should be filled in by now. If you require these forms contact the school. To cover the fees associated with the camp (such as transportation, food and fees) we are asking each student to contribute \$110.00 Preferred payment method is online, however we can still accept payment at the office.

Payment, as well as the permission and medical forms must be submitted to the school as soon as possible and no later than April 28, 2017. We want any student that is interested in going on the trip to be able to attend. If payment is a concern please contact the school about available options.

There are always some risks associated with any trip of this nature, vehicular travel generally being one of the highest risks. Educational activities, including outdoor pursuits, generally have lower injury rates than many organized sports or daily activities. There are specific risks in the outdoor environment however, the experience and training of the supervisors and preparation by students to manage these risks should combine to make this a safe experience. Preparation for the risks involved in an outdoor wilderness experience is

critical and student cooperation and responsibility is imperative. Planning will primarily take place during TA classes and some noon hours between now and the trip. Student attendance at all meetings is mandatory and those who do not attend these meetings may not be able to go.

Instruction at meetings will be a combination of discussion, question and answer, demonstration, and practice. Topics will include but are not limited to:

- introduction and general overview
- hazards and risk management
- group dynamics and group equipment
- menu planning, cooking demonstrations (hand in menus)
- personal equipment (clothing)
- tent set up and practice
- canoe safety
- final details

We hope that your son/daughter will be able to attend this outdoor experience but realize that they may have other commitments. We are asking that you complete the following forms and return them to the High School office **as soon as possible** and **no later than Friday April 28, 2017**. This will allow us time to finalize arrangements.

Included with this package:

- Page 3.....Objectives, Expectations and Emergency Contacts
- Page 4.....Personal Equipment List
- Page 5..... Group Equipment List
- Page 6..... Timeline / Schedule at camp
- Page 7.....April/May meeting dates
- Page 8.....Pre Planning Group Equipment
- Page 9..... Permission Form
- Page 10..... Student Information Form - (back of permission form)

Additional information will be given to students as needed (menu planning sheet).

We will be having a **parent meeting from 7:00pm to 8:00pm on Tuesday April 18, 2017** in the Bi-Flex room to discuss the trip and answer questions that you may have. If you are familiar with the trip, attendance at this meeting is not necessary. An overview of the camping experience will be given and the daily activities discussed.

If this meeting time is inconvenient for you or if you have any questions or concerns before the meeting please contact Mr. Poapst at school or through email bpoapst@clearview.ab.ca

Thank You
SMS Camping Staff

Grade 9 Leadership Camp

OBJECTIVES

1. Practice the responsibility of meeting deadlines.
2. Practice cooperation, face to face social skills and group learning skills.
3. Taking ownership to demonstrate initiative and responsibility in preparing for your trip.
4. Practice no trace camping skills.
5. Plan and prepare one-pot gourmet meals.
6. Participate in an extended day hike and a shorter hike or flat water canoeing.
7. Examine the native sundance lodges and native sacred areas of the region.
8. Explore the historical perspectives of the David Thompson area.
9. Record in a journal/log book, the trip experiences.
10. Examine the environmental impact of a recreational area.

GENERAL EXPECTATIONS:

1. Be prepared by attending all meetings with required information in a duo tang and pen and be extra quiet and attentive during large group meetings.
2. Plan, plan, plan – Take information home and discuss it with parents, stay organized, ask questions if necessary. (No phone calls to the school office because YOU forgot or lost information. Ask your group members for help.

This information can be found at:

<http://wmehay.clearview.ab.ca/view.php?action=documents&header=Documents%20Directory>

3. Willingly and eagerly follow directions and instructions from teachers, parent supervisors, or anyone associated with the camp over ALL phases of the camp
4. Leave your ipod, MP3, cell phones, electronic games and devices at home.
5. Remember that school rules apply and therefore **smoking, alcohol and/or drugs are NOT** allowed. Dress according to school rules.
6. Keep all fires in the designated fire pits. Fires are dependent upon the fire hazard.
7. Keep ALL food and toiletries in the designated area and not in the tents. **We are in bear country.**
8. Males and females are not allowed in each other's tents **or tenting areas** at any time.
9. When exploring the area of the camp please travel in groups of at least 3 and get permission from your parent supervisor before going (they may say it's not a good time)
10. Bring a watch and be on time for all activities.
11. HAVE FUN AND ENJOY

EMERGENCY NUMBERS:

Rocky Ranger Station/ Fish & Wildlife - 1-403-845-8272

RCMP - Rocky Mtn. House - 1-403-845-2882 (day) 1-403-845-2881(eve)

Rocky Hospital - 1-403-845-3347

Personal Equipment List

(feel free to add necessary items to the list)

| | |
|--|--|
| <p>Personal Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> pack/duffel bag <input type="checkbox"/> day pack (school backpack) <input type="checkbox"/> douting / lined & blank paper <input type="checkbox"/> pen/pencil <input type="checkbox"/> sleeping bag <input type="checkbox"/> sleeping bag liner or blanket <input type="checkbox"/> sleeping pad <input type="checkbox"/> small pillow <input type="checkbox"/> cutlery <input type="checkbox"/> large plastic cup and bowl <input type="checkbox"/> water bottle(s) <input type="checkbox"/> plastic garbage bags <input type="checkbox"/> camera (optional) <input type="checkbox"/> watch <input type="checkbox"/> sunglasses <input type="checkbox"/> flashlight <input type="checkbox"/> handkerchief/bandanna <p><i>no axes, hatchets, knives, lighters</i></p> <p>Personal hygiene:</p> <ul style="list-style-type: none"> <input type="checkbox"/> toilet paper (no toilet on hike) <input type="checkbox"/> tooth brush <input type="checkbox"/> soap (unscented, biodegradable) <input type="checkbox"/> deodorant (unscented) <input type="checkbox"/> face cloth <input type="checkbox"/> hand towel <input type="checkbox"/> band aids <input type="checkbox"/> hair brush/comb <input type="checkbox"/> insect repellent <input type="checkbox"/> suntan lotion/lip balm <input type="checkbox"/> medication (if applicable) <p>avoid scented items</p> <ul style="list-style-type: none"> <input type="checkbox"/> _____ <input type="checkbox"/> _____ | <p>Clothes:</p> <p><u>feet</u> - bring 2 attached - preferably in working condition</p> <ul style="list-style-type: none"> <input type="checkbox"/> socks - 6 pair plus one pair of wool <input type="checkbox"/> hiking boots - broken in by you and that fit you. Or running shoes (<i>with good grips on the sole</i>) <input type="checkbox"/> rubber boots ? <p>minimum 2 pair of shoes <i>no sandals or open toed shoes - no beaches</i></p> <p><u>hands</u> - bring 2 attached - that know how to work and are experienced</p> <ul style="list-style-type: none"> <input type="checkbox"/> gloves or mitts <input type="checkbox"/> leather work gloves (optional - good for hike) <p><u>legs</u> - bring 2 attached - strong and able to last all day.</p> <ul style="list-style-type: none"> <input type="checkbox"/> jeans - 2 pair minimum <input type="checkbox"/> sweat pants - 1 pair <input type="checkbox"/> wind pants ? <input type="checkbox"/> under clothing, bathing suit ? <p><u>trunk</u> -</p> <ul style="list-style-type: none"> <input type="checkbox"/> T- shirts (at least 4) <input type="checkbox"/> long sleeved shirt(s) <input type="checkbox"/> sweater/sweatshirt <input type="checkbox"/> warm winter jacket/down vest <input type="checkbox"/> wind jacket <input type="checkbox"/> rain suit. <p><u>head</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> wide brimmed hat <input type="checkbox"/> ball cap <input type="checkbox"/> toque |
|--|--|

This list is not all inclusive, remember that you are going to be spending 3 days in a mountain environment at the end of May. The weather is often unsettled and you need to be prepared for cold, stormy, rainy and hot weather. DO NOT SPEND A GREAT DEAL OF MONEY ON EQUIPMENT THAT YOU MAY ONLY USE ONCE, YOU MAY BE ABLE TO BORROW THINGS YOU DO NOT HAVE.

Group Equipment List

EVEN THOUGH WE ARE NOT BACKPACKING, PLAN AND PACK AS IF THIS WERE A BACKPACKING TRIP.

Large bag - backpack or small/medium hockey bag. Holds all personal equipment and group equipment if possible. (may have tent in a separate bag)

Day Pack - small backpack like you take to school. Holds journal, lunches, water bottle, extra clothes, etc. for day trips

No refrigerated foods are to be brought, therefore no coolers.

Cooking will be done with stoves. No fires or barbeques.

Print the name of the group member who is responsible for the following supplies

_____ tent/pegs/poles size _____

_____ ground sheet/fly (ground sheet can be a tarp for under your tent - size ?)

_____ tarp(s) (to cover your tent with some overhang)

_____ rope - 1/4" - 1/2" or straps (to secure tarps, 4 pieces 10 - 25 feet)

_____ kitchen supplies - pot , cooking utensils, etc.

_____ single burner stove **or** 2 burner coleman stove (will be shared between 2 groups)

_____ small duffle bag / shaving kit to hold all of your groups toiletries
(to be stored in food container overnight)

_____ group toiletries - toothpaste (baking soda?), shampoo (unscented) etc.

FOOD STORAGE - ONE Rubbermaid plastic container, supplied by the school, will be used for storing **ALL** kitchen supplies and **ALL** food. ***What doesn't fit doesn't go. Lid must close.***

Menu Plan:

ice cream pail of cookies (one per group)

to be kept by supervisors who will transport, inspect, test, & distribute at campfire activities.

| | Tuesday | Wednesday | Thursday | Friday |
|------------------|------------------------------------|--|--|--|
| breakfast | home | breakfast supplied | breakfast supplied | breakfast supplied |
| lunch | bag lunch - prepared at home | bag lunch - food supplied | bag lunch - food supplied | bring \$ buy fast food lunch in Rocky |
| supper | tin foil dinner - prepared at home | group prepares one pot gourmet delight | group prepares one pot gourmet delight | home to cook a one pot meal for parents! |

A detailed menu planning sheet and recipes will be provided during a noon meeting.

Grade 9 Camp - Proposed Timeline/Schedule

Tuesday May 30 - 83 students + ~20 supervisors (~ 5 students / supervisor)

9:00 AM - Bus Leaves Stettler
 11:00 AM - Arrive Rocky Mountain House Historical Site
 2:30 PM - Leave RMHHS
 4:30 PM - Arrive Calvalcade Group Camp, Kootenay Plains,
 5:00 PM - begin tin foil meals
 7:00 PM – Campsite hike
 9:00 PM - Group Campfire – ALL CAMPERS
 11:00 PM - Lights out, campers in own tents for the night

Wed May 31- canoe - ~ 28 students (5 supervisors)
 icefall hike - ~ 41 students (5 supervisors)
 Siffleur Falls hike - ~14 students (4 supervisors)

6:30 AM - rise & shine, breakfast , clean up, make lunch
 9:00 AM - bus transports canoeists to Fish Lake
 10:00 AM - hikers leave camp for daily activities
 3:30 PM - activities return to group camp
 5:00 PM - begin preparing supper, eat, cleanup
 7:00 PM - guest speaker/story teller or free time
 9:00 PM - Group Campfire – ALL CAMPERS
 11:00 PM - Lights out, campers in own tents for the night

Thursday June 1

Same schedule and activities offered
 Students Switch activities from Wednesday

Friday June 2

6:30 AM - rise & shine, breakfast , clean up
 7:30 AM - break camp and pack trailers
 9:00 AM - busses arrive at group camp
 9:30 AM - leave group camp
 11:30 - lunch in Rocky
 2:00 PM - 3:00 PM arrive Stettler

ARRIL

| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|-----|--|---|---|---|---|-----|
| 9 | 10 TA Meeting Welcome to camp | 11 Hand in permission form & get duotang | 12 <i>Complete Pre Planning Group Equip Sheet</i> | 13 TA meeting Risk management | 14 Good Friday no school | 15 |
| 16 | 17 Easter Monday no school | 18 Parent Mtg 7pm Bi-Flex | 19 | 20 TA meeting groups/group equipment | 21 | 22 |
| 23 | 24 | 25 TA meeting groups/group equipment | 26 | 27 TA meeting Menu planning | 28 Last day to hand in Forms and payment | 29 |

May

| Sun | Mon | Tue | Wed | Thurs | Fri | Sat |
|---|---|---|---------|---|--|------------------|
| 30 | 1 | 2 TA meeting Menu planning | 3 | 4 TA meeting Finalize menu plan & hand in | 5 PD Day no school | 6 |
| 7 | 8 | 9 TA meeting Tents | 10 | 11 Tent set up ? Noon or class time? | 12 | 13 |
| 14 | 15 Chaperone Mtg 7pm room 116 (beside office) | 16 TA meeting Personal equipment | 17 | 18 TA Meeting - Final Details, Group jobs | 19 | 20 |
| 21 <i>Start packing on or after weekend</i> | 22 Victoria Day no school | 23 PD Day no school | 24 | 25 TA meeting? | 26 | 27 Graduation |
| 28 | 29 | 30 Camp Load 8 am Leave 9am | 31 Camp | 1 Camp | 2 Camp Bus returns between 2 - 3 | 3 |

There may be additional meetings during noon hour of TA time.
Meeting topics may be shuffled.

Pre Planning Group Equipment - Individual equipment

EACH student to have this section filled in by April 13 Meeting.

To assist our planning - **before** you are put into groups - make a list of group equipment **you** can bring or borrow from a friend or relative to use on our trip. Check with parents to make sure it is ok to take the equipment camping with you and your group. If you never camp and have none of this equipment, don't worry, we share, lend, and borrow from our big group before we buy.

_____ tent/pegs/poles size _____

_____ ground sheet/fly (ground sheet can be a tarp for under your tent - size ?)

_____ tarp(s) (to cover your tent with some overhang)

_____ rope - 1/4" - 1/2" (to secure tarps, 4 pieces 10 - 25 feet)

_____ ratchet tie downs (alternate to rope to secure tarp)

_____ extra tent pegs to secure tarp (list how many)

_____ kitchen supplies - pot , cooking utensils, etc.

_____ single burner stove **or** 2 burner coleman stove (may be shared between 2 groups)

_____ small duffle bag / shaving kit to hold all of your groups toiletries
(to be stored in food trailer overnight)

_____ group toiletries - toothpaste (baking soda), shampoo (unscented) etc.

Permission , Consent Form - Grade 9 Leadership Camp

Return to office no later than **Friday April 28, 2017** name _____

School Responsibilities

homeroom _____

The school will make every reasonable effort to ensure that:

- a) the staff and volunteers involved are suitably trained and qualified
- b) The students are adequately supervised over all aspects of the trip
- c) The locations used are appropriate and safe for the activities and group
- d) Equipment used has been inspected and deemed appropriate and safe

Potential Hazards

Potential known hazards include or are related to the following:

Weather - dehydration, heat exhaustion, hypothermia, storms, forest fires

Terrain - traveling through brush and over steep broken ground, elevation climb and proximity to cliffs and cold fast-moving water

Animals - bears, elk, scavengers, ticks

General Camp - campfires, one/two burner stoves, water quality, becoming lost, improper equipment particularly sleeping bag and shoes

Consent and Acknowledgment of Risk

1. I freely and voluntarily assume the risks/hazards inherent in the trip/ activities and understand and acknowledge that my child may suffer personal and potentially serious injury due to an unforeseeable event associated with his/her participation.
2. My child has been informed that he/she is to abide by the rules and guidelines, including directions and instructions from teachers, parent supervisors, or anyone associated with the camp over ALL phases of the camp.
3. In the event that my child fails to abide by these rules and guidelines disciplinary action may require his/her exclusion from further participation, or that I be contacted to meet the supervisors in NORDEGG to pick my child up. Participation in other outdoor education trips in Clearview may be denied.
4. I acknowledge that it is my responsibility to advise the school of any medical and/or health concerns of my child that may affect his/her participation on this trip.

Based on my understanding, acknowledgment, and consents as described herein, I agree that (name of student)

_____ has my permission to attend the Wm.E. Hay Stettler Secondary Campus Grade 9 outdoor experiences on May 30 – June 2, 2017

_____ will be **unable to attend** the Wm.E. Hay Stettler Secondary Campus Grade 9 outdoor experiences on May 30 – June 2, 2017

Date _____

Parent/Guardian Name (please print): _____

Parent / Guardian Signature _____

(Payment of \$110.00 is preferred online, cash or cheque are acceptable at the office)

Cheques payable to: Wm.E. Hay Stettler Secondary Campus
please complete both sides of this page.

Student Information Form

Child's Name _____ Homeroom _____

Student activity preference – (check one only) _____ waterfall hike or _____ canoe
(the canoeing is on flat water)

Adult Shirt Size _____ XS _____ S _____ M _____ L _____ XL

Emergency contacts (these contacts need to be available during the time of the trip)

1. _____ phone (H) _____ (work) _____ (cell) _____

2. _____ phone (H) _____ (work) _____ (cell) _____

Child's Alberta Health Care number _____ Birth Date: _____

Allergies (e.g specific drugs, certain foods, insect stings, etc.) Specify:

Reaction(s) to above ?

Carries Epi pen ? yes no

Medical/physical conditions that may affect participation in the camp activities (e.g , recent illness or injury, chronic conditions, phobias, etc.). Specify the condition(s) and requirements for program modification or specific activities your child should not participate in:

Medication(s) taken (name, reason, dosage, storage, potential side effects/treatment of such)

Other health, medical/dietary concerns:

Parent / Guardian Support

- I am willing to be a supervisor. forms are completed or being processed
- I am able to provide a clean stock trailer / enclosed trailer to transport equipment.
- I am able to provide a tow vehicle for an equipment trailer or canoe trailer

Name _____ contact phone number _____

Email contact _____