

HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



December 2007

TO: All Club Advisors and Adult Members
FROM: Carrie Joy Lash, Spring Camp Chair
SUBJECT: High School Hikers' Spring Camp 2008

Get ready for Spring Camp 2008! It will be held at Camp Paumalu (Girl Scout Camp) on the North Shore at Pupukea. Attached are the general information flier and registration forms. Please run off copies as needed and distribute to all hiking club members, adults and chaperones.

The registration forms for students and chaperones consist of:

- General Information Flier (includes tentative camp schedule)
- Guidelines for Student Behavior While Participating in Spring Camp 2008
- Registration Form
- Statement of Understanding and Acceptance of Guidelines for Student Behavior (bottom of Registration Form)
- Individual Liability Form
- Statement Concerning Swimming by Participant
- Medical Information Form (2 pages)

Additional sheets included in this package and for the advisors use include:

- Registration List
- Committees List (final list will be distributed to advisors in January)

Reminders:

1. Distribute materials to your students as soon as possible to inform parents/guardians. Consider having a "Parents Night" to answer any questions they may have and to work out club logistics. Be sure to receive your school's approval of this activity by completing all forms, which are **REQUIRED**.
2. Each club will be allotted **20** student slots. Others will be placed on a waiting list. If additional slots are needed, advisors will be informed of space availability *based on the timely receipt of registration forms by each club*.
3. All students attending camp must complete **ALL FORMS** unless he/she attended the Ecology Camp 2007. Medical information forms filled out at that time will be used at Spring Camp. All advisors and adult members, including chaperones, only need to complete the registration and individual liability form, unless he/she did not attend Ecology Camp 2007. These are to be turned in with all registration forms.
4. Please make sure that all students attending this event understand that they will be required to participate in all the service projects and they must provide their own work gloves.
5. **IMPORTANT DEADLINES:**
 - ▶ All registration forms must be received by **THURSDAY, JANUARY 31.**
 - ▶ Checks can be submitted at Spring Camp.
 - ▶ **NO REFUNDS AFTER FEBRUARY 1!**
6. Mail to: Pauline Kawamata
Hawaii Nature Center
2131 Makiki Heights Dr.
Honolulu, HI 96822

**HIGH SCHOOL HIKERS'
SPRING CAMP 2008
FEBRUARY 9-10, 2008**



GENERAL INFORMATION

This year's Spring Camp will be held at Camp Paumalu (Girl Scout Camp) on the North Shore at Pupukea. Camping will be done in canvas platform tents. There are cold showers, no-flush toilets and dining area available at this secured campsite.

COST: \$20.00
(includes food
and camp use fee)

- ▶ Space is limited so sign up early.
- ▶ All registration forms are due by **Friday, January 31.**
- ▶ No refunds after January 31.

In case of emergency, call:
Your club advisor: _____

Tentative Schedule

Saturday, February 9

Noon
Arrive at camp, set up
have lunch.

Bring own brown bag lunch.

1:00 - 4:00 pm:
Activities TBA
Swimming

5:00 pm
Dinner

6:00 - 9:00 pm
Evening activities TBA

Sunday, February 10

7:00 am
Breakfast

8:00 am
Morning activity TBA
Camp evaluation
Clean up and breakdown

Check out by NOON.

WHAT TO BRING

Label all belongings!

CLOTHES:

- Long pants
- Shorts
- T-shirts
- Jacket
- Socks
- Underwear
- Hat (for sun)
- Rain gear
- Swimwear
- Hiking boots
- Slippers (for in camp use only)

PERSONAL:

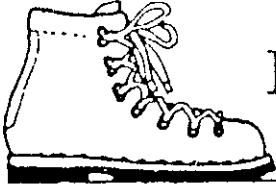
- Toothbrush/toothpaste
- Medication (includes over the counter medication like aspirin)
- Sunscreen (SPF 15+)
- Chapstick
- Mosquito repellent
- Towel(s)/washcloth
- Soap
- Feminine hygiene products
- Grooming equipment
- Sunglasses
- Spare glasses/contacts (optional)

EQUIPMENT:

- Sleeping bag
- Day pack
- Personal first aid kit
- Compass (optional)
- Air mattress or pad
- Two canteens or water bottles
- Flashlight w/ extra batteries
- Notebook and pen or pencil
- Plastic bag for wet clothes, etc.
- Mess kit w/ non-disposable eating utensils (plate, cup, fork, spoon, knife)

RECREATION:

- Games, cards, musical instruments, sports equipment
- NO electronic equipment (iPods, etc.)



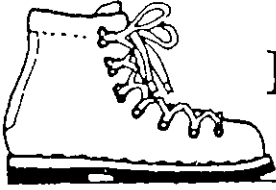
HIGH SCHOOL HIKERS

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GUIDELINES FOR STUDENT BEHAVIOR WHILE PARTICIPATING IN SPRING CAMP 2008

1. Students who participate in the High School Hikers Program are expected to observe regulations set forth by the advisors and chaperones and in their respective school's student handbook.
2. The rules of common courtesy must be followed in order to have harmonious relationships during the camp:
 - Students will show consideration for others regarding personal property and privacy, undue noise during late hours, and the overall well being of the group. They will exercise the highest standard of conduct in order to reflect favorably upon themselves, their fellow campers, and their schools.
 - Students should not use improper language or be excessively boisterous and rowdy.
3. Chaperones play an important role in providing security, guidance, and coordination.
 - Students must realize that it is the duty of the chaperone to see that all rules and regulations are carried out and cooperate with them in this regard.
 - Students are to be courteous to all chaperones. Disrespect or insubordination will not be tolerated.
4. It is essential that students understand that rules regarding camping arrangements must be made so that the entire group may be accommodated.
 - Students will not leave the campsite at any time without permission of the chaperone. No student may travel away from the group alone at anytime.
 - There will be absolutely no coed visitations in tents at any time during camp.
 - Students must be in their assigned sleeping quarters by the end of the evening (lights out)
 - Students must not change tent assignments unless arrangements are made with the chaperone.
5. Students are prohibited from engaging in the following activities:
 - Possessing or consuming cigarettes, other tobacco products, alcohol, marijuana, or other illicit drugs.
 - Smoking or gambling.
 - Driving a vehicle at anytime without the permission of the chaperone.
 - Borrowing money from other students or chaperones.
6. Participation and punctuality are very important. Students are required to participate in all scheduled activities. Tents will be off limits during these times unless excused because of illness.
7. Friends or relatives may call for students and be responsible for their return only if arrangements have been made prior to departure for camp. Requests must be in writing and signed by parents.
8. Any illness is to be reported immediately to a chaperone.
9. **Do not bring valuables and/or large sums of money to camp.** The High School Hikers Program will not be responsible for lost or stolen items.
10. No visitors will be allowed—only registered Spring Camp participants, guests, and resource speakers.
11. **Flagrant and/or frequent disregard for the rules by a student will necessitate a call to parents or guardians and an immediate return home at student's/parents' expense.**



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



**SPRING CAMP 2008
REGISTRATION FORM
CAMP PAUMALU
FEBRUARY 9-10, 2008**

The High School Hikers Spring Camp 2008 will be at Camp Paumalu (Girl Scout Camp) in Pupukea. The registration fee covers food and camp use fee. In addition to High School Hikers' forms each student must complete a School Field Trip Permission form. Please complete all forms and make your check payable to your school's hiking club. **No refunds after January 31!**

Name _____ Sex _____ Grade _____

School _____

Cost: \$20.00

Vegetarian? _____ Yes

Each School Club Advisor will assign students to activities and service projects while at camp.

DEADLINE FOR ALL FORMS AND PAYMENT TO HIKING CLUB ADVISOR IS

(fill in)

***NOTE: Deadline for all forms to Spring Camp Registration Chair IS
January 31, 2008!***

**STATEMENT OF UNDERSTANDING AND ACCEPTANCE
OF GUIDELINES FOR STUDENT BEHAVIOR WHILE PARTICIPATING IN
SPRING CAMP 2008**

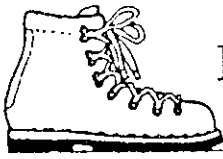
We have reviewed the "Guidelines for Student Behavior While Participating in Spring Camp 2008" and agree to uphold them.

(Student's Signature)

Date _____

(Parent's/Guardian's Signature)

Date _____



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



**SPRING CAMP 2008
CAMP PAUMALU
FEBRUARY 9-10, 2008
INDIVIDUAL LIABILITY FORM**

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

I understand that during my participation in the Sierra Club High School Hikers Spring Camp 2008, on February 9-10, 2008 at Camp Paumalu in Pupukea and nearby areas, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club High School Hikers Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on these Outings, and the services and amenities to be provided by the Sierra Club High School Hikers in connection with the Outings, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club High School Hikers. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club High School Hikers during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY the Sierra Club, its officers, directors, employees, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to HOLD HARMLESS the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Name: _____

Signed: _____

Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

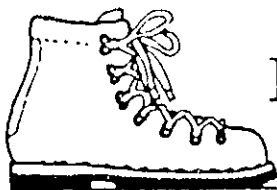
Name and Age of Minor: _____
(Please Print)

(Age)

Signature of Parent or Guardian: _____

Date: _____

Please complete and return this form and return it to your Club Advisor.



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



SPRING CAMP 2008 STATEMENT CONCERNING SWIMMING BY PARTICIPANT

After the day activities your child may have the opportunity to swim. Swimming will be allowed only with a certified lifeguard present plus one adult observer for every 10 students; and only during designated times.

Student _____

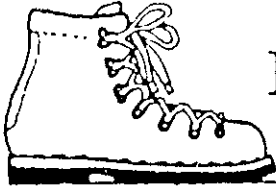
has my permission to swim at Spring Camp 2008.

Check one: Yes No

I expressly agree not to hold the Sierra Club High School Hikers Program responsible for the supervision of participants who enter into the above activity and I expressly agree to hold the Sierra Club High School Hikers Program harmless for any injury, death or loss arising from the above activity.

_____ Date _____
(Student's Signature)

_____ Date _____
(Parent's/Guardian's Signature)



HIGH SCHOOL HIKERS

Sierra Club, Hawai'i Chapter



MEDICAL INFORMATION FORM

Name: _____

Address: _____

City, State: _____ Zip: _____

Phone: _____ Gender: _____ Birth Date: _____

Height: _____ Hair Color: _____ Eye Color: _____

Allergies: _____

Recent Illness: _____

Operations, Serious Accidents: _____

Current Medications: _____

Please note if you have had an occurrence of any of the following. If you checked YES for any of the below, please explain present condition on a separate sheet.

<u>YES</u>	<u>NO</u>		<u>YES</u>	<u>NO</u>	
_____	_____	Asthma	_____	_____	Diabetes
_____	_____	Heart disorder	_____	_____	Anemia
_____	_____	Mental illness	_____	_____	Epilepsy
_____	_____	Other lung disorders	_____	_____	Pneumonia
_____	_____	Other medical conditions	_____	_____	Tuberculosis

Ability to do moderately strenuous physical work: _____ YES _____ NO

Do you have an unreasonable or undue fear of heights or exposed places: _____ YES _____ NO

Are you allergic to any medication, or suffer from harmful side effects with particular medications:
_____ YES _____ NO

If YES, please indicate which medication(s): _____

**MEDICAL INFORMATION FORM
HIGH SCHOOL HIKERS
SIERRA CLUB, HAWAII CHAPTER
Page 2**

Full Name of Parent(s) or Guardian(s): _____

Address (include city, state, zip) of Parent(s) or Guardian(s) if different from page 1:

Daytime Phone: _____ Evening Phone: _____

Pager #: _____ Cellular Phone: _____

NOTICE: The following is required. Participants will not be accepted without it.

Is participant covered by medical insurance? _____ YES _____ NO

If YES, insurance provider and policy #: _____

Name of Physician: _____ Phone: _____

Name of Preferred Hospital: _____

Date of last tetanus shot: _____

If not within ten years, a booster should be obtained before participating at camp.

TO THE BEST OF MY KNOWLEDGE, ALL INFORMATION ON THIS FORM IS CORRECT AND CURRENT. I AUTHORIZE THE TRIP LEADER(S) TO GIVE OR ARRANGE FOR ALL NECESSARY MEDICAL CARE FOR THE PARTICIPANTS IN CASE OF ILLNESS OR INJURY WHILE ON THIS TRIP. I UNDERSTAND THAT MEDICAL EXPENSES INCURRED DURING THE TRIP ARE THE RESPONSIBILITY OF THE PARTICIPANT. IN SIGNING BELOW, I ACKNOWLEDGE ON BEHALF OF THE PARTICIPANT AND/OR THEIR GUARDIAN THAT I UNDERSTAND AND WILL COMPLY WITH THE ABOVE STATEMENTS.

Signature of Participant: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

**SIERRA CLUB HIGH SCHOOL HIKERS
 SPRING CAMP 2008
 CAMP PAUMALU
 FEBRUARY 9-10, 2008**

REGISTRATION LIST

School: _____

Advisor: _____

TOTAL PAYMENT: _____

NAME	Grade	Sex	Reg. Form	Liability Form	Swim Permit	Med. Info.	Camp Fee Paid
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

ADVISORS:

**Make one check payable to "High School Hikers."
 Mail in registration list, copies of all signed forms, and payment to:
 Pauline Kawamata, Hawaii Nature Center, 2131 Makiki Heights Dr., Honolulu, HI 96822.**

**FORMS DUE THURSDAY, JANUARY 31.
 PAYMENT DUE BY SPRING CAMP.
 NO REFUNDS AFTER JANUARY 31.**

**SIERRA CLUB HIGH SCHOOL HIKERS'
SPRING CAMP 2008
CAMP PAUMALU, PUPUKEA, O'AHU
FEBRUARY 9-10, 2008**

COMMITTEE LIST

Chair: Carrie Joy Lash

Program: Carrie Joy Lash

Registration: Pauline Kawamata

Camp Logistics: Bob Keane

Camp Activities: Carrie Joy Lash

Security: Ralph Toyama, John M. Cummings III

First Aid: Mark Lee

Thank You's: Vanessa Escajeda

Evaluation: Vanessa Escajeda

Food/Snack: Nylen Takahashi

Photography: Jamie Tanino

Clean-Up: Bob Keane