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Visit us on the web at: www.lprd.net

Advanced Outdoor Adventure Camp - August 1-5
Longmeadow Parks & Recreation Department, SUMMER 2011

*Longmeadow Parks and Recreation reserves the right to alter any activities that serve the best interest of the campers without reimbursement to the camper, including, but not limited to rain dates. Please pack a lunch in disposable container, water bottle, sunscreen and insect repellent. Please have your child bring a bathing suit and towel to camp with them each day. Sneakers are the recommended foot attire for this camp.

Monday, August 1

Beginning Kayaking with Next Level Adventures at Camp Wilder

Group meets at **Bliss Park at 9:00am**. Bus departs from Bliss Park at 9:15am and arrives at Camp Wilder at 9:45am. There will be a brief instructional session upon arriving at Camp Wilder before going in the kayaks. Participants should wear their bathing suits and bring a towel with them. Group returns to Bliss Park by 2:45pm. Pick up at **Bliss Park at 3pm**.

Tuesday, August 2

In Pool Scuba Diving with Next Level Adventures at Camp Wilder

Group meets at **Bliss Park at 9am**. Bus departs from Bliss Park at 9:15am. Location of Pool to be determined. There will be an instructional session prior to the participants going in the water with the air tanks. Pick up at **Bliss Park at 3pm**

Wednesday, August 3

Caving at Clarksville Cave with Next Level Adventures

Group meets at **Bliss Park at 8:15am**. Bus departs at 8:30am. Arrive at Clarksville Cave, Clarksville, New York at 10:30am and meet up with staff from Next Level Adventures. Explore caves formed millions of years ago when a coral reef was pushed out of the ocean. Caving until 2:30pm. Return to Bliss Park by 4:30pm. Pick up by parents at **Bliss Park at 4:30pm**.

Bring: complete change of clothing, including shoes and underwear- stored in a heavy trash bag; towel, flashlight with NEW alkaline batteries, candle and matches in a waterproof baggy, gym bag, lunch and water bottle.

Wear: long underwear, loose fitting pants (no jeans), t-shirt, long-sleeved jacket, such as jeans, sweater (fleece is best- wool is next best), wool socks, work boots, gloves. PLEASE NOTE: Everything will get wet and very dirty!

Thursday, August 4

Fun Finale at Camp Wilder with Next Level Adventures

Bus leaves **Bliss Park at approx. 9:15am** for Camp Wilder. Participants will have their choice of fishing, participating in a ropes course, canoeing or hiking or participating in other outdoor adventures. Participants should wear sneakers.

Friday, August 5

Whitewater Rafting with Crab Apple Whitewater

Group meets at **Bliss Park at 7am**. Bus departs from Bliss Park at 7am sharp! Arrive at Crab Apple Whitewater for the Deerfield-Fife Brook Trip at 8:45am. At 9am attend safety training and get geared up. Hit rapids from 10am-3pm. Don't pack a lunch today as it's included in our package. Watch a slide show of the trip from 3pm-4pm. Depart at 4pm and return to Bliss Park at 5:15pm. Pick-up by parents at **Bliss Park by 5:15pm**.

Wear your bathing suit or shorts and t-shirt. Wear old sneakers. You will get thoroughly wet, so pack an extra set of dry clothes for the trip home (optional, but recommended!).

Crab Apple Whitewater sells pictures of the trip. If you are interested, send money with your child. Prices are as follows:

4x6 photo - \$14.00

5x7 photo - \$16.00

8x10 photo - \$18.00

WHEN THINGS DO NOT GO AS PLANNED:

SOMETIMES WE ARE RUNNING LATE ON OUR WAY BACK FROM TRIPS. WE MAKE EVERY EFFORT TO GET BACK TO OUR SITE FOR THE ADVERTISED TIME. IF WE ARE RUNNING SIGNIFICANTLY LATE, WE WILL DO OUR BEST TO CONTACT PARENTS.

WE MAKE EVERY EFFORT TO NOTIFY YOU OF ANY DIFFICULTIES WE RUN INTO AT CAMP AND ASK YOU TO DO THE SAME. FEEL FREE TO SHARE YOUR THOUGHTS WITH THE CAMP DIRECTOR BEFORE OR AFTER CAMP.

IN CASE OF RAIN, WE MAY DETERMINE THAT IT IS NOT IN YOUR CHILD'S BEST INTEREST TO FOLLOW THE SCHEDULE AS PLANNED. WE MAY PLAN AN ALTERNATE ACTIVITY OR INDOOR ACTIVITY. DUE TO THE NATURE OF THIS PROGRAM AND THE NEED FOR ADVANCE RESERVATION, THERE WILL BE NO REFUNDS ISSUED FOR CANCELLED TRIPS DUE TO ABSENSE OR WEATHER.

THANK YOU AND HAPPY ADVENTURES!

"Passionate Professionals, Beautiful Parks, Exceptional Experiences"

Participants Release of liability and assumption of risk agreement

Read before signing, this is a legal document.

North American Canoe Tours, Inc. & Farmington River Tubing

Participants name (print) _____

Age _____ (if under 18 you must have bottom section signed by parent/guardian)

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death.
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the Releasees or others, and assume full responsibility for my participation.
3. I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation I will remove myself from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless the Farmington River Tubing & North American Canoe Tours, Inc., its officers, officials, agents and or employees, other participants, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event (releasees), from any and all claims, demands, losses, and liability arising out of or related to any injury, disability or death I may suffer, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Participants signature _____ **Date** _____

For parents/guardians of participant of minor age (under 18 at time of registration)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the releasees from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, even if arising from the negligence of the releasees, to the fullest extent permitted by law.

Parent/guardian signature _____ **Date** _____

Emergency phone number _____

CRAB APPLE WHITEWATER, INC
PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGMENT OF RISK

In consideration of the services of Crab Apple Whitewater, Inc., FLP Maine Hydro, Union Water Power Company, Kennebec Water Power Company, U.S. Generating Company, The Town of Charlemont, Massachusetts and International Paper Company, their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "C.A.W."), I hereby agree to release and discharge C.A.W. on behalf of myself, my children, my parents, my heirs, assigns, personal representatives, and estate as follows:

1. I acknowledge that rafting on rivers, including use of single and double passenger inflatable "funyaks", entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include among other things: Whitewater rapids will be encountered. I can be jolted, jarred, bounced, struck by other passengers or their paddles, thrown to and fro, and shaken about during rides through some of these rapids. Rafts and funyaks could turn over or I could be washed overboard. I can slip or fall during a hike, resulting in damage to equipment or personal injury. Accidents can occur getting on and off the raft and funyaks. Rafts and funyaks are slippery when wet. Exposure to the natural elements can be uncomfortable and/or harmful. I am aware that this exposure can cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps. Also, prolonged exposure to cold water can result in hypothermia and, in extreme cases, death and accidental drowning is also a possibility.

Furthermore, C.A.W. guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used may malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless C.A.W. from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of C.A.W.'s equipment or facilities, including any such claims which allege negligent acts or omissions of C.A.W.

4. I acknowledge that C.A.W. employs a photographer to take photographs and videos of the rafting or funyak trip and I expressly agree that my photograph or video may be taken for the purposes of selling the photographs and videos to myself or other participants and for the purposes of marketing and advertising C.A.W.

5. Should C.A.W. or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this Agreement, I agree to indemnify and hold them harmless for all such fees and costs.

6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating or else I agree to bear the costs of such injury or damage myself. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the costs of - all risks that may be created, directly or indirectly, by any such condition.

7. In the event that I file a lawsuit against C.A.W., I agree to do so solely in the State of Maine, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against C.A.W on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

First Name: _____ Last Name: _____

Mailing Address: _____ Apt # _____ City: _____ State: _____ Zip: _____

Email Address: _____ Phone Number: _____

Signature of Participant: _____ **Date:** _____

Parent's or Guardian's Additional Indemnification
(Must be completed for participants under age 18)

In consideration of _____ (print minors name) ("Minor") being permitted by C.A.W. to participate in its activities to use its equipment and facilities. I further agree to indemnify and hold harmless C.A.W. from any and all claims which are brought by or on behalf of Minor and which are in any way connected with such use of participation by minor.

Signature of Parent/Guardian: _____

**CRAB APPLE WHITEWATER, INC
PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGMENT OF RISK**

Printed Name: _____ Date: _____

Revised 02/23/2011