



231 Maple Road, Longmeadow, MA 01106
Phone: 413.565.4166, Fax: 413.565.4219
Visit us on the web at: www.lprd.net

Outdoor Adventure Camps - Session 1

Longmeadow Parks & Recreation Department, SUMMER 2011

*Longmeadow Parks and Recreation reserves the right to alter any activities that serves the best interest of the campers without reimbursement to the camper, including, but not limited to, rain dates.

Participants are reminded to either wear a swimsuit or bring one with them each day. Weather permitting, there may be an opportunity for participants to swim each afternoon at Reynolds Pool if busses arrive back to Bliss earlier than expected. Also remember to pack a towel, sunscreen, lunch in disposable container, water bottle and insect repellent each day unless it clearly states that lunch will be provided in the daily schedule. We ask that you pack only foods that are peanut free in response to the increasing number of children who have life threatening allergies to peanut products.

Monday, June 27

Swim Test at Reynolds Pool and off to Canoeing at Camp Wilder with Next Level Adventures

Group meets at Bliss Park at 9am. The day's activities include an information session on canoes before the participants will have an opportunity to use the canoes at Camp Wilder. Pick up by parents at Bliss Park at 3:30pm

Tuesday, June 28

Turner Park for Orienteering, Treasure Hunt and Outdoor Games - Next Level Adventures

Group meets at Bliss Park at 9:00am. Our location starts at Reynolds Pool at Bliss Park. All participants in Outdoor Adventure and the Advanced Outdoor Adventure are required to complete a swim test to insure that they are adequate swimmers before participating in any water activities. Once this is completed, we are off to Turner Park in Longmeadow which is a unique jewel in the middle of our community. Today we hike the park and take time to explore and build shelters and participate in athletic activities. There will be a treasure hunt looking for native plants and other items buried in the park. There will also be time to learn what plants are native to Turner Park and explore the different animals and fish that make the park their home. Transportation will be available for rest room runs throughout the day. Dress comfortably and wear sneakers. Pack lunch, water bottle, sunscreen and insect repellent. Bring a compass if you have one. Pick up at **Turner Park at 3pm**.

Wednesday, June 29

Ropes Course at Camp Wilder with Next Level Adventures

Group meets at Bliss Park at 9am. Bus departs for Camp Wilder at 9:15pm. Today's activities include climbing on the new ropes course at Camp Wilder and participating in some team building activities and games. Bliss Park at 3pm.

Thursday & Friday, June 30 - July 1

Overnight at Camp Wilder with Next Level Adventures.

Participants arrive at Bliss Park at 9am. Bus departs for Camp Wilder at 9:15am. Today is filled with outdoor activities including fishing, ropes course, canoeing, outdoor games followed by a cookout and an overnight. Participants will need to bring an extra set of clothes, sweatshirt, toiletries and sleeping bag. Breakfast on Friday morning will be provided. Please plan on picking up your child at Camp Wilder on Friday morning, July 1 between 7am-8am which is located on Parker Street in Springfield just beyond Marcus Kiley and the Golf Course. The entrance to Camp Wilder is the driveway just before Montessori Pioneer Valley Preschool Center on Parker Street.

Tuesdays, July 5

Tubing down the Farmington River

Group meets at Bliss Park at 9am. Bus departs at 9am. Arrive at Farmington River Outpost, (New Hartford) by 9:45am. Tubing from 10am-12:30pm. Picnic lunch and return to Bliss Park by 3pm. Pick-up by parents at Bliss Park at 3pm.

Campers can wear their swimsuits while tubing, or an old t-shirt and shorts. It is recommended to wear a shirt, (as the tubes sometimes irritate bare skin). Wear old sneakers, or tevas to keep on while tubing. Life preserver provided. Pack sunscreen, insect repellent, lunch and water in your backpack.

Wednesday, July 6

Snorkeling/Fishing at Deerfield River with Next Level Adventures

Group meets at Bliss Park at 9am. Bus departs promptly at 9:15am for trip to Deerfield River. Area of river is calm and perfect location for snorkeling along the banks. Group divides in half, one group snorkels, while the others fish or enjoy the nature along the banks. All equipment provided. Participants may bring their own fishing poles and tackle if they have it. Dress comfortably. Pack a swimsuit and towel. Pack sunscreen and insect repellent. Bring lunch and water in non-breakable containers. All items packed into a backpack- remember to pack light! Pick up by parents at Bliss Park at 3pm.

Thursday, July 7

Hiking at Dinosaur State Park in Rocky Hill, CT

Group meets at Bliss Park at 9am. Participants will be visiting Dinosaur State Park in Rocky Hill, CT for a day of hiking. Admission to the Exhibit Center is included in the fee. Participants are reminded to wear sneakers for the hike. Pick up at Bliss Park at 3pm.

Friday, July 8

Visit to the Mystic Aquarium in Mystic, CT

Group meets at **Bliss Park at 8am**. Participants will be visiting the Mystic Aquarium in Mystic, CT for a day of sea life education and sightseeing. Please pack a snack and quick lunch that the kids can eat before arriving in Mystic. There will be a stop at McDonald's in Colchester on the way home. Please send money for this. Admission to the aquarium includes General Admission. It does not include the XD Motion Theatre ride, Birds of the Outback Exhibit or the Prehistoric Creatures of the Sea Exhibit. All three are an additional \$3 per person per exhibit. Pick-up by parents at **Bliss Park at 4:30pm**.

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 OUR 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"



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Outdoor Adventure Camps - Session 2

Longmeadow Parks & Recreation Department, SUMMER 2011

*Longmeadow Parks and Recreation reserves the right to alter any activities that serves the best interest of the campers without reimbursement to the camper, including, but not limited to, rain dates.

Participants are reminded to either wear a swimsuit or bring one with them each day. Weather permitting, there may be an opportunity for participants to swim each afternoon at Reynolds Poll if busses arrive back to Bliss earlier than expected. Also remember to pack a towel, sunscreen, lunch in disposable container, water bottle and insect repellent each day unless it clearly states that lunch will be provided in the daily schedule. We ask that you pack only foods that are peanut free in response to the increasing number of children who have life threatening allergies to peanut products.

Monday, July 11

Swim Test at Reynolds Pool and off to Canoeing at Camp Wilder with Next Level Adventures

Group meets at **Bliss Park at 9am**. The day's activities include an information session on canoes before the participants will have an opportunity to use the canoes at Camp Wilder. **Pick up by parents at Bliss Park at 3:30pm**

Tuesday, July 12

Turner Park for Orienteering, Treasure Hunt and Outdoor Games - Next Level Adventures

Group meets at **Bliss Park at 9:00am**. Our location starts at Reynolds Pool at Bliss Park. All participants in Outdoor Adventure and the Advanced Outdoor Adventure are required to complete a swim test to insure that they are adequate swimmers before participating in any water activities. Once this is completed, we are off to Turner Park in Longmeadow which is a unique jewel in the middle of our community. Today we hike the park and take time to explore and build shelters and participate in athletic activities. There will be a treasure hunt looking for native plants and other items buried in the park. There will also be time to learn what plants are native to Turner Park and explore the different animals and fish that make the park their home. Transportation will be available for rest room runs throughout the day. Dress comfortably and wear sneakers. Pack lunch, water bottle, sunscreen and insect repellent. Bring a compass if you have one. **Pick up at Turner Park at 3pm.**

Wednesday, July 13

Ropes Course at Camp Wilder with Next Level Adventues

Group meets at Bliss Park at 9am. Bus departs for Camp Wilder at 9:15pm. Today's activities include climbing on the new ropes course at Camp Wilder and participating in some team building activities and games. Bliss Park at 3pm.

Thursday, July 14

Hiking at Dinosaur State Park in Rocky Hill, CT

Group meets at Bliss Park at 9am. Participants will be visiting Dinosaur State Park in Rocky Hill, CT for a day of hiking. Admission to the Exhibit Center is included in the fee. Participants are reminded to wear sneakers for the hike. Pick up at Bliss Park at 3pm.

Friday, July 15

Visit to the Mystic Aquarium in Mystic, CT

Group meets at Bliss Park at 8am. Participants will be visiting the Mystic Aquarium in Mystic, CT for a day of sea life education and sightseeing. Please pack a snack and quick lunch that the kids can eat before arriving in Mystic. There will be a stop at McDonald's in Colchester on the way home. Please send money for this. Admission to the aquarium includes General Admission. It does not include the XD Motion Theatre ride, Birds of the Outback Exhibit or the Prehistoric Creatures of the Sea Exhibit. All three are an additional \$3 per person per exhibit. Pick-up by parents at Bliss Park at 4:30pm.

Monday, July 18

Bike Ride to Forest Park in Springfield, MA

Group meets at Bliss Park at 9am with bikes. Our travels today will take us to Forest Park in Springfield. Group leaves Bliss Park at 9:30am after a brief bicycle safety presentation. The ride will last approx. 4 hours which will include lunch, some outdoor games and a ride through the park. Lunch will be provided for participants. Please pack a bathing suit, towel, sunscreen and water bottle. Participants will have the opportunity to enjoy an afternoon swim at Reynolds Pool before biking for home at 3pm.

Tuesdays, July 19

Tubing down the Farmington River

Group meets at Bliss Park at 9am. Bus departs at 9am. Arrive at Farmington River Outpost, (New Hartford) by 9:45am. Tubing from 10am-12:30pm. Picnic lunch and return to Bliss Park by 3pm. Pick-up by parents at Bliss Park at 3pm.

Campers can wear their swimsuits while tubing, or an old t-shirt and shorts. It is recommended to wear a shirt, (as the tubes sometimes irritate bare skin). Wear old sneakers, or tevas to keep on while tubing. Life preserver provided. Pack sunscreen, insect repellent, lunch and water in your backpack.

Wednesday, July 20

Snorkeling/Fishing at Deerfield River with Next Level Adventures

Group meets at **Bliss Park at 9am**. Bus departs promptly at 9:15am for trip to Deerfield River. Area of river is calm and perfect location for snorkeling along the banks. Group divides in half, one group snorkels, while the others fish or enjoy the nature along the banks. All equipment provided. Participants may bring their own fishing poles and tackle if they have it. Dress comfortably. Pack a swimsuit and towel. Pack sunscreen and insect repellent. Bring lunch and water in non-breakable containers. All items packed into a backpack- remember to pack light! Pick up by parents at **Bliss Park at 3pm**.

Thursday & Friday July 21 & 22

Overnight at Camp Wilder with Next Level Adventures.

Participants arrive at **Bliss Park at 9am**. Bus departs for Camp Wilder at 9:15am. Today is filled with outdoor activities including fishing, ropes course, canoeing, outdoor games followed by a cookout and an overnight. Participants will need to bring an extra set of clothes, sweatshirt, toiletries and sleeping bag. Breakfast on Friday morning will be provided. Please plan on picking up your child at Camp Wilder on **Friday morning, July 22** between 7am-8am which is located on Parker Street in Springfield just beyond Marcus Kiley and the Golf Course. The entrance to Camp Wilder is the driveway just before Montessori Pioneer Valley Preschool Center on Parker Street.

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 OUR 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!

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PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
*****READ BEFORE SIGNING*****

Organization Name – Next Level Adventures

Participant Name _____

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. By participating in or attending any activity in connection with this program, whether on or off the premises, I consent to the use of any photographs, pictures, film or videotape taken of me or provided by me for the publicity, promotion, television, websites or any other use, and expressly waive any right of privacy, compensation, copyright or other ownership right connected to same.
5. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE organization/owner or Next Level Adventures, 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 full 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.

Participant's Signature

Age

Date

FOR PARENTS/GUARDIANTS OR PARTICIPANT OF MINOR AGE (UNDER AGE 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 Releases, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releases 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

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