

The  Outdoor School
Adventures in Learning
at Camp Champions

Chaperone's Packet

School Year 2018-19
(Updated Jan 2019)

Our Mission Statement:

The Outdoor School strives to use the outdoors to awaken OURSELVES AND others to the potential within and around US/them.

(Please print this on both sides of the paper to conserve.)

Dear Teacher Chaperones:

Thank-you, thank-you for being so dedicated to education that you are willing to sleep (or not sleep!) in cabins with your students. We appreciate you so much, there just aren't enough words to express it.

We're excited that you are about to see your students behave and interact in a way that you perhaps haven't seen in the classroom. We often find that the students who have difficulties within walls excel here... while it isn't generally okay to run around and scream inside, it is here. And that allows those students the chance to learn on "their turf". And it is wonderful to see.

If you have any questions during your trip, please feel free to ask. Open communication is the best way to make sure everyone is satisfied, so we hope that you will feel comfortable talking to us with any questions or concerns during the trip. At the same time, we will communicate with you about anything that arises.

A disclaimer on the topics and requests in this booklet: There may be a few things mentioned here that make perfect sense to you and you may wonder why in the world we would include it. But there are a few schools who bring parent chaperones, and they are not generally involved in the planning of the trip. So there are things that they do not reasonably know or think about. Thanks for understanding that this booklet is "all encompassing" as to include the parent chaperones.

Thank-you again for your dedication and your time. We truly could not do this without you!

We ask that you bring this booklet with you to The Outdoor School. We will review some of it during your Orientation as well as give you additional information. A small portion of this information may not make complete sense until you arrive, but we didn't want to give you two separate booklets... one prior to arrival and one upon arrival.

Dear Parent Chaperones:

Thank-you for giving up your busy lives for a few days to attend The Outdoor School with your children. Please know that we do not take your sacrifice lightly! And we want to let you know about a couple of specific things.

First, know that we will treat you as teachers rather than as parents. What does that mean? If we need a chaperone to go with a team for discipline or for extra help and we find you before we find a teacher, we will ask you to be that chaperone. Thank-you in advance for jumping in where you are needed.

Second, know that the schedule has been carefully planned ahead of time between the teachers and The Outdoor School staff. The teachers have chosen the classes that they want the students to learn and we have built the schedule around their needs. We are more than happy to answer your questions regarding the schedule, should you have any. But if any changes are requested, we will always defer to the teachers.

Third, know that this is a school trip. Some of you may have come out here with Girl Scouts or a church retreat and there may have been a lot of time for play on that particular trip. Because this is a school trip, it is designed to be educational (which is why the name of our program is “The Outdoor School”, not “Camp Champions”). Yes, we make the education fun, but because your teachers need to justify the educational purpose of the trip, play time is limited. While we are full of energy and fun, we do take our teaching seriously and believe that our program is an extension of the classroom. And we ask that you think of us in that way too. For example, we know that you would not pull your child out of school to go outside to take a picture or show up with a McDonalds soft-drink for your child only, so we ask that you not do those things here... it can be quite disruptive.

And **lastly**, we ask that you treat your child without prejudice. What we mean by that is that you simply treat your child as one of a group rather than paying special attention to your child. One of the beautiful aspects of this trip is that the students are in a safe place, and it's a wonderful chance for them to start making some independent decisions away from mom and dad – if you are chaperoning on a 5th or 6th grade trip, for example, the students will be heading off to Middle School next year and this is a perfect place for them to start experiencing some of that independence. If you are staying with your child's team, we ask that you not “hover”. Allow them the chance to be responsible for their own water bottle; let them make the decision as to whether or not they want a jacket; permit them the chance to face new challenges in their own way. You've poured such time and energy into raising them to make good decisions – this is a wonderful place for them to begin exercising that skill.

Again, we thank you for your time spent chaperoning on this trip – we really couldn't do it without you!

We ask that you bring this booklet with you to The Outdoor School. We will review some of it during your Orientation as well as give you additional information. A small portion of this information may not make complete sense until you arrive, but we didn't want to give you two separate booklets... one prior to arrival and one upon arrival.

Our philosophies

Universal Respect:

There is a whole world out there and we are only a small part of it. We want to help the kids to encourage each other to respect each part of the world: each other, themselves, our equipment, nature. We really only have one rule here at TOS and it's to keep to Universal Respect. We find that almost every issue or problem can be avoided or resolved through respect.

Challenge by Choice:

This applies mostly to our Ropes Course and Climbing Wall, although can be applied to areas of other classes (touching a snake in Reptiles, for example). Simply stated, this means that it is your choice how much you want to challenge yourself.

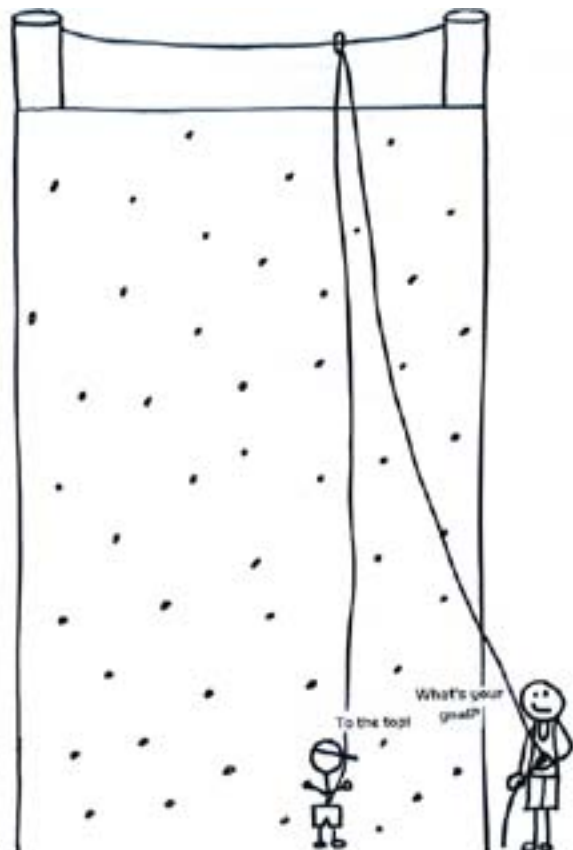
There are two very important words in this philosophy: "Challenge" and "Choice"... both words are critical.

"Challenge":

We do want students to challenge themselves; to step outside their comfort zones and try something that they haven't done before, perhaps something that might be quite scary to them. We want them to stretch themselves to new levels.

"Choice":

It is their choice as to what they can attempt and achieve. Before anyone climbs, we will ask them what their goal is and then do everything we can through encouragement to help them achieve or surpass their goal. The nice thing about it being their goal, is that they can change it to make it more challenging or more achievable.



The schedule

You will receive a final schedule with the team roster when you arrive.

The schedule was put together by the lead teacher and our scheduling team. Please know that you will probably not be the only school on our property, and we often have to work schools around each other. We work very hard to make sure that schools are not mixed in activities, so adjustments sometimes need to be made to make this happen. If at any time you have questions about the particulars of your schedule, please feel free to ask – we'll be happy to tell you why your schedule is arranged the way it is.

If we need to make adjustments, we will take into consideration not just your school, but every school on property. Please be patient with us as we work our magic.

Know that all of our activities are an hour-and-a-half long, including the evening activity. If the days are longer (May or September trips), you may have a bit of a break after dinner and before the evening activity begins. It will be up to you to watch your students during those gaps.

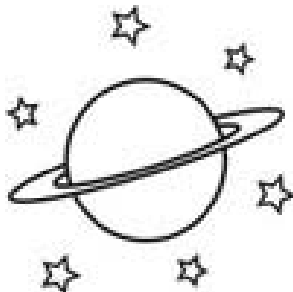
What about inclement weather?

Because we are “The Outdoor School” we are prepared to teach outside in all types of weather. Only during extreme or dangerous weather (freezing rain or lightning, for example) do we seek shelter. If we hear thunder or see lightning, we do pull students off of the climbing wall and ropes course for safety reasons. We will generally go out of our way to try and make it up for a team that misses out, but please know that “try” is the operative word in that sentence. Sometimes it is just not possible. There is more on severe weather later in this booklet.



Astronomy and cloudy weather?

We generally make the call on Astronomy during dinner so that we can switch instructors from one night to another if need be. Sometimes it is the right call, and sometimes it is not. Please be patient with us and be forgiving if the clouds miraculously roll back to reveal beautiful skies, but we no longer have the adequate number of instructors to teach because we've released them for the evening. Also know that seeing a star or two does not make a good night for astronomy... we need to be able to see whole sections of the sky in order to see entire constellations, not just individual stars here and there.



When do we need you and what do we need you to do?

Attending Classes:

We do not require you to attend most of our classes, although we like you to because we think our activities are good, we'd like your feedback, and we think it's good for you to see what your students are learning and how they are interacting with each other. But we realize that you are in the cabins at night, and you may very well need a break from the students. Unless your school specifically requires you to be at all activities, feel free to take that break.

There are a few classes that DO need extra adult help or supervision, however, and we ask for your help in order for your students to be successful (and for us to stay on time!). Those classes are:

- Kayaking
- Campout
- Zipline
- Screamin' Eagle
- Pirate Ship (ESL/ELL students must have a translator)
- Evening Activities – primarily Astronomy and Night Sensory



Other times:

While attending most classes is not mandatory, please know that this is also not a vacation for you. There are times that we need you specifically, and we ask that you not “disappear” in case there is an emergency or situation that we need you to take care of. Those times are:

- During breaks, rest time and free time.
- During showers and bedtime.
- To help with disciplinary issues.
- With any team that has a child with special needs.
- With specific classes that need extra adult help or supervision (listed above)



Discipline:

It's nice if you let us handle disciplinary issues as the kids tend to respect us a little more when it comes from us. That being said, you know your students better than we do and you also know what your standards are for your particular students (every school is slightly different). So we ask that you feel free to step in at any time – you will not be stepping on our toes in any way. Please know that the instructors will not typically ask you for help, so if you want to step in you will need to take the initiative to do so. Know that you are always welcome to step in and give us tips on how to handle a student or situation or to take care of it yourself. The instructors thank-you for helping them help your students to be successful.

Progressive Discipline Policy:

- For **minor violations** such as foul language or non-participation, we will verbally warn the student and then take away the Universal Respect bead. If the behavior continues, we will call for a teacher and discuss options for consequences with you.
- **Medium violations** include bullying, damaging property or stealing and we will immediately call for a teacher.
- **Major violations** include physical aggression and will result in the student being sent home.

We respectfully ask that you not:

- Swim without a TOS lifeguard present.
- Kayak without your school.
- Leave property en masse.

Free time & swimming

Free Time:

If your school is not swimming we will not be monitoring the students, so we ask that you be diligent in making sure they are behaving appropriately. There are many different activities that your students can enjoy:

- Tetherball
- Volleyball
- Soccer
- Football
- Sit and read or visit
- Pickleball
- Tennis
- GaGa
- Basketball

Please note:

- We do ask that you have your students stay in their cabin area rather than wandering to the opposite side of camp.
- We will rely on you to decide if students can be inside their cabins or not.
- We ask that no student be on the docks or near the water without a chaperone present.
- Kayaking is not allowed during free time.



Swimming:

If your school is swimming, this will take up the majority of your free time. If there are any students who have elected to not swim, we ask that you monitor those students as we will be busy lifeguarding.

There are two options for swimming and these options will be chosen prior to the trip by your lead teacher.

- The lake: free swim, slide, rope swing, glob.
- The pool: free swim, slides, spin cycle (lazy river).



We have a “green band” system that we will explain in more depth once you arrive. It is a visual cue for us on swimming ability as listed by parents on the med forms.

We do require that all students and chaperones wear lifejackets if swimming in the lake, regardless of swimming ability.

T-shirts in the pool:

We mentioned this to the lead teacher when planning the trip, but want to make sure all chaperones understand that no cotton clothing is allowed in the pool... that means no cotton t-shirts may be worn over swimsuits. Cotton fibers clog the filters something fierce and create a maintenance nightmare. Please understand our point-of-view and help us enforce that rule.

Globbering at the lake:

We have a strict “30-lb weight difference” rule on the glob. We know it would be terribly fun to glob your student (or child) a mile into the air and watch them “fly”, but it is a huge safety risk. The force is too great and can result in major injury. Please understand our point-of-view and help us enforce that rule.

Night Time

Quiet Hours:

We ask that you please make every effort to quiet your students down by "All Quiet". Voices carry in the dark, and even if your cabin flaps are down, a loud cabin can be heard on the other side of camp. Please be respectful of your neighboring cabins. Some tips for getting students to bed:

- Bring a book from home and read to them (even older students like this one!)
- When the students are in bed and the lights are out, have each child say something that they learned that day. Or someone they were proud of. Or something that they can apply to their lives... no comments from other students or it can spiral into chaos. Just a quiet reflection time.



Also in the morning, if your students wake up early, please do not allow them to start playing basketball at the crack of dawn. Again, others may still be attempting sleep. You could:

- Take a morning nature hike away from the cabin area – look for animals that might be resting later on during the day.
- Cabin calisthenics or runs.
- Cabin clean up.
- Read to them.
- Private religiously based schools – have an early morning devotional.



Raids:

Raiding cabins can often get out of control, so we ask that you not allow raiding

Ghost Stories:

Our instructors do not tell your children ghost stories. It seems like a great idea, but we've found that it quickly gets out of control. We want to be sensitive and respectful to those students (and adults!) with night fears, so ghost stories are not part of our program. We will also quash any stories that your students tell each other.

Sleeping Bags:

We do have a few extra sleeping bags in the Teachers' Lounge for you to borrow if you have any students who forgot theirs. Take what you need, and return them before you leave.

Bed Wetting:

If you do have a child who wets the bed, we are happy to help. Please bring any soiled clothing or bedding to breakfast, we will wash and dry it and bring it back to you by lunch. We are discreet about this, so that no child needs to feel ashamed. We tire them out during the day, so they sleep hard at night – wetting the bed is not uncommon.

Please do not bring us dirty clothes to wash... we are happy to assist with accidents or emergencies, but we are not a laundry service.

Fillin' Station (our cafeteria)

We want to say "thank-you" for being chaperones on this trip, and one way we can do that is by allowing you to go through the line first. So if you are there, we'll let you on in. The exception to this is that we need one of you to monitor the line for behavior. Thank-you for your help on this.

We have tables set up for you – there are signs on the tables, so look for the one with your school name and "teachers" on it.

Least Waste:

We want kids to begin to think about their impact on the environment and how they can reduce that impact. One practical way that we do that here is by reducing the amount of food that is wasted in our Fillin' Station.

The basic idea is this: After each meal, the amount of food that is left over is weighed. The goal then is to reduce the total waste as a school by 25% from the first meal. Each person (student AND chaperone) contributes to the overall goal, so the less an individual wastes, the less the school wastes. If, at the end of the trip, the goal is achieved, everyone receives the Least Waste bead. If the goal is not achieved, no one receives the Least Waste bead.

In the spirit of Least Waste, if you would like to purchase an Outdoor School coffee mug rather than using Styrofoam for your morning coffee, we have them in the Teachers' Lounge. They are \$5 and there is a basket there for you to place your money in. Please know that this is not a pressure-sales-pitch... you will not hurt our feelings if you do not want one!



Nametags and Beads

Every student will receive a nametag during orientation. For our younger students, they will be wooden nametags. For our older students, we find that they have reached an age where the wooden nametags have lost their “coolness factor”. They teen-age-edly refuse to wear them and it becomes a sad waste of materials. So we provide stick-on nametags for them until we know their names.

Wooden Nametags:

This is an important part of our program and we ask that students wear their nametags practically everywhere. First, it helps us to learn their names more quickly. And part of Universal Respect is using students’ names rather than “hey kid”. Second, we have a bead system here and they must have their nametags to have something to put the beads on.



We do ask that they are responsible with their nametags and we only give them one. If they lose it, they do not receive another one. If they choose to toss it around or play roughly with it and it breaks, they do not receive another one. It’s a small lesson in keeping track of, being responsible for, and respecting what they have been given. Obviously if it breaks randomly or their name is misspelled we will replace it.

Beads:

Each of our activities has a bead that corresponds to that activity. Students have the opportunity to earn beads during their trip. There are two very simple things that they must do to earn their bead:

1. They must have their nametag with them, and
2. They must participate positively in the activity.

During Orientation, we ask that all students agree to abide by Universal Respect. The first bead they will earn will be the Universal Respect bead; it is also the first bead that they can lose. We will take it if they behave poorly but they can earn it back if they behave well.

Chaperones:

We will ask you to make a nametag (for security - we know you’re supposed to be here if you have on a nametag). You are welcome to earn beads right along with the kids. Know that the instructors are focused on the students and may legitimately forget you are there. Feel free to stick your hand out to receive yours. We do ask that you actually attend the activity to earn your bead. The kids will call you out if you sneak in the last 5 minutes of a class and then take a bead!

Facilities

Cabins:

Our cabins do not have heat or air conditioning. Make sure you pack appropriate bedding for the forecasted weather.

Each cabin has ONE electrical outlet. We ask that you NOT bring extension cords or power strips to plug more things in... the extra load will blow the circuit breaker.

Wooden Window Flaps:

- We ask that the wooden window flaps are either all the way open or all the way closed. If they are partly raised it is easy for someone to walk into them and injure themselves.
- If it starts to rain and the flaps are all the way open, lower them so that water doesn't funnel onto the top bunks.
- It takes two people to raise and lower the window flaps. If the flaps are allowed to slam shut rather than being slowly lowered they can break.
- If you close the flaps at night, it is always a good idea to turn the "locks" on the outside to prevent them from banging in the wind. You'll sleep better!

Please don't let kids write in the cabins.

Bathrooms:

Hot Water – We are under Health Department regulations as to how hot we can have our water tanks and under TCEQ regulations as to how much flow we can have to our shower heads. That means that our water is not very hot to begin with, but when it comes out as more of a mist than a stream it cools before it hits your body. We apologize for the inconvenience of a seemingly cool shower, but please understand the government regulations that we must follow. In an attempt to make your showers warmer, we have turned off the hot water to many of the sinks. It is not a perfect system, but it is what we have to work with.

We also have low water pressure. What this affects mostly is the flushing of the toilets. Sometimes the flapper in the toilet tank doesn't flap down causing the toilet to continually run. Since we're on septic that means that the septic tank fills up with water and then no one can flush – an unfortunate situation! So we would truly appreciate it if you help us out... if you walk into a bathroom and hear a toilet running, simply jiggle the handle to make it stop. Thank-you!

Maintenance:

We want you to enjoy your stay here, and so we want our facilities to work properly for you. If anything needs attention, please let us know! We can't fix it if we don't know it's broken, so communication is key.

Our maintenance team is generally here from 7am to 3pm. If there are items that need attention after they have left for the day, we will attempt to fix it, but it may be on their list for the next day. If it is truly an emergency, we will call someone to come in from home.

Our housekeeping team is generally here from 7am to 3pm. On particularly busy days they will be here longer.



Safety & Security

Visitors:

We want to know who is on our property. So if your principal is showing up for the day or you have a parent arriving to pick up a child early, we do ask that they check in to the office first to receive a “visitor’s” wristband. If the office is closed, please ask an instructor to let the DOD know that there is a guest on property.

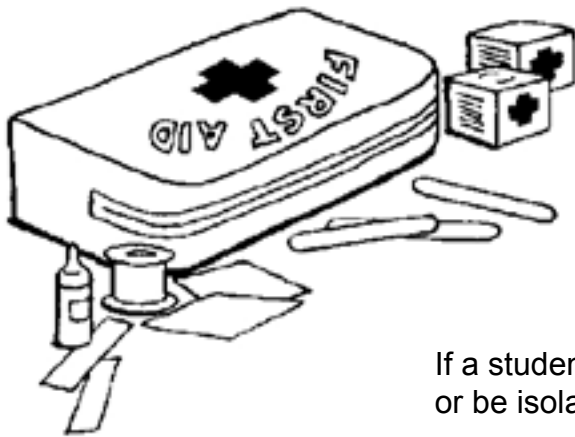
All guests on property should be wearing either a nametag or a visitors wristband.

Front Gate:

Our gate closes at sundown and does not re-open until 6am. If you need out, you simply drive up to the gate and the sensors will open (it opens inward, so make sure you aren’t close enough to the gate that it will hit your car). If you need back in, however, you cannot get in without calling. Dial 001 on the keypad (not your cell phone) and it will ring the emergency phone. Since this will wake someone up in the middle of the night, we ask that you please be on property before Lights Out.

First Aid:

We do not have a nurse on staff. All of our instructors and Directors are certified in First Aid and CPR. We all carry first aid kits with us so that we can take care of whatever may arise out on the trails. In addition, there are First Aid supplies in the Teachers’ Lounge that you have access to. Everything we have is topical; we have nothing ingestible, so if you need Tylenol or Benadryl or Pepto Bismal and did not bring your own first aid kit, you will need to go to HEB or Wal-Mart to pick those items up.



We have a few schools that bring a nurse and want to set up an area as an infirmary or dispensary. We are happy to work with you on a location that will be convenient for you, but we respectfully ask that you not use the Teachers’ Lounge as that location. The Lounge is a nice teachers-only area and because it is shared by all schools, we ask that it remain teachers-only.

If a student is running a fever, we ask that the student go home or be isolated if going home is not an option.

Emergency Facilities:

Because we do not have permission to transport students in our vehicles, we ask that schools bring a vehicle for that purpose. We have a minor emergency clinic in Marble Falls (about 15 minutes away) and a Baylor Scott & White Hospital also in Marble Falls (about 20 minutes away). Directions are in the back of this packet.

If you do need to transport a student, we ask two things:

1. Please let the Director on Duty know what is happening.
2. Make a copy of the medical form and take it with you. The hospital will not treat a child if the “permission to treat” section is not signed on that form. Please do not take the original form in case the hospital keeps it, take a copy.

Severe weather

We have both a lightning meter and a storm meter, both of which are closely watched when storms move through. As the lightning gets closer, we move activities under cover. WeatherBug and other on-line programs help us keep an eye out for severe weather as well.



If a tornado warning is issued, we have the students head back to their cabin areas. Our policy is that students should take cover under bunks, pulling mattresses down over them. If in an elevated cabin, go to one on the ground. However, we realize that some chaperones would prefer all of their students to be in one location. If this is the case, we offer our bathrooms, which are constructed with cinder block, as a solid alternative.

In extreme weather, we reserve the right to send students back to cabins under your supervision. This is rare, but has happened in the case of a lightning storm directly on top of us or a hail-storm. We ask that you remain in your cabins until the danger has passed. Please know that during the storm the Director on Duty will be communicating with the Lead Teacher in your school rather than every single chaperone. Unless you hear from us, you are safe where you are... we will always let you know if the situation changes.



Our Director also has a NOAA All-weather radio and will be aware of any weather during the night. If action needs to be taken at night, we will let you know. If you do not hear from us, you are fine where you are. Heavy winds are common here, and while unsettling to children, are no cause for alarm.

Emergencies:

We do have an emergency phone and someone will have that phone each evening and night. We will share that number with the Lead Teacher, so if you need us for an emergency, s/he will be able to reach us.

All the Random Bits Leftover

Cell Phones:

We ask that you either turn off your cell phone or turn it to vibrate. If you do need to make or receive a call, please walk away from the group of students to do so. We prefer the sound of nature to the sound of technology.



Drones:

Our insurance does not cover damages caused by drones. So we respectfully ask that you leave yours at home. If you find that you simply must bring one, you must supply us with a copy of your FFA license and proof of insurance. You also must sign a waiver stating that any damages caused by your drone will be covered by you or your insurance.

Wireless:

We do have wireless, but please understand that it is very temperamental – sometimes it works and sometimes it does not, and we never know what “mood” it is in from day to day. If it is working, we ask that you reserve wireless for work-related business rather than catching up on TV shows or surfing You Tube... always keep in mind that you are here as a chaperone and not on vacation.

The wireless network you are looking for and the password are posted in the Teachers’ Lounge.



Camp Store (Kneeman Markus):

If your lead teacher has requested that the camp store be open, that time will be designated on your schedule (some schools do not want the store available due to financial or other reasons). Your lead teacher may have opted for The Outdoor School t-shirt to be the only option for purchase in which case we will simply hand out shirts to those students who pre-paid or brought money. Or your lead teacher may have opted for the entire store to be open for browsing... prices range from \$5-\$40 and we have many items available.

Last Reminders:

- Please let us know if something is broken so we can fix it before you need it.
- Please let us know if something happens to one of your students – if someone goes home early, if someone arrives late, if someone is with a teacher during an activity.
- We will take a school picture on the last day.

The Outdoor School Packing List

Please watch the weather reports as you are packing! It is often cooler here in the hill country than it is in Austin (especially at night), so make sure you pack warm enough clothing!

Mark ALL of your belongings with your name.

Overnight Groups:

This list is based on a 2-night stay... if your school is staying for a longer or shorter period of time you will need to adjust this list accordingly.

Clothing: (Please bring older clothing that you don't mind getting dirty and pack according to the weather – this is a generic list, not weather specific).

- 1 set of Pajamas
- 2 pair of Shorts
- 1 pair of long pants (for protection & warmth)
- 1 long sleeve shirt (for protection & warmth)
- 3 short sleeve shirts
- Underwear
- Socks (make sure you bring 2 extra pair)
- 1 sweatshirt for cool nights
- 1 hat (protection from the sun)
- 2 pair of shoes (must be closed toe, laceable, and comfortable for walking)
- Rain gear (poncho or raincoat with hood -umbrellas are not recommended)
- 1 jacket (hat & gloves too if its cold)
- 1 swimsuit if your school is planning on swimming. (Check with your teacher)



Please note that cotton (regular tee shirt) is not allowed in the pool.

Personal Hygiene:

- Soap
- Shampoo and Conditioner
- Comb and/or hairbrush
- Deodorant
- Toothpaste and toothbrush
- Towel and washcloth for bathing
- Shower shoes
- Towel for swimming if your school is planning on swimming (Check with your teacher)



Sleeping Equipment: (Pack for the weather: our cabins are not heated or air conditioned.)

- Sleeping bag or bedroll made up of sheets and blanket.
- Pillow

Other Required Equipment:

- Canteen or water bottle - you will be outside most of the day.
- Plastic bag for soiled or wet clothing or towels
- Sun screen
- Chapstick or lip balm with sunscreen
- Insect repellent

Optional Equipment:

- Camera
- Flashlight with batteries

Medication: Please check with your teachers on how they would like to handle medication

Off-site Day Trips:

We take a day trip to Enchanted Rock with some schools. If your school is scheduled to do this day trip, these items are REQUIRED for you to bring:

Enchanted Rock

- Day back pack
- Flashlight
- LARGE water bottle or two (8 oz is NOT enough)



Day Groups:

- Water Bottle
- Closed Toe shoes
- Appropriate Dress for:
 - The weather.
 - Ropes Course/Climbing Wall. If you are doing either/both of these events, please wear clothing that will be easy to climb in and will be easy to put a climbing harness over.
 - Swimming, if your schools is planning on swimming or kayaking (check with your teacher)



Please leave at home:

- Money - unless you're bringing money for our camp store
- Radios, mp3 players, electronic games - We like to enjoy the sounds of the outdoors
- Knives and other weapons - None of our courses require them
- Purses or billfolds - Not a necessary accessory
- Jewelry - We'd hate for the squirrels to take home your shiny things
- Perfumes or colognes - We like the natural scent
- Snacks, gum, candy, chips, cookies, or other edibles - A surefire way to attract ants and other critters (Snacks will be provided)

The Outdoor School will not be held responsible for the loss or theft of any object that you may bring.

Please mark all of your belongings with your name.

The Outdoor School Chaperone Medical Information and Release Forms

PART I - GENERAL INFORMATION:

Name of School _____ Dates of Trip _____
 Name of chaperone _____ Date of Birth _____
 Gender _____ Height _____ Weight _____
 Home Phone _____
 Home Address _____ Cell Phone _____
 City/State/Zip _____ Work Phone _____

In case of a personal emergency, please notify:
 Name _____ Primary Phone _____
 Relationship to participant _____ Secondary Phone _____

PART II - INSURANCE INFORMATION:

Information below is REQUIRED by our Seton Highland Lakes Hospital Emergency Room as well as our local minor emergency care clinic and x-ray facility. Without this information, you may not be able to receive appropriate care in a timely manner.

I have health insurance
 Name of Insurance Carrier _____ Phone # of Carrier _____
 Address of Carrier _____
 Policy Holder's Name _____ Relationship to Participant _____
 Group ID # _____ Individual ID # _____

I do NOT have health insurance

Emergency Authorization: In the event that I cannot be reached in an emergency, I hereby give permission to the physician selected by the Camp Director or School Teacher to hospitalize, secure proper treatment for, and to order injection and/or anesthesia and/or surgery for the person named above. This form may be photocopied for use out of camp.

Signature _____ Date _____

PART III - HEALTH HISTORY:

Check the appropriate answer and explain any "yes" answers:	yes	no	date and explanation
Do you have asthma?	_____	_____	_____
Have you had or do you have any heart problems? (If yes, you MUST have a release from a physician in order to participate in the ropes course)	_____	_____	_____
Do you frequently suffer from pains in your chest?	_____	_____	_____
Do you often feel faint or have spells of severe dizziness?	_____	_____	_____
Do you have high or low blood pressure? (please specify which)	_____	_____	_____
Do you have any arthritis, joint or back problems that might be aggravated by exercise?	_____	_____	_____
Have you ever had any shoulder injuries?	_____	_____	_____
Have you had any major broken bones in the last 5 years? If so, which ones?	_____	_____	_____
Have you had any operations or serious injuries?	_____	_____	_____
Do you have any disabilities or chronic recurring illness?	_____	_____	_____
Female: If menstruating are you pregnant? If so, how many months?	_____	_____	_____
Have you had any head injuries?	_____	_____	_____
Do you have epilepsy or seizures?	_____	_____	_____
Do you have diabetes or hypoglycemia?	_____	_____	_____

Please list any medical conditions for which you are currently undergoing treatment. _____

Please list any medications that you are currently taking. _____

Allergies - list known allergies and describe reaction and treatment:

Medication Allergies _____

Food Allergies _____

Environmental Allergies (eg. airborne, stings or dander) _____

Please list any dietary restrictions (including vegetarian) _____

Are there any activities to be limited by a doctor's advice? Please list. _____

Is there anything else we should know about you in order for you to have the best possible experience at The Outdoor School?

PART IV - SWIMMING INFORMATION:

If your school is swimming while participating in The Outdoor School programs, please check your swimming ability:

- ___ non swimmer (cannot swim without the aid of a floatation device)
- ___ beginner (can dog paddle and stay afloat)
- ___ intermediate (can swim underwater and in deep water)
- ___ advanced (can perform various swimming strokes for an extended period of time)

PART V - SIGNATURE:

The information I have provided about my medical history is accurate to the best of my knowledge. I agree to accept responsibility for omissions regarding my failure to disclose any existing or past health conditions.

Signature

Printed Name

Date

THE OUTDOOR SCHOOL/CAMP CHAMPIONS VISITOR AGREEMENT

To Visitors of Camp Champions:

This document must be signed by all adult (eighteen years and older) visitors to Camp Champions and by a parent or guardian of visitors who are minors or wards. By this agreement, certain legal rights are surrendered in the event of an injury or other loss to the visitor. Adult visitors and Parents or Guardians (together, referred to as "Parents") of minor visitors and wards (together, referred to as "minors") sign to reflect their agreement, for themselves and for their minor child or ward, if any, to all the terms of this document.

In consideration of the opportunity to visit Camp Champions and have access to its grounds, buildings, facilities, services and/or activities, I, the undersigned adult visitor and/or parent or guardian of a visitor who is a minor or ward hereby acknowledge and agree as follows:

Activities and Risks

Visitors, depending on the nature of their visit, may be involved in a variety of activities, including, but not limited to, swimming, boating, hiking, horseback riding, a climbing wall and a high ropes course. The environment of Camp Champions, including its rugged terrain, waterfront, and natural and man-made structures can cause harm. In addition, the particular event which may be the purpose of the visit to Camp Champions (including an Outdoor School or a Retreat) may present certain additional hazards and risks, including vehicle travel over the Camp premises, the use of certain Camp facilities and equipment and the services of Camp Champions staff, all of which include the possibility of harm or loss to a visitor.

For visitors who may be engaged in equine or other farm animal activities, Camp Champions is obligated by Texas Law to provide the following: "WARNING: Under Texas Law (Chapter 87, Texas Civil Practice and Remedies Code) a farm animal professional is not liable for an injury to or death of a participant in farm animal activities resulting from the inherent risks of farm animal activities."

The risks of a visit to Camp Champions, whatever the activities, and whether or not supervised, can cause loss or damage to property, personal injury and, in extraordinary cases, even death. These risks are inherent in a visit to Camp Champions, and without them the visit would lose its appeal, value and purpose. Visitors are at Camp Champions at their own risk, and, except for its gross negligence and intentionally wrongful conduct, Camp Champions is not responsible for any loss which a visitor may suffer while at Camp Champions.

Assumption of Risks, Release and Indemnity

For myself and, if my minor child or ward is a visitor, on behalf of that minor or ward, I agree as follows:

1) **I acknowledge and assume all risks** of my, or the minor's, visit to Camp Champions, whatever the nature of those risks may be, inherent or not and whether or not described above. If a minor child or ward of mine is the visitor, I have discussed the risks with him or her, and he or she understands and accepts them.

2) **I release Camp Champions**, its owners, officers, directors, staff and contractors ("Released Parties") from, and agree not to sue them for, any claim which I or the minor may have for injury, death or other loss incurred during or in any way related to my or the minor's visit to Camp Champions;

3) **I agree to indemnify** (that is, to defend and protect, including by paying liabilities, costs and attorneys fees) Released Parties from any and all claims which I, the minor, a member of my or the minor's family, another visitor or any other person, may have for any injury, death or other loss incurred by or caused by me or the minor, related in any way to my or the minor's visit to Camp Champions. This acknowledgment and assumption of risks and agreements of release and indemnity include losses and claims arising in whole or part from the negligence, but not the gross negligence or intentionally wrongful conduct, of a Released Party.

Other

I sign this agreement for myself and, to the maximum extent allowed by law, on behalf of any minor child or ward of mine who is a visitor.

Any dispute which I or the minor or ward may have with Camp Champions or another Released Party will be submitted to mediation, if not otherwise resolved; and any mediation or suit shall occur exclusively in Burnet County, Texas, and be governed by the substantive laws (but not the laws which might apply those of another jurisdiction) of the State of Texas. If any part of this Agreement is deemed unenforceable by a Court or other appropriate authority, the remainder of the agreement shall remain in force and effect.

Camp Champions is hereby authorized to use, without compensation, photographic, including video, images of me, or the child or ward for promotional or other purposes.

Date

Signature

Print name

Dietary Restrictions Form

IF YOU HAVE NO RESTRICTIONS, PLEASE DO NOT FILL OUT THIS FORM

It is VERY important that we know about dietary restrictions PRIOR TO your trip so that we are able to meet your needs.

NOTE: Our kitchen is nut-free.
We have no peanut or tree nut products at all.



Please check all that apply:

- Vegetarian** (please indicate level below)
 - No meat at all No red meat (other meat is fine) No pork (other meat is ok)
 - Other (explain) _____
- Gluten-free**
- Dairy free**
- Other** serious FOOD allergy (list & explain) _____
- EPI-PEN:** I have an Epi-Pen for the following FOOD related allergies: _____

Please know that we are a cafeteria, not a restaurant. That means that we are not equipped to cook separate meals for every guest. We will gladly meet medical or religious restrictions if we can, but we cannot cater to picky eaters. We do have a fantastic salad bar with lots of options available for everyone. We encourage you to bring food to supplement meals if necessary.

Cross contamination is possible.

If you are concerned about serious allergies, feel free to send food. All food should be pre-made so that all we need to do is warm it up in a microwave.

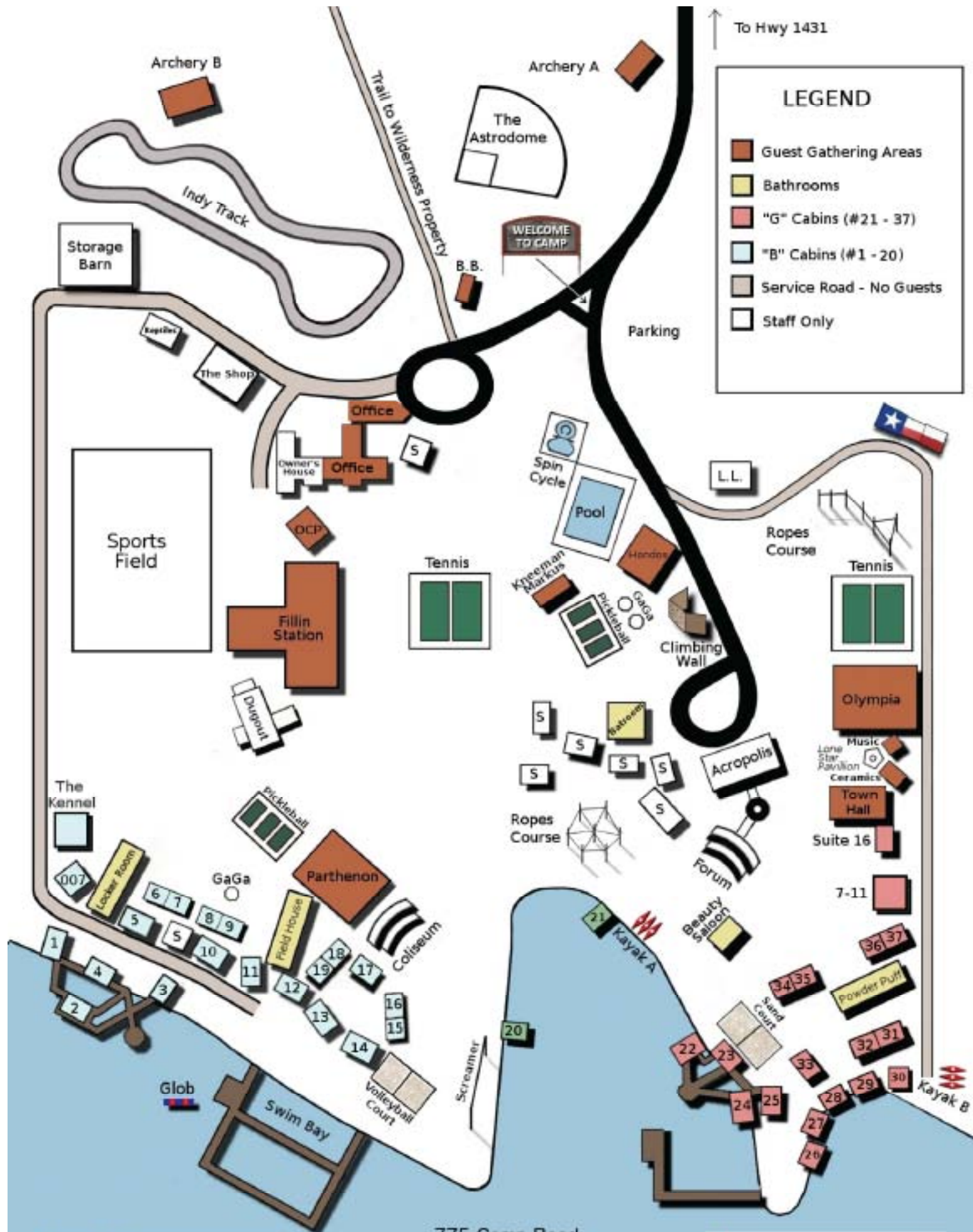
Your Name _____ School Attending _____
Contact Phone _____

Please send this directly to us, **DO NOT** give it to your lead teacher.

Scan & e-mail to: dguinn@outdoorschool.com

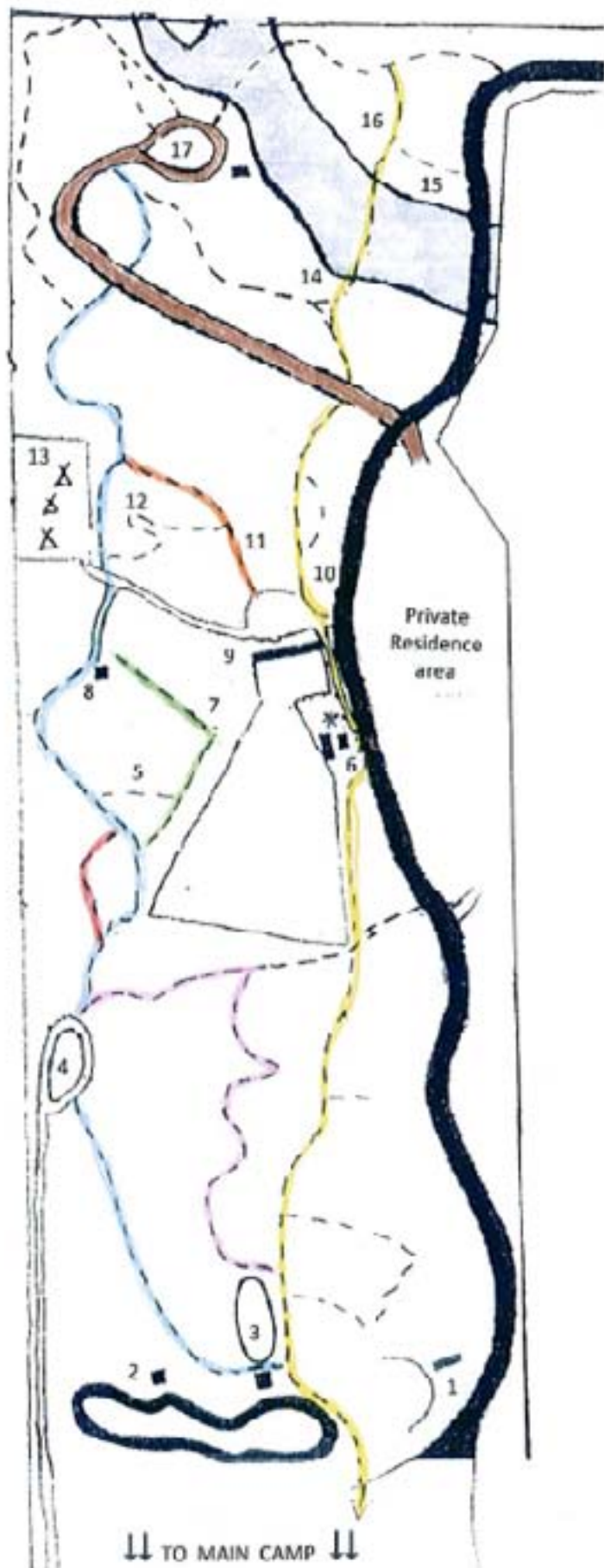
Fax to: 830-598-2571

Mail to: 775 Camp Road, Marble Falls TX 78654



775 Camp Road
Marble Falls, TX 78654
OutdoorSchool.com

Wilderness Property Map



Key:

- Paved Road
- Solo Road (dirt service road)
- Creek (often dry)
- Fenceline
- Building or Structure
- Teepee
- Windmill

Trails

- Main Trail
- Sunset trail
- Prickly Pear Pass
- Mesquite Meadow Loop
- Yucca Loop
- Ember Pass

Class Sites

1. Archery A
 2. Archery B
 3. Arena
 4. Sunset Watch
 5. Antler Run
 6. The Mansion (log cabin)
 7. Mesquite Meadow
 8. Armadillo Alley
 9. Diggin' West
 10. Diggin' East
 11. Smokey Hollow
 12. Hunter's Hideout
 13. Tunkawa Village
 14. Creekside
 15. Rocky Ridge
 16. The Clearing
 17. Shady Oaks
- All low (teambuilding) elements are clumped around Prickly Pear Pass, Main Trail, and Sunset Trail.

DIRECTIONS TO MINOR EMERGENCY AND HOSPITAL

Camp Champions
775 Camp Road
Marble Falls TX 78654
830-598-6282 (day) or 512-755-5378 (night)

Marble Falls Minor Emergency -- 21 minutes
1701 N. US Highway 281 13.8 miles
Marble Falls TX 78654
830-798-1122

Scott & White Hospital -- 22 minutes
810 West Hwy 71 14.3 miles
Marble Falls, TX. 78654
830-201-8000

 Marble Falls
Minor Emergency

Marble Heights Drive

Hwy. 1431

7 miles

**CAMP
CHAMPIONS**



CR 125 (aka
Highland Drive)

MARBLE FALLS

Hwy 281

5 miles

Baylor Scott &
White Hospital



Hwy. 71