



Student's Packet

School Year 2019-20

The Outdoor School

Dear Student (and Parent),

We are so excited that you will be joining us in an adventure at The Outdoor School! We are working closely with your teachers to create a program that is specifically designed for you and can't wait for you to be a part of it!

In this packet you will find information that is very important for you and your parents:

1. The Outdoor School Information Page – We have lots of parents who wonder where in the world they are sending their children! This page is designed to answer many of those questions.
2. The Dietary Needs Form – If your child has special dietary needs or restrictions, we must know this information prior to the trip in order to meet those needs.
3. The Outdoor School Medical Information Form – Parents, this is absolutely necessary! Please let us know anything that we might need to know about your child so that we can best meet his/her needs.
4. The Visitor Agreement Form – Parents, this is absolutely necessary! Your child must have this signed in order to participate in any activity!
5. The Outdoor School Packing List – This is a general packing list – PLEASE BE AWARE OF THE WEATHER AS YOU ARE PACKING TO COME! We are located in the hill country where temperatures are usually cooler than in town. It does get cool (or even cold) at night, especially if your school is coming later in the fall or earlier in the spring; please make sure that you have appropriate clothing and bedding. Another good hint: if it's not on the packing list, you probably don't need or can't use it (such as rollerblades or mp3 players). Lastly, a WATER BOTTLE is a MUST no matter what the temperature! We are very active and want you to stay hydrated.

It is very important that you return the Medical Information Form and the Visitor Agreement Form to your teacher as soon as possible; without them, you cannot participate in all of our fun activities!

We are so excited that you are coming and can't wait to meet you!

- The Outdoor School staff



The Outdoor School at Camp Champions

WHAT IS THE OUTDOOR SCHOOL?

The Outdoor School is an outdoor education facility located at Camp Champions in Marble Falls. We provide a hands-on connection between classroom learning and the outdoor world. Children learn about themselves, their environment and their peers while participating in fun and educational outdoor activities.

LODGING

Our cabins are rustic and fun! They have screen windows, ceiling fans, lights, and bunk beds. The cabins are not climate-controlled (no air conditioners or heaters), so please pack bedding according to the weather! Boys and girls cabins are located in separate parts of the camp. Restroom facilities--with private stalls and showers--are just a short stroll away. Adult chaperones (teachers or parents) sleep in the cabins with the children.



FOOD

To make sure your children remain energetic during their day, our experienced chefs prepare three delicious (and healthy!) meals a day, served in our spacious dining facility called the Fillin' Station! A salad bar and peanut butter and jelly for sandwiches are always available. There's plenty of food, so "seconds" are welcome...but not on dessert! We also provide afternoon and evening snacks, so there's no need to bring your own.

OUR PHILOSOPHIES

Children will learn Universal Respect and Challenge by Choice, two philosophies we abide by at The Outdoor School. Everything should be treated with respect. To respect others, children are taught to treat others as they would like to be treated, using encouragement, and positive words and actions. Children will also be expected to show respect for themselves, the environment--everything. Challenge by Choice involves setting personal goals and reaching them using physical, mental and social challenges along the way. Goals can always be reset higher or lower, and children are never forced to go beyond their limits.



CLIMBING WALL/ROPES COURSE

Many schools participate in our climbing wall and high ropes course activities. All climbers wear harnesses and helmets, and are double-checked for safety each time they leave the ground. The Outdoor School staff is trained in Ropes Course facilitation and abide by all safety precautions. Our equipment meets all safety standards, and is replaced at correct times to ensure the best performance. This activity is **EXTREMELY SAFE...and FUN!**

LAKE L.B.J.

Camp Champions is located on Lake L.B.J. Any activities involving the lake have adult supervision. Children know to remain at least six feet away from the water unless with an adult. If your school chooses to swim, we will provide lifeguards! Our swim bay includes a waterslide, rope swing, giant BLOB, kayaks, and free swim area!!

MEDICAL INFORMATION

The Outdoor School staff has first aid and CPR certification. In case of an emergency, 911 will respond with an ambulance in about five minutes, and our closest hospital is only twenty minutes away. Your school's teachers are in charge of dispensing all medications. Our instructors are informed of all special needs communicated by either the parents or teachers on the Medical Release form. All information is kept confidential.



PACKING LIST

The Outdoor School will provide you with a general packing list (clothes, sleeping gear, toiletries, etc.). We suggest watching the weather and packing appropriately. Central Texas weather can be highly unpredictable. We recommend coming prepared with clothing for ALL types of weather! Don't bring new clothes--they will get dirty! Please leave all electronics at home--or let teachers collect them after the bus ride for the bus ride home. No snacks or candy are allowed in the cabins--they will only attract unwanted critters!!

PARENT VOLUNTEERS

If your school needs parent chaperones to come on the trip, they will ask for volunteers.

Generally speaking, however, parents do not attend The Outdoor School. This is a perfect way to give your child the room to grow and interact with their peers in a positive and safe atmosphere!

FOR MORE INFORMATION...

If you or your child have any questions or wish to tour The Outdoor School **BEFORE** your child's visit, please feel free to call us at (830) 598-6282.

Dietary Restrictions Form

IF YOUR CHILD HAS NO RESTRICTIONS, PLEASE DO NOT FILL OUT THIS FORM
It is VERY important that we know about dietary restrictions PRIOR TO your child's trip so that we are able to meet their 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:** My child has 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 child. 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 send food along with your child 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.

Child's Name _____ School Attending _____
Your Name _____ Contact Phone _____

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

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

Fax to: 830-598-2571

Mail to: 775 Camp Road, Marble Falls TX 78654

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The Outdoor School Medical Information and Release Forms

PART I - GENERAL INFORMATION:

| | |
|---|-----------------------|
| Name of School _____ | Dates of Trip _____ |
| Name of participant _____ | Date of Birth _____ |
| Gender _____ Height _____ Weight _____ | |
| Custodial Parent or Guardian _____ | Home Phone _____ |
| Home Address _____ | Cell Phone _____ |
| City/State/Zip _____ | Work Phone _____ |
| If I am not available in an 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, your child may not be able to receive appropriate care in a timely manner.

My child has health insurance

| | |
|---------------------------------|-----------------------------------|
| Name of Insurance Carrier _____ | Phone # of Carrier _____ |
| Address of Carrier _____ | |
| Policy Holder's Name _____ | Relationship to Participant _____ |
| Group ID # _____ | Individual ID # _____ |

My child does 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 of parent or guardian _____ 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 the participant is currently undergoing treatment. _____

Please list any medications that the participant is 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 your child in order for him/her 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 the participant's 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 child's 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.

Custodial Parent or Legal Guardian Signature

Child's Name

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.

Signature of Parent or Guardian of Minor or Ward

Child's Name

Print Name

Date

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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 school is planning on swimming or kayaking (check with your teacher)



Please leave at home:

- Radios, mp3 players, electronic games - We like to enjoy the sounds of the outdoors
- Knives and other weapons - None of our courses require them
- Jewelry - We'd hate for the squirrels to take them home
- 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)
- Money/purses/billfolds... unless you're bringing money specifically for the camp store.

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 Camp Store!

Would you like a souvenir from your trip to The Outdoor School?
We've got some great ideas!

"Signpost" t-shirt

\$15.00



"20th Anniversary" t-shirt

\$15.00



"The Outdoor School" hoodie

\$25.00



"The Outdoor School" cap

\$15.00



We also have other items in our camp store: "Retro" Outdoor School tees, Camp Champions clothing, water bottles, blankets, and much more!

Prices vary.