

Gwillim Adventure Race

Dear Parents/ Guardians,

The Gwillim Adventure Race is an opportunity for students in grades 6-12 to compete in a fun outdoor challenge. The race will feature canoeing, biking and backcountry trekking in teams of three.

The race will cover a total distance of approximately 20 km and will take student teams approximately 4-6 hours to complete. There will be checkpoints throughout the racecourse where teams will be required to check-in and have their race passport stamped. Please note: no adults are permitted to accompany student racers at any point throughout the race. Each student team will have a teacher sponsor who will supervise them at the camp before and after the race. Parents are encouraged to attend and cheer teams on.

The Gwillim Adventure Race is designed to be a challenge and students participating in the race will be exposed to risk. This won't be walk in the park. This race is a gritty slog through the woods where students will become exhausted, frustrated and will finish the race with a genuine sense of accomplishment. This race is extracurricular and will help students to build skills for life.

The following list describes the components of the race:

Trekking	Biking	Canoeing
<p>The trekking will take place on marked trails. There will be some off trail route finding. It is recommended that teams practice map and compass skills well before the race. Teacher sponsors can request practices and orienteering information sessions.</p>	<p>Biking will be done on trails and roads (free of vehicle traffic). It will not be technical mountain biking but trails are hilly and bumpy. Mountain bikes will be more comfortable but are not mandatory. Each student will need to supply his/her own bike with functioning brakes and properly fitted CSA approved bike helmet.</p>	<p>Students will be paddling on flat water (no rapids) on Gwillim Lake. High quality canoes, paddles and life jackets will be supplied for all teams. Safety boats will be stationed to observe the canoe race portion. It is strongly recommended that teams practice prior to the race.</p>

There is a cost of \$30 per student to participate in the race. This fee will go to cover the costs of dinner on the 24nd and breakfast on the 25th as well as maps, a t-shirt and other race necessities. Please note that students will be required to bring their own food for the race. Nutrition and hydration during the race is very important and students are required to pack snacks and lots of water for the race. Students require personal transportation to the camp (either with parents or teacher sponsor).

The Gwillim Adventure Race will be held at the Pat O'Reilly Outdoor and Environmental Studies Centre on Gwillim Lake. The site includes lake access, cabins for student accommodation, lodge and washroom facilities. This is a school district site and all parents and students must adhere to the rules of the site. Please see the race itinerary below:

Race Itinerary	<p>Friday May 24, Arrive at Camp:</p> <p>3pm -5pm: Arrival at Pat O'Reilly Centre on Gwillim Lake, check in and prepare sleeping arrangements in cabins, tents or campers.</p> <p>6pm: Dinner</p> <p>7pm: Racer meeting – Students will receive final race details as well as course maps. Course overview and time for students to plan routes and arrange gear</p> <p>8pm: Canoeing practice, climbing wall & camp activities</p> <p>9pm: Campfire and music</p>
	<p>Saturday May 25, Race Day:</p> <p>7am: break camp and breakfast</p> <p>8:30am: Race begins</p> <p>1pm: Half way cut off (if students have not yet passed the midway checkpoint by 1:00pm, they will not be permitted to continue)</p> <p>3pm: Race finishes</p> <p>Students can depart the camp upon completion of the race. The event usually finishes by 4pm.</p>

All efforts will be made to ensure that the race is free of unnecessary risks.

Safety precautions include:

- Several checkpoints throughout the race course attended by safety personnel who will enforce time cutoffs
- A motorized boat and safety canoes to observe the paddling portions of the race
- A student to adult ratio of 3:1
- First aid stations
- All trails accessible by ATV
- Mandatory safety equipment (bicycle helmets and PFDs)
- A rule that teammates must be insight of one another at all times or face disqualification

We hope to keep the race inexpensive and accessible to all families. Students are discouraged from purchasing equipment exclusively for the race. The following list includes all the gear required to participate:

- Sleeping gear (sleeping bag or blankets, pillow, camp mat)
- Flash light
- Bicycle with functioning brakes (any rugged bike will do)
- CSA approved bicycle helmet
- Backpack
- Water bottle
- Outdoor clothing (long pants and long shelves – **NO SHORTS**)
- Two pairs of good footwear

More detailed information about gear, food, travel and sleeping arrangements will be distributed after teams have registered.

The forms below are important medical and consent forms. Please ensure that they are filled in accurately and signed by parents/custodian.

Form 1: Student Medical Information

Student's name: _____

Parent(s), please fill out and sign all sections of this form.

Statement of student health: please list any ongoing medical concerns, disabilities, or problems involving your child which may affect his/her participation in a field trip. Including Allergies.

Is your son/daughter taking any prescription medication? Yes
 No

Medication required by the student, that is to be administered by the teacher sponsor, must be clearly labeled with the student's name, the name of the medication, what it is to be used for, how it is to be administered, the quantity to be administered and the times it is to be administered.

Only the amount of medication required for the duration of the trip is to be provided.

Name of medication: _____

What is it used to treat: _____

How is it administered: _____

Quantity to be administered: _____

How often is it administered: _____

By my signature below, I am requesting that the trip supervisors administer these medications, as directed above, to my son/daughter.

Student's name: _____

Date _____ (Day/Month/Year)
Signature of Father or Guardian

Date _____ (Day/Month/Year)
Signature of Mother or Guardian

Form 2: Special Activities Consent Form

Parent(s), please fill out this form, and return to the teacher sponsor.

School Name: _____

Teacher Sponsor: _____

Name of Father: _____

Name of Mother: _____

Street Address: _____ Phone No. _____

Name of student: _____



The following risks are associated with participating in the race:

1. Canoeing Risks:

Participants will be assisted and will receive instruction on the safe use and maneuvering of a canoe by a certified instructor. All reasonable efforts will be taken to prevent accident or injury, and ensure a safe experience. Nevertheless, there are risks associated with this activity that may include:

- Injuries related to slips or falls on a rocky and/or slippery shoreline;
- Falls or sprains or other injuries related to stepping into and stepping out of a canoe if launching from shore;
- Injuries related to collisions with other watercraft or being struck by a paddle or rope;
- Injuries related to equipment malfunction or becoming entangled in cord, bailer, overhanging limbs;
- Hypothermia/hyperthermia due to getting wet and/or insufficient clothing or hydration;
- Human error;
- Drowning or near drowning from being in the water due to an overturned canoe or fall from a canoe or falling into the water when getting into or out of the canoe;
- Other risks associated with participation in a paddle-sport activity.

2. Climbing wall risks:

Participants will be assisted and will receive instruction on the safe use of the climbing wall, and will be and observed by trained staff while climbing. All reasonable efforts will be taken to prevent accident or injury, and ensure a safe experience. Nevertheless, there are risks associated with this activity that may include:

- Falling while climbing (participants are in a harness intended to take their weight should they lose their grip or fall);
- Injuries related to slips, trips, falls in the climbing area;
- Collisions with other climbers and/or the wall;
- Becoming entangled in the ropes, harness or apparatus;
- Equipment malfunction;
- Human error;
- Mechanical failure of the suspension devices or ropes;
- Other risks associated with participation in the outdoor environment in this region.

3. Bicycling Risks:

Participants will be using their personal bicycling equipment including a CSA approved helmet. Cycling components of the race will have supervised checkpoints to ensure students are traveling safely on marked trails. All reasonable efforts will be taken to prevent accident or injury, and ensure a safe experience. Nevertheless, there are risks associated with this activity that may include:

- Falling while cycling (participants will be wearing helmets. Any student cycling without their helmet will be disqualified from the race);
- Injuries related to slips, trips, falls on trails;
- Collisions with other cyclist and/or objects (trees, buildings etc);
- Human error;
- Mechanical failure of the bicycle;
- Becoming lost on trails between checkpoints;
- Other risks associated with participation in the outdoor environment in this region.

4. Backcountry Trekking Risks:

Participants will be educated on backcountry safety including the use of map and compass. All reasonable efforts will be taken to prevent accident or injury, and ensure a safe experience. Nevertheless, there are risks associated with this activity that may include:

- Injuries related to slips, trips, falls on trails;
- Injuries from natural hazards (rocks, trees, etc);
- Injuries related to other participants and race crew (risk of being struck by bicycles or ATV);
- Human error;
- Hypothermia/hyperthermia due to getting wet and/or insufficient clothing or hydration;
- Allergic reactions to natural substances in the outdoor environment (insects, plants);
- Becoming lost on trails between checkpoints;
- Other risks associated with participation in the outdoor environment in this region.

Statement of understanding and acknowledging risk:

We have read the information to parents explaining the organization and purpose of this trip and acknowledge that School District No. 59 (Peace River South), through the schools in the District, endeavors to enhance the educational activities and benefits available to the students in the School District by initiating and sponsoring activities for which teachers and supervisors volunteer their time, and further acknowledge that I/we [parent(s)] understand and agree to assume all risks and hazards involved or arising out of such activities or transportation to and from such activities.

I understand and acknowledge the risks associated with the race and give permission for my child to attend the field trip to the Pat O'Reilly Outdoor and Environmental Studies Centre to participate in the Gwillim Lake Adventure Race, from May 24 to May 25, 2019.

_____ Date _____ (Day/Month/Year)
Signature of Father or Guardian

_____ Date _____ (Day/Month/Year)
Signature of Mother or Guardian

Photo Consent:

During the Gwillim Adventure Race, photographs and video will be taken and published as promotional materials of the event. Please check one of the following boxes:

- I CONSENT to having my child in photos, videos and interviews being used to promote the Gwillim Adventure Race.
- I DO NOT consent to having my child in photos, videos and interviews being used to promote the Gwillim Adventure Race.

Please contact bbooker@sd59.bc.ca at 250 784 4238 with any questions regarding the Gwillim Adventure Race

