



Outdoor Education  
Parent Information Package

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## Introduction

We believe strongly in the benefits of getting students outdoors to learn in nature. It is so important for kids to get away from the busyness of our technologically fueled lives to observe and partake in the beauty of our world. We find that unplugging and coming to the woods with friends and classmates always has a positive impact on group dynamics and personal confidence. Easter Seals Camp Horizon is a wonderful place to make that happen.

This package has been put together to give you all the information you need for your child's trip to camp. It includes all the forms, lists and answers to commonly asked questions about our programs and facilities.

We look forward to having you!

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## Contact Information

Easter Seals Camp Horizon  
Box 540, Bragg Creek, AB  
T0L 0K0

Phone: (403) 949-3818

Fax: (403) 949-3388

[camphorizon@easterseals.ab.ca](mailto:camphorizon@easterseals.ab.ca)

# Who Are We?

## Our Goal

Utilizing an Adventure Education approach to improving your students' physical literacy, our facilitators will lead your students through our Outdoor School activities that seek to promote personal discovery and group development in areas that are critical to life both within and beyond their school's walls.

We aim to help students develop as a group in areas of trust, communication, and cooperation through shared decision making and problem solving. Through these experiences, students discover an increased confidence in themselves and their abilities, allowing them to think critically, take calculated risks and contribute positively to a group.

We also pride ourselves in being able to provide integrated accessible experiences for all students. Whether a student uses a wheelchair or needs a little extra time to process instructions, we believe that their experience should - and can - be delivered alongside their peers. And we will work with your school to make that happen.

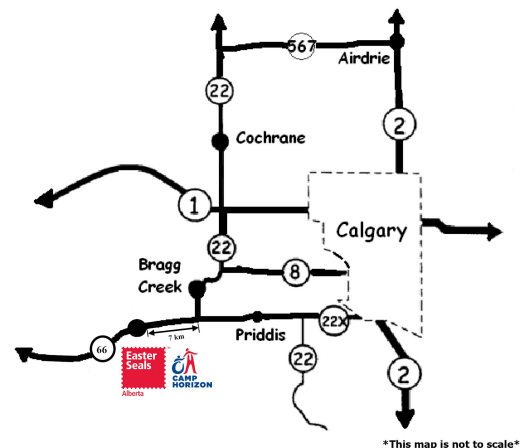
## Our Location

We are located in beautiful Kananaskis Country on Highway 66. Surrounded by attractions like Elbow Falls, Moose Mountain, and Forgetmenot Pond, we are able to share the beauty of nature with all our guests during their stay.

## Our Staff



engaging outdoor education programs for students of all ages.



Our facilitators are enthusiastic, knowledgeable, sincere individuals who have been carefully trained and screened. All staff must provide a clear criminal record check with a vulnerable sector screening and are first aid certified. They know our equipment and programs and are exceptional at delivering safe, fun and

# How Things Work

## Supervision

During activities we divide students into groups of 20, with 1 teacher/parent volunteer and 1 camp facilitator. This allows us to maintain the required 10-to-1 student-to-supervisor ratio. During teacher-led activity times and overnight in dorms, teachers and parent volunteers are completely responsible for supervision. *Our staff do not live in dorms with students.*

## Facilities

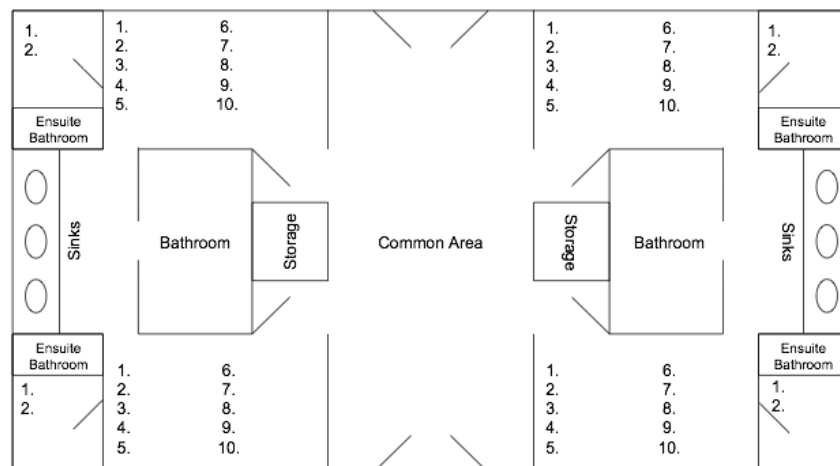
From our large Main Hall to small breakout areas like Arts and Crafts, we have many useful spaces to meet the needs of our groups. We can accommodate up to 120 people and are thrilled to offer two brand new dormitories to our guests.

All of our buildings are heated and have potable, running water throughout the year.



Overnight accommodations for students are dormitory style spaces with students sharing bunk rooms and a common bathroom. Teacher / parent volunteer rooms are attached to these bunk areas, with a separate ensuite bathroom.

Dorm Layout



## Activities

Activities are scheduled in 90 minute blocks throughout the day. Please see our [Sample Schedule](#) below for examples of how this looks for a typical booking. Our activities include briefing on safety, equipment use, goals and objectives, and effective teamwork as well as debriefing to draw out lessons from each experience.

Depending on length of stay and size of group, we can not guarantee that each student will be able to rotate through all the activities that a group books. With larger groups running many activities at the same time, they must choose (or be assigned) one of these coinciding activities. Our goal is provide the highest quality experience regardless of the activity chosen.

### Year Round

- Team Building Course
- Team Building Games
- Low Ropes Course
- Hiking / Snowshoeing
- Orienteering
- Geocaching
- Stargazing
- Archery
- Broomball
- Wilderness Survival

### Wide Games

- Animal Game
- Capture the Flag
- Hydro Pyro
- Giant Pit
- Giant Dutch Blitz

### Group Led Activities

- Campfire
- Gaga Ball
- Frisbee Golf

### Fall & Spring

- High Ropes Course
- Giant Swing
- Climbing Wall

Our facilities are available for booking by anyone throughout the school year (not just schools). If you have a group that is interested in booking please [contact us](#) to discuss options and packages.

You can download the [Camp Horizon Activity Guide](#) on our website for full descriptions and age suitability of each activity.

## Sample Schedule

Sample Schedule				
Host:	Facilitators:		23 students, 2 adults. Contact:	
	October 29, 2015		October 30, 2015	
	GROUP 1	GROUP 2	GROUP 1	GROUP 2
8:00 AM				
8:30 AM				
9:00 AM			BREAKFAST @ 8:30	
9:30 AM				
10:00 AM	Arrival & Community Meeting		Snowshoeing / Hike	Wilderness Survival
10:30 AM				
11:00 AM				
11:30 AM	Fixed Initiatives	Snowshoeing / Hike	Orienteering	
12:00 PM				
12:30 PM	LUNCH @ 12:30		LUNCH @ 12:30	
1:00 PM				
1:30 PM	Wilderness Survival	Fixed Initiatives	Pack Up	
2:00 PM			Departure	
2:30 PM				
3:00 PM		Orienteering		
3:30 PM				
4:00 PM				
4:30 PM	Teacher-Led Session/ Free Time			
5:00 PM				
5:30 PM	DINNER @ 5:30			
6:00 PM				
6:30 PM	PIT or Dutch Blitz			
7:00 PM				
7:30 PM				
8:00 PM	Campfire/ Snack			
8:30 PM				
9:00 PM				
9:30 PM	Dorm & Lights Out			
10:00 PM				

## Waivers

All guests coming to Camp are required to sign our waiver.<sup>1</sup> If your student is under the age of 18 - or is a represented adult - please complete the [Child/Represented Adult Waiver](#). If you are a teacher or a parent volunteer, please complete the [Adult Waiver](#).

<sup>1</sup> Calgary Board of Education students are exempt from the waiver process as we have a Master Agreement with the board.

# In Case of Emergency

## Medical Emergency Protocol

Your teachers and staff know the students far better than we do, and they are ultimately responsible for the safety of the students during their trip. In emergency circumstances, the teachers and staff from your school will take the lead on making decisions of seeking further care or obtaining emergency transport (ambulance).



Our staff are certified in First Aid and CPR and are available to help provide first aid, coordinate emergency transportation or deliver other care when needed. Camp must be informed if a child or guest leaves site for medical needs.

While a group is onsite, the lead teacher or trip organizer is given a radio to be in contact with our staff. If an emergency arises after hours that they need our help with, we are only a quick radio call away.

## Emergency Phone Line



We maintain an emergency contact phone line in case you need to contact your student. Please attempt to contact your student in the following order:

1. We ask that you try the **phone numbers that your teachers provide you first**, as they are the ones staying in dorms and have the most direct contact with the students.
2. If it is during office hours (9am-4pm weekdays), please try **calling our office next**.
3. Our emergency phone number is our Manager of Programs' personal cell. Please use your discretion to **only use it in case of emergencies where you can not get through to your teachers**. If it is not an emergency please call our office and leave a message.

Andria Lamirande  
Manager, Programs  
Office Phone: (403) 949-3818 ext. 26  
Personal Cell: Can be obtained upon arrival



## FAQ's

### Wild Animals

In reality, the vast majority of animals students see when they are out here are the local, free range cattle. Walking through the woods with groups of up to twenty noisy students tends to scare away all but the most curious of animals.



However, we do take the following precautions:

1. Students always travel in groups of two or more.
2. We have a cattle fence around the main camp area to deter animals from entering camp.
3. Staff are trained in animal encounters and carry bear spray when hiking.



### Water

All the water that flows from a tap at camp is safe to drink. Our water is tested weekly in accordance to local government standards.

### Illness

As with emergencies, our staff defer to your teachers in matters of illness. Any medications (Tylenol, Advil, etc.) will only be administered by school staff in accordance to school policy. Plans to send a student home early may be made, as camp is not very fun when you're not feeling well.



# Forms and Lists

## Warm Weather Packing List

<input type="checkbox"/> <b>Two Sets</b> of Clothing for Each Day <ul style="list-style-type: none"> <li><input type="checkbox"/> T-Shirt</li> <li><input type="checkbox"/> Shorts &amp; Pants</li> <li><input type="checkbox"/> Undergarments</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Pajamas (one set)</li> </ul>	<input type="checkbox"/> Indoor Gear <ul style="list-style-type: none"> <li><input type="checkbox"/> Bedding - Sleeping Bag or Sheets and for Single Bed</li> <li><input type="checkbox"/> Pillow</li> <li><input type="checkbox"/> Toothbrush &amp; Toothpaste</li> <li><input type="checkbox"/> Soap &amp; Shampoo</li> <li><input type="checkbox"/> Towel</li> </ul>		
<input type="checkbox"/> Outdoor Gear <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof Jacket</li> <li><input type="checkbox"/> Waterproof Splash Pants</li> <li><input type="checkbox"/> Warm Jacket (fleece or similar)</li> <li><input type="checkbox"/> Warm Pants (fleece or similar)</li> <li><input type="checkbox"/> Rubber Boots (if appropriate)</li> </ul> </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> <li><input type="checkbox"/> Durable Footwear</li> <li><input type="checkbox"/> Hat</li> <li><input type="checkbox"/> Water Bottle</li> <li><input type="checkbox"/> Sunscreen</li> </ul> </td> </tr> </table>		<ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof Jacket</li> <li><input type="checkbox"/> Waterproof Splash Pants</li> <li><input type="checkbox"/> Warm Jacket (fleece or similar)</li> <li><input type="checkbox"/> Warm Pants (fleece or similar)</li> <li><input type="checkbox"/> Rubber Boots (if appropriate)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Durable Footwear</li> <li><input type="checkbox"/> Hat</li> <li><input type="checkbox"/> Water Bottle</li> <li><input type="checkbox"/> Sunscreen</li> </ul>
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## Cold Weather Packing List

<input type="checkbox"/> <b>Two Sets</b> of Clothing for Each Day <ul style="list-style-type: none"> <li><input type="checkbox"/> T-Shirt and/or</li> <li><input type="checkbox"/> Long Sleeve Shirts</li> <li><input type="checkbox"/> Pants</li> <li><input type="checkbox"/> Undergarments (thermals)</li> <li><input type="checkbox"/> Socks</li> <li><input type="checkbox"/> Pajamas (one set)</li> </ul>	<input type="checkbox"/> Indoor Gear <ul style="list-style-type: none"> <li><input type="checkbox"/> Bedding - Sleeping Bag or Sheets/Blanket for Single Bed</li> <li><input type="checkbox"/> Pillow</li> <li><input type="checkbox"/> Toothbrush &amp; Toothpaste</li> <li><input type="checkbox"/> Soap &amp; Shampoo</li> <li><input type="checkbox"/> Towel</li> </ul>		
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## What **Not** to Bring

<ul style="list-style-type: none"> <li><input type="checkbox"/> Expensive Electronics (cameras, phones, iPods, laptops or tablets)</li> <li><input type="checkbox"/> Pocket Knives or Multitools</li> <li><input type="checkbox"/> Food</li> </ul>
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## Special Dietary Requirement Form

Our kitchen is able to cater to a variety of special diets, however, we require advanced notice to ensure that your special diet can be met. Food orders are placed one week in advance. **Please return this form** to your trip organizer **at least 1 month** in advance of your trip to ensure that we can meet your dietary needs.



Our camp is a **Nut Aware Environment**. This means that food coming from our kitchen will not contain nuts. However, we can not control snacks and food that groups or other students might bring.

Name: \_\_\_\_\_

School: \_\_\_\_\_

Please check the options below that apply to your student:

### Special Diet

- ☐ Vegetarian
- ☐ Vegan
- ☐ No Pork
- ☐ Halal

### Special Preparation

- ☐ Puree
- ☐ Carb Count

### Intolerance

- ☐ Gluten
- ☐ Soy
- ☐ Lactose
- ☐ Dairy
- ☐ Egg (raw)
- ☐ Egg (cooked)
- ☐ Other \_\_\_\_\_

### Allergy

**\*\*Please note severity and route of exposure**

- ☐ Gluten
- ☐ Soy
- ☐ Lactose
- ☐ Dairy
- ☐ Eggs
- ☐ Shellfish
- ☐ Nuts
- ☐ Coconut
- ☐ Other \_\_\_\_\_

\*Please note that our food supplies are delivered by an external company. As such, we are not able to guarantee that any religious practices have been followed in its preparation. Please also check the "Vegetarian" option if you prefer to avoid meats altogether.



(This is the back of the special dietary requirements form)

## **CHILD (under 18 yrs of age) or REPRESENTED ADULT**

### **CERTIFICATION OF CONSENT AND AUTHORITY, RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

#### **ASSUMPTION OF RISKS**

\_\_\_\_\_**(Parent or Guardian)** and \_\_\_\_\_**(Participant)** hereby acknowledge that we are aware that participation in activities and/or use of equipment of any nature organized as part of Easter Seals Camp Horizon involves many risks, dangers, and hazards, including, but not limited to, risks, dangers, and hazards associated with traversing high and low rope courses, climbing, swinging on a giant swing, zip lining, rafting, canoeing, swimming, tepee living, hiking, camping, encountering animals and wildlife, changing weather conditions and use of equipment.

I am aware of the risks, dangers, and hazards associated with such activities and use of equipment and I freely accept and fully assume all responsibility for all such risks, dangers, and hazards and the possibility of personal injury, death, property damage, or loss resulting from such activities.

#### **RELEASE OF LIABILITY, WAIVER OF CLAIMS and INDEMNITY AGREEMENT**

As parent or guardian of the Participant, **I freely consent to all such risks** related to participation and fully **assume all responsibility** for the possibility and related costs of personal injury, death, disability, property damage or loss resulting thereof, **howsoever caused, including negligence**, with the sole exception being gross negligence on the part of Easter Seals Camp Horizon, and the Alberta Easter Seals Society, their members, agents, employees and directors (herein collectively called "Easter Seals Camp Horizon").

I further waive and release **any and all claims** that the Participant or I have or may have in the future, on my own behalf and on behalf of the Participant, against Easter Seals Camp Horizon as a result of the participation of the Participant at Easter Seals Camp Horizon or use of equipment.

I also hold harmless and indemnify Easter Seals Camp Horizon from any and all liability for all personal injury, death, property damage, or loss to any third party resulting from the Participant's participation in the programs run by Easter Seals Camp Horizon or use of equipment.

This consent shall be effective and binding on the Participant, heirs, next of kin, executors and administrators of myself and the Participant, for the entirety of the year stated below.

**I confirm that I have read and understood this consent agreement prior to signing it, and I am aware that by signing it I am waiving certain legal rights that I or my heirs, next of kin, executors, administrators, assigns and representatives may have against Easter Seals Camp Horizon.**

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, at \_\_\_\_\_, Alberta.

\_\_\_\_\_  
**Parent or Guardian Signature**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Printed Name of Parent or Guardian**

\_\_\_\_\_  
**Printed Name of Witness**

**Address:** Box 540, Bragg Creek, AB, T0L 0K0

**Fax:** 403.949.3388

**Email:** camphorizon@easterseals.ab.ca

Updated Nov 2015



(This is the back of the Child or Represented Adult Waiver)

## **ADULT**

**\*\*Over the age of 18 and can independently sign waivers of consent\*\***

**CERTIFICATION OF CONSENT AND AUTHORITY, RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**  
**BY SIGNING THIS DOCUMENT, YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.**  
**PLEASE READ CAREFULLY.**

### **ASSUMPTION OF RISKS**

I, \_\_\_\_\_ (**Participant – 18 yrs of age or over**) hereby acknowledge that I am aware that participation in activities and/or use of equipment of any nature organized as part of Easter Seals Camp Horizon involves many risks, dangers, and hazards, including, but not limited to, risks, dangers, and hazards associated with traversing high and low rope courses, climbing, swinging on a giant swing, zip lining, rafting, canoeing, swimming, tepee living, hiking, camping, encountering animals and wildlife, changing weather conditions and use of equipment.

I am aware of the risks, dangers, and hazards associated with such activities and use of equipment and I freely accept and fully assume all responsibility for all such risks, dangers, and hazards and the possibility of personal injury, death, property damage, or loss resulting from such activities.

### **RELEASE OF LIABILITY, WAIVER OF CLAIMS and INDEMNITY AGREEMENT**

**I freely consent to all such risks** related to participation and fully **assume all responsibility** for the possibility and related costs of personal injury, death, disability, property damage or loss resulting thereof, **howsoever caused, including negligence** with the sole exception being gross negligence on the part of Easter Seals Camp Horizon, and the Easter Seals Alberta Society, their members, directors, officers, employees, agents, volunteers, successors and assigns (herein collectively called "Easter Seals Camp Horizon")

I further waive and release **any and all claims** that I have or may have in the future, on my own behalf against Easter Seals Camp Horizon as a result of participation at Easter Seals Camp Horizon or use of equipment

I also hold harmless and indemnify Easter Seals Camp Horizon from any and all liability for all personal injury, death, property damage, or loss to any third party resulting from participation in the programs run by Easter Seals Camp Horizon or use of equipment.

This consent shall be effective and binding on myself, my heirs, next of kin, executors and administrators of myself for the entirety of the year stated below.

**I confirm that I have read and understood this consent agreement prior to signing it, and I am aware that by signing it I am waiving certain legal rights that I or my heirs, next of kin, executors, administrators, assigns and representative may have against Easter Seals Camp Horizon.**

Executed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, at \_\_\_\_\_, Alberta.

\_\_\_\_\_  
**Participant Signature**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Printed Name of Participant**

\_\_\_\_\_  
**Printed Name of Witness**



(This is the back of the Adult Waiver)