

# Spring Natural Science Field School 2019

April 17, 2019

To Participants and Parents/Guardians,

This letter is to provide you with some extra information about the educational opportunity your child would like to participate in.



- Please fill out all necessary information and sign the attached permission form.
- The full amount (\$200) must be paid to BCCHS before students can leave on the bus May 15.
- Take a moment to go through the itinerary so that you have an idea of how the days will be laid out while away.
  - Students will have some time for homework while at camp as they are missing 2 school days.
  - Students need to make sure they bring their OWN personal items for showering at the hotel.
  - Make sure you try your hardest to bring all items on the packing list. The items on there are needed for student success and comfort.

Participant Name: \_\_\_\_\_ Grade \_\_\_\_\_

Please inform Mrs. McGinn here of any food or environmental allergies or concerns. Also any medications students may be taking. \_\_\_\_\_

Emergency Contact Name and Number: \_\_\_\_\_

If you have any questions or concerns please contact Amber McGinn at BCCHS (780-674-8522).

Sincerely,



Amber McGinn



**Informed Consent/Permission for Extra-Curricular or Co-Curricular Trips, Field Trips and Excursions**  
 (Students Under 18 Years) To be completed for all off-campus trips including extra-curricular trips, co-curricular trips, field trips, excursions within Alberta, and excursions within Canada

School	Barrhead Composite High School		
Class/Group	Natural Science Camp	Number of students:	16
Lead Teacher Name	Amber McGinn	Dates of Trip:	May 15-19, 2019
Event and Destination	Natural Science Camp at Black Cat Ranch (Brule, AB)		
Post-event Pick Up Procedure (Teacher)	Arrive at school to catch buses	Other Pick-Up Arrangements	(to be completed by Parent, if required)

**THIS FORM MUST BE READ AND SIGNED BY EVERY STUDENT WHO WISHES TO PARTICIPATE AND BY A PARENT OR GUARDIAN OF A PARTICIPATING STUDENT.**

**A. MODE OF TRANSPORTATION:** School Bus  Volunteer Vehicle  Other (specify)

PARENTS, please note: Please call (780) 674-8509 to ensure that the bus driver is aware of any concerns or conditions specific to your child.

**B. ELEMENTS OF RISK:**

Educational activity programs, such as hiking and outdoor activities involve certain elements of risk. Injuries may occur while participating in these activities. The following list includes, but is not limited to, examples of the types of injury which may result from participating in the Spring Natural Science Field Camp:

List all Elements of Risk:

bruises, sprains, fatigue, pulled muscles

The risk of sustaining these types of injuries result from the nature of the activity and can occur without fault of either the student, or the school board, its' employees/agents or the facility where the activity is taking place. By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of an injury occurring can be reduced by carefully following instructions at all times while engaged in the activity.

If you choose to participate in Natural Science Camp on May 15-19, 2019, you must understand that you bear the responsibility for any injury that may occur.

Pembina Hills Regional Division No. 7 does provide student accident insurance on behalf of the students participating in this activity. The student accident insurance policy is purchased through Industrial-Alliance Pacific (Box 5900, Vancouver, BC V6B 5H6) and policy details are available at the school, board office and/or by calling Industrial-Alliance Pacific at 1-800-556-7411.

**C. ACKNOWLEDGEMENT**

WE HAVE READ THE ABOVE. WE UNDERSTAND THAT BY PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED WITH DOING SO.

Signature of Student: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

**D. PERMISSION**

I give \_\_\_\_\_ permission to participate in the \_\_\_\_\_  
(name of student) (description of activity)

To be held on or about \_\_\_\_\_  
(date)

Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_

April 17, 2019

Barrhead Composite High School, & InRoads Mountain Sports invite you to participate in the 'Spring Natural Science Camp 2019'

**When:** May 15 through 19, 2019

**Where:** Black Cat Ranch

**What:** TOU 1010 The Tourism Sector, TOU 1120 Adventure and Ecotourism 1, TOU 2120 Adventure and Ecotourism 2, TOU 3120 Adventure and Ecotourism 3, PRS 1010 Overview of Alberta Geology

**Why:** A great way to have hands on, experiential learning with experts in the field, obtain high school credits, and have a lot of fun!

**Who:** Any high school student in Alberta.

**How:** Register by filling out information slip below and providing a non-refundable \$50.00 deposit paid to "BCHS" (Indicate by May 10, 2019) First come first serve.

\* Transportation will be provided from BCHS. **Cost of the workshop is \$200.00** to be paid before students leave for Black Cat Ranch (\$50 refundable upon successful completion).\*

Any questions, please contact Mrs. McGinn at Barrhead Composite High School 780-674-8522

**Accommodation and Food:**

All technical camping gear is supplied, as is food (with the exception of stops for snacks and a washroom to and from Hinton).

Students will be staying at Black Cat Ranch (<http://www.blackcatguestranch.ca/>) for 5 nights. The Black Cat Guest Ranch is one of Alberta's oldest, established in 1935, and under the present ownership since 1970. The Black Cat is a small, family owned and run guest ranch. Our smoke-free lodge is located just outside of Jasper National Park.



Email: [jerry@inroads.ca](mailto:jerry@inroads.ca)

RR 2, Site 250, Box 4

Stony Plain, AB, Canada T7Z 1X2

Ph: (780) 963-7675 or

Hinton: (780) 817-1512

You must be able to carry everything you have with you in a backpack.

### Spring Camp ... Personal Packing list

Backpack to carry everything	2-3 pair light socks (liners)	Ensolite, Thermorest, etc
Pillow case	2-3 pair heavy, warm sox	Coolmax or polypro shirts
Rain pants	Light wool sweaters	Fleece coat
gloves	hat	Changes of underwear
camera	Warm loose pants for sleeping	Warm, loose sox for sleeping
Warm loose shirt for sleeping	Hiking boots if you have them	Rain coat
Warm, around camp shoes	1 or 2 warm shirts (wool)	
Hand towel	Tooth brush and paste	
Personal medications	Note book and pencil	
Water bottle	Flashlight / headlight	

### Why You Need All That Stuff

There are a lot of clothes that are great at home, but are not suitable when you're camping. Especially when you're backpacking (which is what we'll be doing). Here are some of the reasons why:

The most important rule for camping is to avoid using Cotton (that's blue jeans). An average person sitting in school and not moving around a lot sweats about one litre of water per day. Cotton clothing retains this moisture and holds the moisture next to your skin. As soon as the wet material gets cold you will too.

I bet that if you go and take a look in your drawers to pack you'll find that a lot of your clothes (maybe all of them) are cotton. The main thing that you need to get before this trip is a couple of wool layers that you can wear under the cotton. It is

*Providers of "Essential Skills" training · Providers of I.T.S. Life Skill training · Members of the Alberta Cave Rescue Organization · Members of the Alberta Speleological Society*

*Trained in High angle rescue · Trained in Emergency & Wilderness medical response · Certified First aid instructors · Caving, and climbing professionals*

*CRCA certified flatwater canoe instructors · Members Hinton Search and Rescue · Members of Alberta recreational Canoe Assoc.*

*Inroads Mountain Sports, RR 2, Site 250, Box 4, Stony Plain, AB, T7Z 1X2 [www.inroads.ca](http://www.inroads.ca) (780)963-7675 Hinton (780) 817-1512 [jerry@inroads.ca](mailto:jerry@inroads.ca)*

fire. A really small spark can put a significant hole in a down jacket and then you'll have to duct tape it up.

There are also a lot of newer man made products out there. Coolmax and poly pro are two brands that I can think of off the top of my head and they will say right on them that they "wick". All that means is that they take sweat from your skin and move it to the next layer of clothing that is not touching you. These, and products like them, are awesome. The down side is that they get smelly over time and are usually only thin base layers.

Bring a mix of wool, down, fleece and random man made fiber clothes when you're camping. Just remember that if you're not sure what it's made of and it doesn't say that it wicks don't bring it camping.

**The final most important rule for camping** never leave home without your duct tape. A good quality roll of duct tape is the single most versatile thing you can own. It is a patch kit for your backpack, it can be used as rope, to patch your thermorest, or to "sew" your clothes back together.

For this spring camp, running shoes, skate shoes, etc just won't cut it. Your feet will get wet and cold and you'll have no traction on the slippery mountainsides. They're great around camp but not on the overnigher or hikes.

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