



Dear *S.O.A.R.* Participant,

Thank you for signing up for our great trip program **Surviving On the Ausable River!** Your *S.O.A.R.* trip leaders have been very busy preparing for this great adventure. They are looking forward to meeting you and traveling with you down the AuSable River.

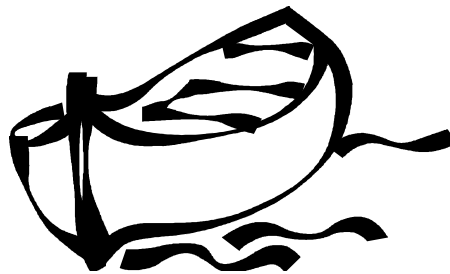
Please plan to arrive at Huron Forest Camp CedarRidge on Sunday at 4:00 PM. You should plan to depart from camp at the end of your trip on Saturday at 10:00 am.

Please also download a packing list, a release form, and a list of things we expect from you, the participant. Please read over the list and contact us if you have any questions or are in need of further direction.

We are looking forward to a great trip down the beautiful AuSable River!

Blessings,

Huron Forest Camp CedarRidge Staff



2015 HURON FOREST CAMP CEDARRIDGE TRIPPING PROGRAM

S.O.A.R. ADVENTURE



Trip Description

S.O.A.R is a four day canoe trip for boys and girls age 13-18 (SOAR) that takes place on the AuSable River in Huron National Forest of northern Michigan. The mission of SOAR is to challenge campers physically, mentally, emotionally, and especially spiritually. The trip will also assist participants in developing leadership, interpersonal and outdoor living skills through the adventure of living in a wilderness setting. After a day of trip preparation at camp, the group travels an hour to the launch site with canoes and camping gear. Canoers will explore this wilderness setting, staying at primitive campsites along the shoreline. In this beautiful, "typically Michigan" setting, trippers can expect to see a variety of wildlife, including great blue herons, osprey and deer. This is a wilderness area with emergency assistance at least an hour away. Inclement weather cannot always be avoided. While risks (weather-related, or injuries, for example) are present, the trip leaders will help campers to face risks safely. Trip limit: 12 campers.

Trip Preparation

Prior to actually canoeing, the trip leaders will be spending at least 8 hours with the camper's. They will teach canoeing and camp-craft skills, review maps of the itinerary, and teach campers how to keep themselves, their equipment and the environment clean and safe. They will discuss servant-leadership and how campers will make decisions and lead their peers on the trip. Campers receive instruction in emergency procedures and safe boating practices.

Trip Leaders

The HFCC trip leaders are qualified and will lead safe trips that are fun, exciting, and a learning experience for every participant. They are trained in itinerary planning, canoeing and camp-craft skills, map and compass reading, emergency procedures, group dynamics, environmental awareness, and camper leadership. They are also certified American Red Cross Lifeguards with First Aid and CPR for the Professional Rescuer. CedarRidge trip leaders are also trained in wilderness first aid and emergency management. The trip ratio is one staff member for every five campers.

What CedarRidge Expects of Trip Participants

Campers who register for the S.O.A.R. Adventure must demonstrate willingness to cooperate fully with the trip leaders, to follow safety regulations, and to take on leadership roles. Previous experience is not required, but campers must be willing to learn and enjoy camping. Trip leaders reserve the right to disqualify a camper if he or she is unable to meet the trip's demands. Campers must be willing to sleep, eat, and use the toilet outdoors. Campers must possess the physical strength to paddle a canoe for several hours per day, to portage canoes and gear, and to help set up the campsite, cook meals, and clean up.

What to Bring (belongings should fit in a 30-40L dry bag, sleeping bags may be in a separate dry bag, remember you will be responsible for carrying your own personal gear)

1. Bible and pen
2. sleeping bag with stuff sack (synthetic material—not a cotton sleeping bag)
3. waterproof bag for gear (such as a dry bag or sealable bag; should have carrying straps for portaging)
4. garbage bags for wet clothes and gallon size zip-lock bags
5. old sneakers **and** water sport sandals (like Tevas)
6. hat with brim and a bandanna; sunscreen and chap-stick; non-aerosol insect repellent
7. rain gear (heavy-duty poncho or jacket and pants)
8. reliable flashlight or headlamp and extra batteries; waterproof whistle
9. warm socks
10. wool sweater or fleece jacket
11. quick-drying, non-cotton pants (nylon, fleece or chinos; **not** jeans or sweats)
12. synthetic, non-cotton long underwear
13. thermarest or comparable sleeping pad
14. one piece swimsuit for girls
15. personal toiletry items (toothbrush, toothpaste, washcloth, biodegradable soap, and deodorant)
16. a complete mess kit (silverware, cup, and plates) and water bottle
17. optional: camera, sunglasses, jack knife

Please contact camp if you have questions about trip gear: 248-615-9844, after June 1, 2015 989-739-3571 or info@campcedarridge.org

Huron Forest Camp CedarRidge S.O.A.R. Release Form

Please read and understand this document before signing. If you have any questions please ask us or an attorney.

Huron Forest Camp CedarRidge has done everything possible to assure that our campers experience a fun, safe, challenging canoe trip. We do wish to inform campers and parents that a river trip and camping is not risk free. The same elements that contribute to the unique character and fun of an extended river trip could cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be informed of some of the possible risks.

ACKNOWLEDGMENT OF RISK

I realize that changing water flow or currents, submerged and semi-submerged objects, varying wind and weather conditions, the presence of other watercraft, travel speed, the stability characteristics of a watercraft, and certain foreseen and unforeseen events of hazards can contribute to the unpredictability of the activity; that certain risks associated with this activity including but not limited to collision, upset, overturn and sinking can result in getting wet, injured, exposed to the elements, drowned, and personal property damaged or lost; that for swimmers and non-swimmers, wearing a U.S. Coast Guard approved **Personal Flotation Device (PFD)** is a basic safety precaution (I understand that my child will be required to wear a PFD at all times); that a camper may suffer accidents or illness in remote places where there are no immediately available medical facilities; and that I should ask about potential hazards and recommended precautions and procedures. I also realize that participation in the activity can result in personal injury, accidents or illness, including but not limited to insect bites, reptile bites, exposure to marine life forms including bacteria, heat related injuries and illness (heat exhaustion, heat stroke, dehydration), sprains, broken bones, hypothermia, slipping when getting in and out of watercraft, paralysis, dismemberment, or death. I understand that Huron Forest Camp CedarRidge's trip leaders are certified to give CPR and first aid, and that whenever campers are on the river at least one certified lifeguard will be present at all times. I certify that my child is fully capable of participating in the experience. I state that I have read the above statement on some of the possible risks in this activity. Therefore, I assume full responsibility for my child, for bodily injury, death and loss of personal property and any expenses as a result of the negligence of Huron Forest Camp CedarRidge, its directors, employees, agents, and board. I also understand that Huron Forest Camp CedarRidge reserves the right to refuse any person it judges to be incapable of meeting the requirements of participating in the experience. I assert that my child is in good physical condition and able to undertake this activity.

CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I agree to indemnify and hold harmless Huron Forest Camp CedarRidge, its agents, employees, directors, board from any claims, damages, losses, injuries and expenses arising out of or resulting from participation in these activities. I further agree to release, acquit and covenant not to sue Huron Forest Camp CedarRidge, its agents, employees, directors, boards, and volunteers for all actions, causes of action claims or damages, damages in law or remedies in equity of whatever kind, including the negligence of Huron Forest Camp CedarRidge, its directors, employees, agents, board, volunteers, or my family, myself, or my heirs, against Huron Forest Camp CedarRidge its directors, employees, agents, boards, volunteers, or their heirs arising out of participation in this program. In short, I cannot sue Huron Forest Camp CedarRidge, and if I do, I cannot collect any money or other securities and properties.

The terms of this agreement shall continue and be in effect after the experience has ended. I authorize and release to Huron Forest Camp CedarRidge the use of my image in any photograph, video recording, or any printed or electronic medium, including, but not limited to CDs, computer disks and/or Internet.

I have adequate health, disability, and life insurance for my child.

A copy of this release can be used as the original.

I have read, understand, and acknowledge the risks and liability associated with S.O.A.R.

S.O.A.R. Camper Name _____

Parent's Name (Printed) _____

Signature _____ Date _____

Parent/Guardian must sign for a child under the age of eighteen (18).



TRIP PROGRAM BEHAVIOR POLICY IN A MIXED SETTING

We are glad you are participating in one of the trip programs. The mixed setting that you are in requires some discussion of sensitive issues. Your motives or practices are not under question. Neither is this reactionary. It is a response to our highly sexualized and highly litigious culture. To say it plainly, we want to avoid any appearance (and certainly occurrence) of any behavior on your part that your trip team members of the opposite sex might think seductive, suggestive, or sexual in nature.

- You are never to go off alone with any trip team member of the opposite sex to any enclosed room or building i.e. the Rec. hall, Craft cabin. Also when on the trip the only exception is if they are your sibling(s).
- You are never to have an opposite sex staff member, T.E. or camper alone in your living quarters. Your personal reputation should be guarded at all times.
- Do not give the impression that any opposite sex camper or trip member is a "special friend."
- Be especially conservative/modest in your dress and choice of swimwear.
- Recognize that campers can/will be flirtatious. It may be wise to ask for support from the counselor of a particularly flirtatious camper.
- We recommend shoulder-shoulder hugs. Be **especially** safe about touching.
- If you are ever in doubt about the appropriateness of a situation, talk to your trip leader or the camp director.

In closing, we want to highlight the attendant BENEFITS that come from having you in a co-ed camp. Having a brotherly or sisterly attitude toward each other will reduce relationship tensions.

I have read and understand the Behavioral policies and agree to adhere to these standards during the time of my trip at Huron Forest Camp CedarRidge.

Signed _____

Date _____