



YMCA Camp Collins Teen Rock Climbing Expedition Parent/Guardian Supplemental Information Packet

Thank you for choosing YMCA Camp Collins! Our goal is to provide every teen with a fantastic camp experience. We strive to provide opportunities for personal growth and new friendships while always working hard to maintain a physically and emotionally safe environment. Through our unique programming we trust that your teen will grow in spirit, mind and body.

We have been busy planning a fun and challenging expedition and are looking forward to climbing some sweet routes at Smith Rock. This is going to be a terrific adventure! In addition to the [Parent/Guardian Camp Handbook](#), please read this supplemental information thoroughly.

Along with the three required forms for check-in (available to download at <http://ymcacw.org/downloads>) there are two Teen Rock Climbing Expedition specific forms included in this packet. You and your teen will need to review, complete and bring these forms with you to camp on check-in day. These forms are:

- **Rock Climbing Safety Agreement**
- **Smith Rock Climbing Guides Waiver**

Please include dietary needs or restrictions with your registration (such as vegetarian, gluten/lactose free), and if there are any specific instructions or there is extra information you need us to know regarding your child's diet, please let us know at least a week ahead of your scheduled session to allow us enough time to plan an appropriate menu for our groups needs when we are off camp on our expedition.

Please call or email the [Camp Office](#) if you have any questions or concerns about your teen's session at camp. Contact us at YMCA Camp Collins Monday through Friday 9am – 5pm at 503.663.5813.

Thank you for your attention to these important details. We look forward to seeing you and your Teen Expedition camper this summer!

Sincerely,

Mel Thimm, Teen Programs Director
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E mthimm@ymcacw.org



YMCA CAMP COLLINS

TEEN ROCK CLIMBING EXPEDITION CAMP

Teen Expeditioners and Parents,

We are excited that you will be joining us for Teen Expedition this summer! In addition to the standard packing list featured in the Parent/Guardian Camp Handbook on page 3, there are some specific items that you will need for our two day, two night trip to central Oregon. Please keep in mind that the overnight rock climbing trip includes sleeping outside for two nights. If you have any questions or need any clarification about this packing list, please don't hesitate to contact us.

Rock Climbing Pack List

- ◆ Sleeping bag (w/stuff sack)
- ◆ Sleeping pad
- ◆ A large brimmed hat if you get burned easily
- ◆ A pair of sun glasses
- ◆ Sunscreen (with a SPF of 30 or higher)
- ◆ Lip Balm/Chap stick
- ◆ 1-2 pair of walking/climbing shorts
- ◆ 1-2 t-shirts (meant to get dirty and to keep cool while climbing in)
- ◆ 1 pair of long pants
- ◆ Warm top layer such as a sweatshirt or jacket (for cool nights)
- ◆ Small flashlight w/spare bulb and batteries (headlamps work great)
- ◆ Shoes that provide proper foot support for day hikes

Optional items:

- * Disposable or Digital Camera
- * Playing cards, journal, book, Frisbee, sports ball, instrument
(one you don't mind taking camping with you)

Program and Itinerary

Teen Rock Climbing Expedition is a one-week camp designed to give campers a chance to build an emotionally safe and supportive expedition team, and then take their team rock climbing at Smith Rock for a 2 day, 2 night excursion.

Campers will leave Camp Collins on Tuesday and head for Smith Rock. On the way, they will take a day hike to check out some of our easily accessible trails and waterfalls in the gorge. Tuesday night they will camp in a campground near Smith Rock, where they will begin practicing Leave No Trace Principles and Outdoor Cooking skills (they will remain at this camp spot both nights). Wednesday morning the group will meet with Smith Rock Climbing Guides, get an orientation into what the next two days will look like and then the rock climbing adventure begins. Campers and counselors climb for full days on Wednesday and Thursday. The group returns to YMCA Camp Collins on Thursday night.

Note: This expedition is an introductory expedition (OK for beginners), but does require a level of fitness that allows for day hikes on rugged terrain to reach climbing routes, helping to carry climbing gear such as ropes, harnesses, etc. as well as food, water and layers for a full day outside. Participants should be comfortable or willing to climb outside on natural rock walls as well as camping outside in tents with limited access to electricity.





Teen Rock Climbing Expedition Safety Agreement

We will be exploring beautiful areas throughout the Pacific Northwest, from the Gorge to Central Oregon. Because of the necessity to stay together and maintain an envelope of safety during our trip, listed below are the rules governing general health and safety issues for this trip. Please read them carefully and have both teen participant and a parent/guardian sign this form indicating that they agree to abide by these guidelines.

Health:

1. Give all medications to the Health Officer at check-in in the original container that is well labeled and complete with written instructions for use. The Teen Expedition Counselors will be educated by the Health Officer on all medications and all medications will be dispensed by Teen Expedition Counselors while on the trip. While rock climbing, medications will be stored in a bag in the Counselor's possession throughout the duration of the trip.
2. Teen Expedition Counselors will have a First Aid kits with them at all times.

Safety:

1. All rock climbers are required to wear properly fitted harnesses and helmets whenever climbing.
2. Campers will stay within eye sight of counselors at all times (unless using a restroom) in order for counselors to account for all campers and their well-being.
3. Our days are filled with day hikes and climbing routes. Do not place yourself or another camper or staff in unnecessary danger at any time. The moment you compromise your safety, you compromise the safety of the entire group. We are a team and will be counting on everyone to do their part.
4. Because of the nature of these activities, following instructions is critical for everyone's safety. Cooperative and respectful behavior is expected at all times and any violation will be grounds for early release from the trip without refund.
5. Respect yourself, others and nature. This will be a strenuous trip both physically and emotionally and we will work better as a team if we respect our surroundings.
6. Sex, Alcohol, Drugs, and Cigarettes are forbidden! Any violation of this rule will result in immediate suspension from the trip, and violators will be sent home early. It will be the parent's or guardian's responsibility to pick their child up from the designated location at their own expense.
7. Our trip also includes travel time in a camp van. It is your responsibility to act as safe passengers to include, but not limited to, stay seated and keep hands, heads, feet, etc. in the vehicle at all times and follow all directions from Expedition Counselors and driver for the duration of the travel time.
8. We are here to learn, be safe, and **HAVE FUN!**



Teen Rock Climbing Expedition Safety Agreement Continued

Responsibility:

1. On this trip, as a part of a team, participants will be expected to carry/transport both personal and group gear.
2. All rules of trail, backcountry camping and water etiquette apply to everyone. Leave No Trace!
3. Be supportive, positive, and caring when others may need your help.
4. Teen participants will also be expected to contribute to setting up and breaking down camp each day. This includes, but is not limited to, setting up and taking down tents, retrieving water from the closest source for the group, cooking and cleaning up after meals.

I have read, understand, and completely agree to abide with all of the above health and safety rules. As a participant of this YMCA Camp Collins Teen Expedition Camp, I agree to follow the instructions of my Teen Expedition Counselors and Rock Climbing Guides at all times.

Teen Participant Signature _____
Date _____

I have read, understand, and completely agree to the above health and safety rules. As a parent/guardian of the above-signed participant, I agree to arrange the immediate pick-up of my child if the need arises.

Parent/Guardian Signature _____
Date _____

PARTICIPANT'S NAME: _____

RELEASE OF LIABILITY, WAIVER OF CLAIMS, INDEMNIFICATION, AND ARBITRATION AGREEMENT

Notice – By signing this document you may be waiving certain legal rights, including the right to sue.

Release and Waiver of Claims, Indemnification Agreement

In consideration of being allowed to use the facilities and participate in programs and events (“Programs”) with Smith Rock Climbing Guides, Inc. (the “host”), the Participant, the Participant’s parent(s), or legal guardian(s) if the Participant is a minor, do hereby agree, to the fullest extent permitted by law, as follows:

- 1) **TO WAIVE ALL CLAIMS** that they have or may have against the Host arising out of the Participant’s participation in the Programs or the use of any equipment provided by the Host (“Equipment”). The Participants and his/her Parents or legal guardian(s) specifically understand that they are releasing any and all claims that arise or may arise from any negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and officers, to the fullest extent permitted by law. However, nothing in this Agreement shall be construed as a release for conduct that is found to constitute gross negligence or intentional conduct;
- 2) **TO ASSUME ALL RISKS** of participating in the Programs and using the Equipment, even those caused by the negligent acts or conduct of the Host, its owners, affiliates, operators, employees, agents, and officers. The Participant and his/her Parents or legal guardian(s) understand that there are inherent risks of participating in the Programs and using the Equipment, which may be both foreseen and unforeseen and include serious physical injury and death;
- 3) **TO RELEASE** the Host, its owners, affiliates, operators, employees, agents, and officers from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of his/her participation in the Programs and use of the Equipment, including while receiving instruction and/or training; and
- 4) **TO INDEMNIFY** the Host, its owners, affiliates, operators, employees, agents, and/or officers, from all liability for any loss, damage, injury, death, or expense that the Participant (or his/her next of kin) may suffer, arising out of participation in Programs and use of the Equipment.

Arbitration

The Participant, and the Participant’s parent(s) or legal guardian(s), if Participant is a minor, hereby agrees to submit any dispute arising from participation in the Programs to binding arbitration. Submission shall be unlimited. For such disputes, there shall be a three-member arbitration panel, consisting of two party-appointed arbitrators (one arbitrator to be appointed by each party) and one neutral arbitrator (collectively, the “Panel”), to be chosen by the party-appointed arbitrators. The neutral arbitrator shall be an officer or director of any entity that operates a rock climbing guide service in the United States. In the event that the two party-appointed arbitrators are not able to agree on a third, neutral arbitrator, the neutral arbitrator shall be appointed by the United States District Court, for the District of Oregon, utilizing the selection criteria for the neutral as set forth above. Each party shall pay its own costs associated with the neutral arbitrator. The arbitration proceeding shall proceed in the county and state in which the Programs occurred and shall be governed by the Federal Rules of Evidence. The panel shall establish a reasonable and appropriate schedule to expeditiously resolve this matter. As a threshold matter, the Panel shall confirm whether the Waiver and Release contained in this Agreement are enforceable under applicable law.

Photography/Videography Release

Participant hereby grants to the Host, its representatives, and employees the right to take photographs and video of the Participant in connection with Participant's participation in the Programs. Participant hereby authorizes the Host to copyright, use, and publish the same in print and/or electronically. Participant hereby agrees that the Host may use such photographs and video of Participant for any lawful purpose, including but not limited to publicity, illustration, advertising, and Web content.

Personal Responsibility

The Participant certifies that he/she has no physical or mental condition that precludes him/her from participating in the Programs and that he/she is not participating against medical advice.

If helmets are recommended for use while participating in the Programs, and Participant chooses not to wear a helmet, he/she does so at his/her own risk and accepts full responsibility for any injury that results.

The Participant understands that his/her participation in the Programs is voluntary and further understands that he/she has the opportunity to inspect the Host's equipment and location before any participation.

The Participant understands that he/she is obligated to follow the rules of the Programs and that he/she can minimize his/her risk of injury by doing so and through the exercise of *common sense* and by being aware of his/her surroundings.

If, while participating in the Programs, the Participant observes any unusual hazard, which he/she believes jeopardizes his/her personal safety or that of others, he/she will remove himself/herself from participation in the Programs and immediately bring said hazard to the attention of the Host.

I, _____ (parent/legal guardian), hereby agree that I will explain to my child that the risk of injury while participating in the Programs can be reduced by following the rules and through the use of *common sense and good judgment*.

To the extent that any portion of this Agreement is deemed to be invalid under the law of the applicable jurisdiction, the remaining portions of the Agreement shall remain binding and available for use by the Host and its counsel in any proceeding.

I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I MAY BE WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE.

Parents or Guardians must also sign if the Participant is UNDER 18.

Participant's Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____