

Dear Grade 7 Parents/Guardians and Students,

Crestwood Preparatory College is pleased to announce a 3 day, 2 night trip with ALIVE outdoors to Camp Timberlane. The camp is located approximately 20 minutes from the town of Haliburton, approximately 3 hours from Toronto. This is an exciting opportunity for students to get to know each other in a dynamic and invigorating environmental setting that has inspired artists and adventurers alike. The students will have opportunities to challenge themselves and their new classmates with activities such as canoeing, hiking and high ropes courses.

We will be boarding the bus from the school on **October 2nd at 6:45 a.m.** and will return to the school on **October 4th at approximately 4:00 p.m.**

We ask that parents/guardians provide a cheque to homeroom teachers, for \$575.00 payable to “Crestwood Preparatory College.” If you prefer to make an online payment please visit the Crestwood Store at <http://store.crestwood.on.ca/>

Please read through the packing list in detail and return all forms with your payment to homeroom teachers no later than **September 6th, 2019.**

We are looking forward to an educational, recreational, and most of all, enjoyable trip. This trip will be supervised by Mrs. Newton, Mrs. Doherty, Mr. M. Pagano, Mr. Woldue and Mr. Lam. If you have any questions or concerns prior to the trip, contact information is below:

lisa.newton@crestwood.on.ca

Yours truly,

Lisa Newton
Crestwood Trip Leader



August 20, 2019

Dear Crestwood Preparatory College Grade 7 Parent/Guardian(s),

ALIVE Outdoors Inc. is a Toronto based experiential education company founded in 2000. Over the past 19 years, ALIVE Outdoors has provided intentional outdoor experiential education programs for over 40,000 students from Ontario and international independent schools. Our customized programs provide a supportive environment where students are encouraged to step out of their comfort zone. All programs create opportunities for your child to deepen their confidence and understanding of their potential.

We are grateful to be working with Crestwood Preparatory College to create and deliver an exciting and meaningful outdoor learning experience for the Grade 7 students. This program will take place **Wednesday October 2 – Friday October 4, 2019** at the beautiful site of Camp Timberlane. This camp is located approximately 20 minutes from the town of Halliburton, approximately 3 hours from Toronto.

This program has been designed around the theme of *Community Building*. Through experiential workshops and outdoor activities, students will deepen their understanding of the foundations of effective communities, practice valuable team work and communication skills and develop an appreciation of their peer's unique personal strengths.

At ALIVE Outdoors, we work diligently to inform parents and students of the activities and associated risks present in school based outdoor education programs. During this specific program, your child may have the opportunity to rotate through the following activities: canoeing, voyageur canoeing, kayaking, stand up paddle boarding, high/low ropes challenge courses, climbing wall, swimming in the lake and using water elements (jumping tower, water inflatables, etc.), teambuilding activities, large group games, hiking along wilderness trails, archery/archery tag, traditional sports, frisbee golf, arts and crafts, and outdoor living skills such as fire building. In addition to the outdoor activities there will be full-group workshops, games and campfires. ***It is important to note that the scheduled activities may vary if the weather does not allow us to proceed as planned.***

At Timberlane, your child will be staying in a cabin that sleeps 10-15 students. The cabins have electricity and a bathroom. Showers are in a separate building near to the student cabins. Teachers will be staying in separate accommodations.

ALIVE (Adventure, Leadership, Individuality, Values, Empowerment) Outdoors Inc., is an organization that specializes in outdoor experiential education. To facilitate this program professional ALIVE Outdoors instructors will unite with a select group of Camp Timberlane instructors. The instructor team is committed to helping make your child's experience educational, fun, and meaningful through maintaining a supportive and enriching learning environment.

Please have your child bring a **NUT FREE bagged lunch on Wednesday, October 2, 2019. Other than this lunch, please DO NOT bring** extra food of any kind for any other day of the program as it will invite insects and critters into cabins/tents and **may cause life-threatening harm to those with food allergies.**

Informed consent should be given only when participants and their parent/guardian(s) feel educated and informed regarding the risks associated with programs. It further implies that all participants and/or parent/guardian(s) have taken advantage of the resources presented by ALIVE Outdoors that communicate activity programming, organizational philosophy, and risks associated with activities offered during programs.

Enclosed in this package you will find the following important documents:

- (1) **Trip Packing List** - please follow this list carefully. Students will be outside for the duration of the program in varied weather conditions;
- (2) **ALIVE Outdoors Acknowledgement of Risk, Waiver, and Indemnity Agreement;**
- (3) **Medical Form;** and
- (4) **Frequently Asked Questions and Answers.**

Please read the attached paperwork carefully with your child and fill it out in detail. It is important to empower your child to take personal responsibility for their own wellbeing by following instructions of teachers and instructors, and exercising good judgment during their time with ALIVE Outdoors.

In addition to the above listed forms, ALIVE Outdoors intentionally communicates programming and risk awareness through:

- access to the ALIVE Outdoors Program Information Guide on our website (which includes descriptions of activities, photos of students participating in activities, and pertinent risk management considerations for activities;
- information about the organization through the website (www.aliveoutdoors.com);
- direct contact with a member of the Director team (parents, school administrators, teachers, and students can call or email an ALIVE Outdoors Director to clarify any questions prior to participation).

The act of reading all paperwork and resources provided creates the opportunity for parent(s) and participant to discuss the importance of managing personal risk through making informed, unimpaired personal choices that optimize individual health and well-being at all times. Your signature on the accompanying ALIVE Outdoors Acknowledgment of Risk, Waiver, and Indemnity Agreement confirms that you have read all documents and fully understand the types of activities that your child will be participating in, and the associated risks that participating in those activities may entail.

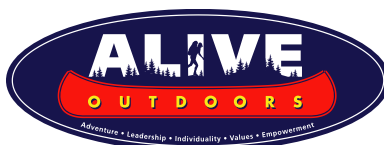
The signed forms must be returned to Crestwood Preparatory College by: September 6th, 2019

Please do not hesitate to contact our office if you have any questions or concerns through email: info@aliveoutdoors.com or by phone: **416.429.8082**.

Thank you for supporting Outdoor Experiential Education Programs,



Samantha Dear
Director, ALIVE Outdoors



www.aliveoutdoors.com

"You do not need a title to be a leader" Anon

SPRING/FALL Packing List



<p>DURING THE DAY</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 warm sweaters/sweatshirts (fleece or wool recommended—not cotton) <input type="checkbox"/> Rain jacket and rain pants <input type="checkbox"/> 2 pairs of pants (we recommend that one pair is not cotton) <input type="checkbox"/> 2 pairs of shorts (weather permitting) <input type="checkbox"/> Bathing suit & towel <input type="checkbox"/> 2-3 t-shirts <input type="checkbox"/> Long underwear (top and bottom) for activities on cold/wet days. (<i>Under Armour, polypro or wool</i>) <input type="checkbox"/> Socks (wool or synthetic) and underwear for each day <input type="checkbox"/> 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts <input type="checkbox"/> Sun Screen <input type="checkbox"/> Bug Repellent/ Bug Jacket (Recommended for Spring Trips) 	<p>FOOTWEAR</p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 pairs of closed toed shoes (at minimum, 1 pair must be sturdy with laces)
<p>AT NIGHT</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 Sleeping bag rated to at least Zero Degrees Celsius or single fitted sheet and warm blankets <input type="checkbox"/> 1 Pillow <input type="checkbox"/> 1 Pair of Warm Pajamas <input type="checkbox"/> 1 Towel, Toothbrush, Shampoo, etc. <input type="checkbox"/> Headlamp or Flashlight 	<p>ADDITIONAL ITEMS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Small day backpack to carry items on the bus and during the program <input type="checkbox"/> 2 large garbage bags <input type="checkbox"/> 1 Wrist Watch or Alarm Clock for the cabin. <input type="checkbox"/> 1 Water Bottle (1 Litre screw on top is best) <p>OPTIONAL</p> <ul style="list-style-type: none"> <input type="checkbox"/> Camera (not a cell phone camera, please) <input type="checkbox"/> Musical Instrument <input type="checkbox"/> Pen/pencil and paper/journal <input type="checkbox"/> Sunglasses <input type="checkbox"/> Ear Plugs (for sleeping) <p>MEDICATION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Any Relevant Medication, EpiPen(s), Inhaler, etc. <input type="checkbox"/> Please ensure that all necessary medications are outlined in detail on the medical form. Please bring all medication in a zip lock bag labelled with your name. <i>Teachers must be aware of all medication that the students are bringing.</i> <input type="checkbox"/> Students at risk of anaphylactic reactions must bring a minimum of 2 EpiPens to the program.

What is the Layering System and Why is it important?

Wearing multiple layers of clothing allows you to add or omit clothing to ensure that your body stays at a comfortable temperature as weather conditions or activity levels change. The layering system is a combination of a *Base*, *Mid* and *Outer* layer. The Base layer is meant to keep heat in, while the outer layer is designed to keep elements such as wind, rain and snow out.

When packing, consider one set of clothes for the day that can get wet during the day and dry overnight, and one set of clothes for the evening to keep you warm and dry.



IMPORTANT NOTES:

- Please do not bring **extra food of any kind**. Extra food invites insects and critters into cabins and **may cause life-threatening harm to those with food allergies.**
- Please do not bring electronics of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.
- Please label all your gear with your name.



The Rising Problem of Bed Bugs – How to Best Protect Yourself

Bed Bugs are a rising problem in the developed world. It is a common belief that bed bugs are found where people sleep, however to date bed bugs have a much broader social impact. The source of bed bugs is unknown due to the multitude of places in which they can exist. For example; shops, hotels, hospitals, movie theatres and public transit systems such as planes and trains. You no longer need to sleep in an infested bed to experience the nuisance bed bugs can cause. Unfortunately, camps and outdoor centers are not immune to this problem.

At ALIVE Outdoors we care deeply about the quality of our programs. We are providing you with this information to educate you - not alarm you.

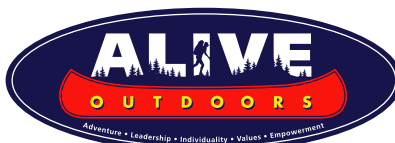
To best protect your family upon your child's return, please follow the precautionary steps below:

1. We have placed two large garbage bags on the packing list with the intention of having all clothes and bedding/sleeping bag come home to you in sealed garbage bags inside your child's duffel bag. Upon your child's arrival home, take these bags directly to your washing machine. If you do not plan to do laundry right away please keep the bags sealed.
2. Wash clothes and bedding in the hottest water possible. After the wash is complete, transfer the laundry immediately into the dryer for at least 30 minutes. Ensure your dryer is set on high heat.
3. In the case of delicate items that cannot be laundered, it is recommended that you place the items loosely in a tightly sealed bag. The bag should then be placed into the freezer for a minimum of 24 hours.
4. As bed bugs can also travel with your luggage, place your luggage in a black trash bag and leave it tied tightly for 4 days. If possible, place bagged luggage in the sun. Steam cleaning your luggage will also be sufficient. Remember to follow this precautionary step with your child's toiletry bags as well.

The following website provided by Health Canada will provide you with further information:

www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html

Please do not hesitate to contact us through email: info@aliveoutdoors.com or by phone: **416.429.8082** if you have any further questions or concerns.



www.aliveoutdoors.com