



# 2010 Base Camp Information Sheet



## Greetings!

We are psyched for a great season and are looking forward to working hard and playing hard with this summer's campers. We will continue to offer rock climbing, games, and fun!

## Parent Information

Unpaid balances are due two weeks before the start of your Camp session. **For your convenience, we will debit your Credit Card with the balance due, unless we have received instructions that a check is on the way.** Thank you for your prompt attention to this.

## Drop-off and Pick-up

The drop-off and pick-up is at Peak Experiences Indoor Rock Climbing Center, behind the Shoppes at Bellgrade in Midlothian. If you have a child participating in a Passages One Week Session and also a child participating in a Base Camp One Week Session during the same week, you may drop off both children at Peak Experiences Climbing Center. We will gladly drive your Passage's camper to Belle Isle for camp.

## Check-in and Check-out

All campers must be accompanied by a parent or legal guardian for check-in on the first day of their camp session. Please **arrive between 8:00-8:30 am everyday of your camp session.** Camper check-out begins at 12:30pm but you may pick-up as late as 1:00pm.

## Camp Hours

Base Camp hours are Monday through Friday from 8:30am to 12:30pm. For parents' convenience, counselors will be in the Climbing Center's parking lot each morning by 8:00am to greet campers, and at the end of the day we will remain at the parking area until 1:00pm.

**Full Day Option:** June 21-25 & July 5-9

8:30am-4:45pm

## What to Bring & Wear

Come to Base Camp wearing **shorts and a t-shirt** that you do not mind getting sweaty. Take care to select shoes that you don't mind getting wet and dirty. We strongly recommend wear **athletic/tennis shoes** (not flip-flops). All campers should come with a **hydration pack** or water bottle. Please keep an eye on the weather forecast—if rain or chilly weather is likely, dress accordingly and bring a light waterproof jacket. Please bring a **swim suit and towel** on Wednesday for camp because we will be traveling to Midlothian Athletic Club for swimming. All campers should bring a small book bag with a change of clothes each day. Please make sure your name is on everything!

**Base Camp supplies lunch, drinks, and snacks daily.** We also supply all equipment for all activities during Base Camp including harnesses and climbing helmets. If you have your own climbing gear, please feel free to bring it!

## Closing Ceremony & Parents' Day

On **Friday from 11:30-1:00pm**, family and friends are cordially invited to come out to Peak Experiences and watch the campers participate in our sweet program! Please arrive at Peak Experiences at 11:30am where you will be greeted by our Base Camp Staff.

**Full Day Option:** meet us at 3:30pm for Parent's Day.

## Feedback

Your comments and suggestions serve as our compass towards improving our program each year. Please complete our on-line evaluation form with your camper at the end of your camp session.

While we try to teach children all about life,  
Our children are teaching us what life is all about..  
...Angela Schwindt

I, the undersigned, desire to participate in, and (if participant is a minor, 17 years of age and younger), I, the parent/legal guardian of the participant, grant permission for the participant to participate in, the following rigorous physical activities (the "Activities") and/or use certain climbing and adventure equipment (the "Equipment") owned and/or provided by Peak Experiences, Inc. and/or Passages Adventure Camps (collectively "PEAK"):

- Indoor climbing wall, ropes and climbing gear;
- Day and overnight camps and other programs involving activities and gear for kayaking, rappelling, zip-lining, slack lining, rock climbing, bouldering, wilderness survival skills, swimming and other rigorous activities;
- High ropes course, consisting of a series of elements made of cables, ropes, planks and trapeze bar located more than 30 feet above the ground; and
- Adventure trips and challenge activities.

Each person signing below acknowledges that using the Equipment and participating in the Activities is inherently dangerous, involves strenuous physical activity and a risk of severe injury or death. Each person also understands that wearing a helmet while using the Equipment and/or participating in the Activities is highly recommended. If the participant is a minor, the parent/legal guardian certifies that he or she has discussed with the participant the inherent dangers and risks of using the Equipment and participating in the Activities.

Each person signing below certifies that the participant does not suffer from back, leg, arm, hand or other bodily injuries or medical conditions, heart ailments, dizziness, vertigo, or any other condition that may affect the participant's ability to safely participate in the Activities or use the Equipment.

To the fullest extent permitted by Virginia law, the persons signing below assume all risks involved from the participant using the Equipment and participating in the Activities and agree to indemnify, hold harmless and defend PEAK from and against any loss, damage, liability and expense, including costs and attorney's fees, incurred by PEAK as a result of the participant's use of the Equipment or participation in the Activities.

The laws of the Commonwealth of Virginia shall govern the rights and obligations of the parties hereto and the interpretation, construction and enforceability of this document. The persons signing below agree that any lawsuit brought against PEAK shall be brought solely in the Circuit Court for Chesterfield County, Virginia, and I/we hereby voluntarily waive any right I/we may have to a trial by jury in any action, proceeding or litigation involving PEAK. I/we further agree that if any portion of this Acknowledgment of Risks is construed to be invalid or unenforceable, the remainder of this document shall not be affected and shall be given full force and effect without regard to the invalid and/or unenforceable portion.

A signed, faxed copy of this document shall be deemed an original. PEAK'S fax #. is 804-897-5476. I/we grant PEAK the right to use for promotional purposes the participant's photo, video or audio taken in any PEAK activity.

**PARTICIPANT'S NAME:**

LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_

E-mail address: \_\_\_\_\_ Date of birth: \_\_\_\_ - \_\_\_\_ - \_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work phone: \_\_\_\_\_ Cell phone: \_\_\_\_\_

Gender: M or F

Emergency contact name: \_\_\_\_\_ Phone number: \_\_\_\_\_

**Signature of participant (if age 7 or older):** \_\_\_\_\_ Date : \_\_\_\_\_

Signature of parent/legal guardian (if participant is a minor): \_\_\_\_\_ Date : \_\_\_\_\_

# Camper Information Form

To be filled-out by a Parent

Name (Last, First): \_\_\_\_\_ Camp Session \_\_\_\_\_

Preferred Email address: \_\_\_\_\_

In case of emergency contact: (1) \_\_\_\_\_ Phone: \_\_\_\_\_

(2) \_\_\_\_\_ Phone: \_\_\_\_\_

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## Medical History

What do you want us to know about your Camper? \_\_\_\_\_

Any food allergies? Please explain: \_\_\_\_\_

How about insect bites, plants? Please explain: \_\_\_\_\_

Or, drug allergies? Please explain: \_\_\_\_\_

Is your Camper currently taking any medications? NO YES

Name of Medication/Purpose \_\_\_\_\_

Primary Care Physician \_\_\_\_\_

Insurance Carrier and Policy Number \_\_\_\_\_

Health History (check all that apply with approximate dates):

- |                          |                             |                          |                        |
|--------------------------|-----------------------------|--------------------------|------------------------|
| <input type="checkbox"/> | Asthma/Respiratory Problems | <input type="checkbox"/> | Heart Problems         |
| <input type="checkbox"/> | Muscle-Skeletal Problems    | <input type="checkbox"/> | Diabetes               |
| <input type="checkbox"/> | Seizures                    | <input type="checkbox"/> | Hypertension           |
| <input type="checkbox"/> | Knee/shoulder problems      | <input type="checkbox"/> | Back injuries/problems |
| <input type="checkbox"/> | Penicillin                  | <input type="checkbox"/> | Tetanus vaccine        |
|                          |                             | <input type="checkbox"/> | Other Medical Problems |

## Emergency Authorization

I hereby grant permission to Peak Experiences Staff or other Emergency Medical Personnel to render emergency or first aid treatment for any and all illnesses and injuries to the above named participant.

Parent or Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

**Can you spare a recent photo? We use them to get to know our Campers!**



# 2010 Factages for Base Camp

**Pledge** - We consider it an honor and a privilege to work with your child. We understand that we undertake an enormous responsibility and take that responsibility **very** seriously.

**Check-In** – **Directions to Peak Experiences Climbing Center are located in this Confirmation Packet.** You'll be able to see our check-in table at the far end of the parking lot under the awning. We will give you an index card so that you can record the names of all the people authorized to pick-up your child from camp in case of an emergency or car pool. **Please consult our check-in/check-out signs** every morning and afternoon for messages and camp related info.

**Checkout** – Your camper will be exhausted, exhilarated and ready **at 12:30pm for you to pick 'em up.** You may pick-up as late as 1:00pm. Just pull your car up to a staff member and let our staff person know who you are picking-up. We'll direct your camper to your car. We recommend you put a towel on your car seat before you allow the little critter to sit down.

**Full Day Option:** June 21-25 & July 5-9: you may pick up your Camper between 4:45 and 5:15pm.

**Just in Case** - If your child cannot attend camp on a given morning, **please leave a message in the voice-mail box at 804-897-8283 x310.** We ask that you try to avoid situations where your child comes to camp late or has to leave early – so that all of our staff remain with their entire group. In case of an emergency and you need to contact the Camp Director while camp is in session, please call Peak Experiences at **804-897-6800 and ask for Julie Appleby.** They will relay the message to our Camp Director.

**Field Trips** – During Base Camp, the kids will be able to go on field trips to other facilities near Peak Experiences. On Thursday, we are tentatively planning on swimming at the Midlothian Athletic Club's water park. On Wednesday, we will be going to Robious Elementary School's playground for some fun.

**Parents' Day** - On Friday we invite you to witness the tremendous achievements your child will surely accrue throughout the course of the week. **Meet our staff at Peak Experiences parking lot at 11:30am sharp.** You'll spend an hour watching your camper participate in our sweet program. At 12:30 pm we will have a closing ceremony for the campers. Please join us!!!

**Full Day Option:** June 21-25 & July 5-9: Meet us at 3:30pm for the closing ceremony.

**Want More?** - Please call Julie Appleby at **804-897-8283 x310** for up to the minute info.

# Directions to: The American Civil War Center

Adjacent to Belle Isle parking lot

## From West End or Southside via Downtown Expressway

- Downtown expressway to Toll Plaza (\$.70).
- Take Byrd Street/2<sup>nd</sup> Street exit.
- Follow Byrd to 5<sup>th</sup> Street, Right on 5<sup>th</sup> Street.
- Go to end of 5<sup>th</sup> Street, right on Tredegar Street.
- Take a right into the 2<sup>nd</sup> Civil War Center parking entrance.
- If you enter Dominion property, you have gone too far.

## From Airport/64 West (East End)

- Airport Drive to 64 West.
- 64 West to 5<sup>th</sup> Street Exit.
- Follow 5<sup>th</sup> Street and cross Byrd Street (Stop sign).
- Go to end of 5<sup>th</sup> Street, right on Tredegar Street.
- Take a right into the 2<sup>nd</sup> Civil War Center parking entrance.
- If you enter Dominion property, you have gone too far.

## From Manchester Bridge (South of the James)

- From Bridge, turn left on Canal Street.
- Go to 5<sup>th</sup> Street and take left on 5<sup>th</sup> Street.
- Go to end of 5<sup>th</sup> Street, right on Tredegar Street.
- Take a right into the 2<sup>nd</sup> Civil War Center parking entrance.
- If you enter Dominion property, you have gone too far.

## 95 South (from the North)

- Follow 95 south to the 3<sup>rd</sup> Street exit.
- Follow 3<sup>rd</sup> Street to Byrd Street.
- Left on Byrd, right on 5<sup>th</sup> Street.
- Go to end of 5<sup>th</sup> Street, right on Tredegar Street.
- Take a right into the 2<sup>nd</sup> Civil War Center parking entrance.
- If you enter Dominion property, you have gone too far.

## 95 North (from the South)

- 95 North to Downtown Expressway Exit.
- Downtown Expressway to Canal Street Exit (\$.20).
- Canal Street to 5<sup>th</sup> Street, left on 5<sup>th</sup> Street.
- Go to end of 5<sup>th</sup> Street, right on Tredegar Street.
- Take a right into the 2<sup>nd</sup> Civil War Center parking entrance.
- If you enter Dominion property, you have gone too far.

# Directions to: Peak Experiences Indoor Rock Climbing Center

Behind the Shoppes at Bellgrade

*All BASE CAMPS at this location*

Drop-off: 8:00-8:30am ~ Pick-up: 12:30-1:00pm

Full Day Option: Pick-up 4:45-5:15pm

## From the West End

- Take Parham Road to Chippenham Parkway South.
- Exit at Huguenot Road and bear right.
- Follow Huguenot Road for 3.5 miles to the Shoppes at Bellgrade on the right.
- Turn right onto Polo Parkway.
- Turn left onto Polo Circle.
- We are the tall, tan building with the green roof.

## From the Far West End

- Take 64 East to #288 South
- #288 South to Robious Rd East
- Take Robious Rd East to Huguenot Rd
- Turn Left onto Huguenot Rd
- Turn left into the Shoppes at Bellgrade
- Turn left onto Polo Circle
- We are the tall, tan building with the green roof.

## From the North Side

- Take Powwhite Parkway South.
- Take the Forest Hill Avenue exit.
- Bear right after Toll Plaza (\$.50).
- Go 2 miles to Huguenot Road.
- Take left on Huguenot Road and go 2.6 miles.
- Turn right onto Polo Parkway.
- Turn left onto Polo Circle.
- We are the tall, tan building with the green roof.

## From the Midlothian Area

- From Midlothian Turnpike at Chesterfield Towne Center take Huguenot Road North for 1.5 miles.
- Take left at Shoppes at Bellgrade onto Polo Parkway.
- Turn left onto Polo Circle.
- We are the tall, tan building with the green roof.

## From the South

- Take 95 North to Chippenham Parkway.
- Take Forest Hill Avenue West exit.
- Go 2 miles to Huguenot Road.
- Take left on Huguenot Road and go 2.6 miles.
- Turn right onto Polo Parkway.
- Turn left onto Polo Circle.
- We are the tall, tan building with the green roof.

## From Mechanicsville Area

- Take 64 West to Powwhite Parkway South.
- Take the Forest Hill Avenue exit.
- Bear right after Toll Plaza (\$.50).
- Go 2 miles to Huguenot Road.
- Take left on Huguenot Road and go 2.6 miles.
- Turn right onto Polo Parkway.
- Turn left onto Polo Circle.
- We are the tall, tan building with the green roof.