



Keystone Science School

H2O Outdoors

Spring 2012 – April 21 - 23
Student Forms and Parent
Information Packet



Keystone Science School

Mailing: 1628 Saints John Rd. Keystone, CO 80435

Physical: 1053 Soda Ridge Road, Keystone, CO 80435

Phone: (970) 468-2098, 1-800-215-5585, Fax (970) 468-7769

WEB SITE: <http://www.keystone.org> EMAIL: susanj@keystone.org

Office hours: Monday - Friday, 9:00 a.m.-5:00 p.m. M.T.

INFORMATION FOR PARENTS

What is Keystone Science School?

Keystone Science School, a division of The Keystone Center, is a non-profit education organization located at an elevation of 9,200 feet in Summit County, Colorado. Our mission is to broaden perspectives to build better communities for today and tomorrow. We accomplish this through meaningful and collaborative learning experiences in the natural environment that incorporate scientific inquiry, leadership development, civic engagement and academic rigor. We teach scientific principles to young people and teachers, using intensive hands-on natural science experiences.



Making extensive use of the multiple ecosystems around us, we nurture scientific inquiry and cultivate sensitivity for the natural environment. Our vision is to create skilled decision-makers by fostering critical thinking, and to be an education model for students and educators. Our curriculum is designed to address national and Colorado State science content standards, and our programs are intended to complement and enhance the traditional classroom experience. KSS is situated within easy access of many unique, natural areas including the montane, sub-alpine, and alpine life zones. Our campus is headquartered in the Old Keystone Village, formerly a railhead and sawmill in the silver mining boom days of the late 1800's. Students stay in modern, log-style dormitories. Rives Hall, situated between the two dormitories, serves a dual purpose as a dining hall and meeting space for activities and indoor classes.

Staff

The staff of the Keystone Science School is thoroughly trained in the curriculum and risk management practices. They have years of experience in the field of education. All have minimum training in Wilderness First Aid.

What will we do at Keystone Science School during H2O Outdoors?

H2O Outdoors is a unique program of Keystone Science School in partnership with Colorado River District, Aurora Water, and Denver Water. Students will be exploring issues regarding Colorado water management. Students will be given a stakeholder role within the issue as they learn about water quantity and quality within the state and participate in an Expert Panel where they will have the opportunity to ask questions of real-life stakeholders. Throughout each day, students will learn in small groups of approximately one instructor to 10 students. They will experience water quality testing techniques, explore the Continental Divide, and learn more about the challenges of trans-mountain diversions. The program will culminate with a 'Town Hall Meeting' where students will represent their assigned stakeholder and collaboratively determine policy recommendations. *Please see a detailed sample schedule on the next page.*

Registration Process

To register for H2O Outdoors, you may call our office at 970-468-4098 between 9:00 – 5:00pm Monday through Friday. If it is after hours, please leave your name and phone number and we will return your call. Applications can also be found on our website: www.keystonescienceschool.org You may print the application and then either mail, fax or scan/email to susanj@keystone.org

Important Dates:

| | | |
|-----------------------------|----------------|--|
| Application Deadline: | March 16, 2012 | Application is not complete without \$25.00 administrative fee (<i>no fee for chaperones</i>). |
| Notification of Acceptance: | March 21, 2012 | Each student accepted will be notified by the indicated method of communication. |
| Completion of Paperwork: | April 6, 2012 | All forms in the H2O Outdoors Parent/Student Information packet must be completed and returned to KSS. |

If the signed paperwork is not returned by April 6, students will lose the opportunity to participate in this H2O Outdoors program.

**H2O Outdoor
Sample Schedule**

Day 1

11:00am

Program Orientation

1:30pm

Trip to Loveland Pass

4:00pm

Expert Panel

6:30pm

Dinner

7:45pm:

Evening Program

Day 2

8:00am

Breakfast

9:15am – 5:00pm

Field Day

6:00pm

Dinner

7:45pm

Evening Program-
Stakeholder Meet and
Greet

Day 3

8:00am

Breakfast

9:15am – 11:15am

Town Hall Meeting

11:15pm

Lunch

12:00pm

Students Depart

KSS Policies and Expectations Regarding Student Conduct

KSS staff and chaperones work together during the KSS program to communicate with students about behavior expectations and to address inappropriate behavior, as needed. If a student behaves in any way that is considered by KSS staff or school chaperones to be detrimental to the quality and best interest of the program or other students, KSS reserves the right to dismiss that student from the program. This type of dismissal may result from behavior such as, but not limited to, the use of drugs or alcohol, refusal to cooperate, or endangering the health and safety, emotional or physical well being of any person involved in the KSS program. When a child is dismissed from the program, parents or guardians of the child will be contacted by the Lead Chaperone from the school and asked to pick up their child and remove him/her from the KSS campus. No refund of program fees will be provided for students dismissed from the program for inappropriate conduct.

A Partnership for Student Care

Since 1975, Keystone Science School has provided the highest quality, dynamic outdoor learning experiences for students. We need information from parents in order to provide the best experience possible for your children. Please fill out the Student Medical Form completely, sign it and return it promptly. It is essential that we receive this information so that we can effectively assist students in the event of sudden illness or injury. Members of the KSS staff are not allowed to administer student medications. Teachers and chaperones of the H2O Outdoors program are required to handle and dispensing student medications. KSS will provide a locked cabinet and/or refrigeration space, as needed, for medicines that should be secured and/or kept cool. If your child has food allergies or special medical concerns, please describe these conditions thoroughly on the Student Medical Form and bring this information to the attention of your child's teacher. KSS staff will ask each school to submit a list of students' special needs so we can make appropriate preparations prior to your arrival.

Food

We believe in promoting a healthy diet. Students will be fed a hot breakfast and dinner each day, with several options available in order to accommodate dietary needs. During breakfast students will make sack lunches that they carry and eat while on the trail. If your child has any specific food allergies, please make sure to include those on the attached medical form. While students may bring their own snacks/treats, we strongly discourage this.

Risk Management Procedures

KSS field trips occur in Summit County, Colorado, which has acres of beautiful wilderness, as well as excellent access to medical facilities. All KSS School Program Instructors hold current Wilderness Medicine certification. In the event of an incident, students are initially treated by KSS Program Instructors. If professional medical attention is required, the instructors will arrange transportation for the student(s) to the nearest medical clinic. KSS administrative staff, H2O Outdoors chaperones or the attending physician will notify parents of the ill or injured student. KSS will not be responsible for payment of medical or evacuation expenses should a visit to the clinic become necessary. The adults accompanying the student's group will be expected to show proof of the student's insurance coverage. In the event that an uninsured student needs medical treatment, local Emergency Medical Service personnel will contact parents to arrange for billing.



Communication

Chaperones or parents must notify KSS staff in advance if a child is to be picked up by a parent or guardian at any time during the program. We ask that parents contact students by telephone only *in the case of an emergency*. Students will be outside most of the day and will not be available by phone. While using the cabin facilities, students cannot directly receive an incoming call. Please do not let students bring cell phones. If parents need to contact their child during business hours (9:00 a.m. - 5:00 p.m.), they may call the KSS Campus Office at (970) 468-2098. After normal business hours, an emergency contact phone number will be noted on the KSS Campus Office phone. You may also leave a message after business hours or when no one is able to take your call in the office.

How you can prepare your child for the Keystone Science School experience



Participating in an overnight program can be both exciting and intimidating. We believe that it is very important to support and encourage your child from the time of registration to the time he or she returns home to share the experience of KSS with you.

You can assist us in providing a positive and rewarding experience for your child by instilling in them the belief that they are ready to leave home to discover and explore new things about the natural world, to meet new friends, and to have lots of stories to tell you upon returning home. Resist phrases like “I’ll miss you” even though we know you will miss them - try saying “I’m proud of you” instead. We pride ourselves on how we handle homesickness, but how you prepare your child

leading up to their departure can make an amazing difference on their camp experience.

Allow your child to be a part of the packing process so that he or she knows exactly what types of clothing and how much is being packed. Include a laundry/plastic bag for dirty clothes and discuss or even practice living out of a footlocker (e.g. how often clothes should be changed, where dirty or wet clothing should go, etc). Please note that laundry facilities are only available in extreme circumstances!

WRITE YOUR CHILD’S NAME ON EVERYTHING!

It is an amazing and wonderful experience to share the accomplishments, fun times, and cherished memories that your child brings home. Continue to recognize the importance of this type of experience after your child has returned. Some of the topics of discussion to help prepare your child for camp might be:

- the new friendships he or she might make
- the different type of living conditions (in a room with bunk bed)
- nighttime (darkness)
- the importance of cooperation, consideration, community, and challenges
- the importance of respect for one’s own things, other’s property, and the natural world

Students learn a great deal while at KSS but as children usually are they might not always be able to communicate what they learned during their experience. Sometimes it’s through probing and questioning that parents can learn more about their child’s experience. Some questions you may ask are:

- Describe some of the team challenges you participated in.
- What responsibilities did you have as a *hopper*?
- What activities did you do during *flex time*?
- What scientific instruments did you use when you were gathering information during your *field day*?

Program Shuttle Locations and Drop-Off/Pick-up Times

Keystone Science School is providing shuttles from the Eastern and Western Slope. You must sign up for the shuttle at the time of registration. Please see the information below for the shuttle times and location.

Eastern Slope Shuttle

T-Rex Parking Lot
I-70 and Morrison Road (Hwy 40)
Golden, Colorado
(North East corner of Intersection)
Departure Time: 9:00am, April 21, 2012
Arrival Time: 2:15pm, April 23, 2012

Western Slope Shuttle

Subway
101 West 6th Street
Glenwood Springs, CO
(off exit 116 I-70),
Departure Time: 9:00am, April 21, 2012
Arrival Time: 2:30p, April 23, 2012

If you will be providing your own transportation, please be sure to drop students off at KSS (1053 Soda Ridge Rd., Keystone, CO 80435) at 11:00am **SHARP** on Saturday, April 21, 2012. Pick up time will be at noon on April 23, 2012.

Directions to Keystone Science School

Take Hwy. 70 to Hwy. 6 (Exit #205). Go east (left) on Hwy. 6 towards Dillon and Keystone. Travel 6.2 miles on Hwy. 6 to the first traffic light in Keystone (W. Keystone Rd.). Take a right on W. Keystone Rd., and **immediately bear left**. Go .3 miles on W. Keystone Rd., and take a right at the first street on the right, Soda Ridge Rd. Follow Soda Ridge Rd. one mile until the stop sign. Go straight through the stop sign, pass the stables (on the left), and you'll pull into the KSS parking lot.

Physical address: 1053 Soda Ridge Road, Keystone

Paperwork

In order to participate in the programs offered by Keystone Science School, the Student/Adult Medical Form and Acknowledgement of Risks, Assumption of Risks and Release and Indemnity Form included in this packer must be signed by the parents/guardians and returned to the Keystone Science School by Monday April 16. They can either be mailed, faxed or e-mailed to:

Keystone Science School

1628 Sts. John Road
Keystone, CO 80435
tel: 970-468-2098
fax: 970-468-7769
susanj@keystone.org

Please sign the following commitment statement and return with completed liability and medical forms.

I am committed to the H2O Outdoors program. If registered, my student/child will attend.

Student Name: _____

Parent/Teacher Name: _____

Signature: _____

Date: _____

Keystone Science School

Summer Camps



Combining Science, Adventure, and Fun
Since 1976

- Ages 5-17
- Sleepaway Camps and Day Camps
- Programs for Teens
- Whitewater Rafting
- Wilderness Camping
- Campfires and S'mores
- Quality up-to-date youth development
- Incredible life-changing experiences

“Fastest Growing Camp in Colorado!”

Register Today! Call (800) 215-5585 or email
camp@keystone.org ~ www.keystonescienceschool.org

KEYSTONE SCIENCE SCHOOL – STUDENT/ADULT MEDICAL FORM
(Required for participation – Please mail or fax completed forms by April 16, 2012)

Name of Group _____ Dates /Year of KSS visit _____ Participant's Name _____
Parent/Guardian Name(s) _____

Telephone #1: _____ Telephone #2: _____ Telephone #3: _____

Mailing Address _____

In Case Of Emergency, What Other Relative, Neighbor Or Friend May Be Called?

Name _____ Relationship _____ Telephone _____

Insurance Information (If you do not have insurance, you will be responsible for all costs associated with medical treatment)

Insurance Company & Policy # _____ Insurance Co. Phone _____

Insurance Co. Address _____

Client Medical Information

Date of Birth: _____ Age _____ Sex _____ Height _____ Weight _____

Family Physician _____ Telephone _____

Restrictions to student's activities advised by physician _____

Please complete the following information regarding your allergies to foods, medications and/or environmental allergens:

| <u>Allergen</u> | <u>Reaction</u> | <u>Medication taken for reaction</u> |
|-----------------|-----------------|--------------------------------------|
| | | |
| | | |

Non-medically related Dietary Restrictions _____

What medications is student currently taking? And for what condition are these medications being taken?

Have you had a recent operation or illness pertinent to the activities of this program? Yes No

If yes, please explain? _____

Date of last tetanus shot _____

Do you have any heart problems? Yes No Respiratory problems? Yes No

If yes to either of the above, please explain _____

Explain any other medical concerns or problems _____

KEYSTONE SCIENCE SCHOOL

Acknowledgement of Risks, Assumption of Risks and Release and Indemnity Form

In consideration of the services of Keystone Science School ("KSS"), a program division of The Keystone Center ("TKC"), I, joined by my parents or guardian if I am under eighteen years of age, agree and acknowledge as follows:

ACTIVITIES AND RISKS

Although KSS has taken reasonable steps to provide me with appropriate equipment and skilled staff for the program for which I have registered, I acknowledge that the activities of the course have risks, including certain risks, which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that KSS does not want to frighten me or reduce my enthusiasm, but considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of those risks.

- KSS courses may occur in remote places, many hours from medical facilities. Communication and transportation are difficult and sometimes evacuations and medical care may be significantly delayed.
- Equipment may fail or malfunction, despite reasonable maintenance and use.
- Travel is by vehicle, snowshoe, snowmobile, skis, foot and other means, over sometimes rugged unpredictable off-trail terrain and improved and unimproved roads, including boulder fields, downed timber, rivers, rapids, river crossings, high mountain passes, snow and ice, steep slopes and slippery rocks. Attendant risks include collision, falling, drowning and others usually associated with such travel, including environmental risks.
- Environmental risks and hazards include rapidly moving, deep or cold water; insects, snakes, and predators, including large animals; falling and rolling rock; lightning, avalanches, flash floods, falling timber, and unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, non-freezing cold injury, high altitude illnesses, sunburn, heatstroke, dehydration, and other mild or serious conditions.
- KSS activities are conducted indoors and outdoors, day and night. Physical activities include hiking, cross-country skiing and snowshoeing.
- KSS activities most likely involve travel to locations away from the primary classroom. If the travel is not supervised by KSS and includes the use of personal vehicles and/or carpooling in vehicles not owned or controlled in any way by KSS, KSS has no responsibility for any incident arising out of such travel.
- Decisions are made by KSS instructors and students usually in a national forest and/or wilderness setting, based on a variety of perceptions and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, water and weather conditions, natural hazards, routes and medical conditions.
- KSS participants, including minors, will have unsupervised free time before, during and after their course. Free time activities are not part of the KSS program and are at the sole risk of the participants. KSS has no responsibility for such activities. KSS staff may from time to time provide assistance or even accompany participants in these free time activities, but in doing so, they are acting as private individuals, and not for KSS, and KSS is not responsible for their conduct. I acknowledge that engaging in this program may require a degree of skill and knowledge not required in other activities, and that I have responsibilities as a student for managing risks to which I and others may be exposed.
- I acknowledge that KSS activities are instructional in nature and I expect to be challenged to expand my skills and judgment. I acknowledge that the staff of KSS has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

ACKNOWLEDGEMENT AND ASSUMPTION OF INHERENT AND OTHER RISKS

I understand that the description above of the risks is not complete and that other unknown or unanticipated risks, inherent or otherwise, may result in property loss, injury, illness or death. I expressly acknowledge and assume the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with knowledge of the inherent risks. I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities.

In further consideration of the services of KSS, I (joined by my parents or guardian if I am under eighteen years of age,) acknowledge that I have read and understand the Activities and Risks, above, and confirm its representations and agree to all its provisions as though they were fully set forth again here. In addition, except with respect to an injury or loss that occurs on public lands whose rules and regulations prohibit doing so, I acknowledge and expressly assume **all other** risks of the course and any other activity of KSS, whether those risks are known, unknown, inherent or otherwise.

AGREEMENTS OF RELEASE AND INDEMNITY

If I am an adult student, or the parent or guardian of a minor student, I agree, to the fullest extent allowed by law, for myself and on behalf of the minor child, if any, as follows:

- a) To release and discharge KSS, its owners, its agents, employees, trustees, advisors, officers, course sponsors, contractors, and all other persons or entities associated with it and its activities (individually and collectively referred to as "Released Parties") from any and all claims of injury, disability, death or other damage or loss which I or the minor child may suffer, arising out of or in anyway related to my, or the minor child's, enrollment or participation in the activities of KSS. I understand that in signing this document I, for myself and the minor child, surrender all rights to make a claim or file a lawsuit against a Released Party, for personal injury, property damage, wrongful death, products liability (including strict liability), breach of warranty or contract or under any other legal theory, except in cases of intentional wrongs or the gross negligence of KSS.
- b) To defend and to indemnify (that is, protect by payment or reimbursement, including attorney's fees and costs) any and all Released Parties from any claim which may be brought by the minor child, a co-participant, rescuer or any other person, including a member of my or

the minor child's family, asserting a loss, including by reason of my, or the minor child's injury or death, which may arise from or in anyway relate to my or the child's enrollment or participation in the activities of KSS.

The Release and Indemnity described above includes but is not limited to any claim arising out of or in any way related to transportation or other occurrences to and from any activity of KSS, and the use of KSS's equipment or facilities.

The Release and Indemnity described above includes claims arising in whole or in part from negligent acts or omissions of the Released Parties or any of them.

OTHER PROVISIONS

I, (joined by my parents or guardian if I am under eighteen years of age) further agree as follows:


KSS is authorized to obtain or provide emergency hospitalization, surgical or other medical care for me. Any such third-party medical care provider is authorized to exchange pertinent medical information with KSS. Costs reasonable associated with medical services, including evacuation or transportation shall be born by me, if an adult, or by the parent or guardian of a minor student.

Any dispute between KSS and me and/or my parents or guardian shall be governed by the substantive laws of the State of Colorado (not including the laws which might apply the laws of another jurisdiction) of the State of Colorado, and any mediation or suit shall occur or be filed only in the State of Colorado. If I have any legal dispute with KSS which cannot be settled through discussions between the parties, I will attempt to settle the dispute through mediation before a mutually acceptable mediator. To the extent mediation does not result in a resolution, the dispute will be submitted to binding arbitration in Colorado pursuant to the procedures under the Colorado Uniform Arbitration Act. If any part of this agreement is found by a court or other appropriate authority to be invalid, the remainder of the agreement nevertheless will be in full force and effect.


This agreement is entered into voluntarily, after careful consideration and is binding upon the persons signing below, their heirs, executors, administrators, wards, minor children and other family members. Its terms may be varied only by a written instrument signed by the parties.

THE STUDENT AND THE PARENT(S) OR GUARDIAN OF A MINOR STUDENT HAVE READ THIS PAGE AND THE PREVIOUS PAGE AND UNDERSTANDS AND AGREES TO ITS TERMS, INCLUDING THE ACKNOWLEDGEMENTS AND ASSUMPTIONS OF RISKS, AGREEMENTS OF RELEASE AND INDEMNITY AND THE ADDITIONAL PROVISIONS, ABOVE.

At least one parent (preferably both) **or guardian** must sign below if the student is under 18 years of age to reflect their understanding and agreement, for themselves and on behalf of the student, to the provisions of the Acknowledgements and Assumptions of Risks, Agreements of Release and Indemnity and additional provisions, above, including, though not exclusively, their agreements to release and indemnify the Released Parties.

Parent or Guardian Signature Date  ____/____/____


Print Name: _____

Parent or Guardian Signature Date  ____/____/____

Print Name: _____

Model and Statement Release

Periodically, Keystone Science School uses photos of and statements made by participants in Keystone Science School programs for newsletters, fund-raising efforts, brochures and articles about the School. All photos and statements are used with reasonable judgment for purposes directly relating to operating the School. This release form gives Keystone Science School permission by the signer, the Parent or Guardian of participant, to utilize their child's photos or statement for the purposes mentioned above.

Parent or Guardian Signature Date  ____/____/____

Clothing & Equipment Checklist – Three day

Below is a list of items required to stay safe and warm in unpredictable mountain weather at KSS. The amount of clothing should be adjusted accordingly for longer or shorter trips. When possible, pack synthetic or wool clothing instead of cotton. Laundry facilities are available for emergency use only. **If a student does not have the proper attire, please note that Keystone Science School has a full assortment of clothing in which the students may borrow for duration of the H2O Outdoors program.**

TOP

- 2 T-shirts (preferably non-cotton)
- 1 Long-sleeve shirt or turtleneck (preferably non-cotton)
- 1 Polypropylene/synthetic or wool long underwear top (NOT cotton)
- 1-2 Synthetic or wool sweater (NOT cotton)
- 1 WATERPROOF rain jacket
- 1 insulated winter jacket (only necessary during winter months)

BOTTOM

- 2 Sets underwear
- 1 Pair polypropylene/synthetic or wool long underwear bottoms (NOT cotton)
- 1 Pair jeans or other long pants (preferably non-cotton)
- 1 Pair WATERPROOF rain pants
- 1 Pair insulated snowpants (only necessary during winter months)

FEET

- 1 Pair Hiking boots, preferably waterproofed and broken in
- 1 Pair tennis shoes
- 2-3 Pairs warm wool or synthetic socks**

HEAD AND HANDS

- 1 Warm hat that covers the ears
- 1 Hat with a rim (baseball cap) that will shade your face from the sun
- 1 Pair warm, water-resistant gloves or mittens
- 1 Scarf or neck warmer

EQUIPMENT

- 1 Day pack (backpack with 2 arm straps large enough to carry extra warm clothes, lunch, and KSS Journal)
- 2 One-quart plastic water bottles (please do not bring bottles with straws attached- they leak!)
- Sunscreen (SPF 15 or higher)
- Lip balm (SPF 15 or higher)
- Sunglasses
- Pencils and/or pens
- Bring lunch the first day**
- 1 Sleeping Bag or linens (blankets, sheets)
- Pillow
- Pajamas
- 1 Towel and wash cloth
- Toiletries kit (toothbrush, toothpaste, comb, soap, etc.)

Optional (Recommended, if available)

Flashlight, handkerchief or bandana, gaiters (nylon boot-top coverings), slippers for the dorm, camera and film, binoculars, a book to read, reusable lunch bag or plastic container for lunches. If allowed by your teachers, you may bring electronic games, toys or CD/tape players.

❖ PLEASE DO NOT BRING

cell phones, camcorders, or pocket knives.