

9/27/21

Dear Parents,

Attached please find information about the upcoming camping trip. You will also find paperwork that needs to be **completed and returned by October 4, 2021**. Please note, **all students need a small tent**. Students will not be permitted to share tents. If you do not have a tent please let Nicole Fotis know ASAP. Mountain Workshop can provide a limited amount of tents if needed.

### **Location**

YMCA Camp Hi-Rock  
162 East Street  
Mt. Washington, MA 01258  
**Tel:** (413) 528-1227

### **Departure**

We will be taking a coach bus on this trip. The trip is approximately 3 hours long. There is a bathroom on the bus. Please arrive at Harbor by **5:45am** on **Tuesday October, 5**. We will be leaving promptly at **6:00am**.

### **Return**

We will be leaving the camp at 2:00pm on **Wednesday, October 6**. Our ETA is **5:30pm**, however that may change due to traffic. Students who have phones will make contact with parents when we are an hour out. We will also use the Remind app for communication which will be set up through the Athletics department. Pick up will be in the front of the school.

### **Chaperones**

Ralph Pepe  
Natalie Badaloto  
Nicole Fotis

### **Attached**

Program Description  
Packing List  
Agenda  
Camper Policy and Medical Information-*Due Monday 10/4*

# Harbor Country Day School @ YMCA Camp Hi-Rock

## YMCA Camp Hi-Rock

162 East Street

Mount Washington, MA 01258

\*See attached maps for day one drop-off location and actual camp location

Nestled among 1,000 acres in the Berkshire Mountains, surrounded by conservation forest, and centered around a pristine, private, ninety-acre lake, YMCA Camp Hi-Rock enjoys a truly magnificent wilderness location. The Appalachian Trail runs on the backside of camp. Our approach is to utilize the natural settings of Hi-Rock and run experiential and adventure activities for the 8<sup>th</sup> grade students.

## **Program Outline**

When the group arrives, we will begin with a whole group welcome and introduction, as well as an icebreaker activity. The program consists of four main activity rotations and a group challenge hike. Each activity rotation will run for 1 to 1.5-hours. Day one will start with the challenge hike into camp. Once the group arrives at camp, they will set tents and prep for one afternoon activity rotation. That will be followed by organized free-time and a chance for a brisk dip/swim in Plantain Pond. Dinner and evening activity including firepit and s'mores finishes the first day. After breakfast the following morning, students will participate in the final three activities. After the final activity rotation on day two, students will take part in a whole group debrief/share and load the bus for the return to Long Island.

## **Proposed Activities**

### **Group Challenge Hike**

When the students arrive at the entrance of Mt. Everett Road, they will depart the bus leaving all their possessions except their day packs stuffed with lunch and gear needed for a 4-mile hike along the Appalachian Trail. They will summit two small mountains and hike along the glacially carved ledges of Eagles Perch. MW staff will break the group of 80 into six smaller hiking groups. Students will learn map reading and compass skills. They will plot out which direction they need to travel to navigate their way into camp.

### **Challenge Course – Low Ropes**

Low ropes challenge courses are the perfect way to establish a foundation for working together, sharing ideas and problem solving. Groups need each other for success in the challenges they are presented with. This foundation will be the driving force behind all the activities for the remainder of the trip.



www.mountainworkshop.com

Mountain Workshop  
158 Kenwood Avenue  
Fairfield, CT 06824  
203.797.1435

## **Clothing and Equipment List**

**\*\* All Items are Required for All Participants \*\***

- Bag Lunch w/ Beverages for Day 1
- Day Pack or Book-Bag
- 2 Filled, One-Quart Water Bottles (Non-Disposable Preferred)
- ~~Cup, Bowl, Plate, Spoon, Fork~~
- Socks (At Least 1-pair Non-Cotton)
- Underwear
- T-Shirts
- Shorts
- Swimsuit
- Long Pants
- Long Sleeved Shirt
- 1 Non-Cotton Sweater/ Sweatshirt (Fleece, Wool, Microfiber, etc.)
- Long underwear tops and bottoms
- 1 Pair of Gloves
- 1 Pair Sneakers/Light Hiking Boots
- 1 Pair of Water Shoes\* (No Flip Flops/Crocs/Slides)  
\*An old pair of unvalued sneakers is acceptable
- Warm Hat
- Hat w/ Visor (Baseball Cap)
- Warm Jacket
- Rain Gear (Jacket and Pants)
- Sleeping Bag w/ Stuff Sack
- Sleeping Pad
- Small Pillow
- Flashlight/Headlamp (Check Batteries Prior to Packing)
- Towel
- Toiletries (Shampoo, Soap, Toothbrush, Toothpaste)
- Sunscreen
- Bug Spray
- Chapstick
- 3 Large Ziplock Bags (For Storing Wet Items)
- Tent for sleeping

**Participants should arrive with only two packed bags:**

1. A daypack/back-pack with bag lunch, 2 full water bottles, rain gear, warm shirt, sunscreen and bug spray.
2. A large backpack or duffle bag packed with all other belongings, including sleeping bag. Please water proof your belongings inside your duffle bag by packing everything inside of large garbage bags.

***\*\*Please note that all programming will be held outdoors despite any inclement weather or temperature. If the weather creates a direct safety concern, i.e. thunderstorms, freezing temperatures, torrential rain, etc. the program will be cancelled or rescheduled\*\****

Wednesday, October 05, 2021

**Activity**

	<i>Time Start</i>	<i>Time End</i>
Meet at Mt. Washington State Forest		
Intro/Ice Breaker	10:00 AM	10:00 AM
Hike to AT Trail Head	10:00 AM	10:15 AM
Hike - Appalachian Trail - Lunch along trail	10:15 AM	10:30 AM
Set Tents/Camp	10:30 AM	3:00 PM
Rotation 1/4 - PVC Cart Build	3:00 PM	4:00 PM
Organized Free-Time w/ swim	4:00 PM	5:00 PM
Change/Travel to Dinner	5:00 PM	5:45 PM
Dinner	5:45 PM	6:00 PM
Evening Activity	6:00 PM	7:00 PM
	7:00 PM	8:45 PM

Wednesday, October 06, 2021

**Activity**

	<i>Time Start</i>	<i>Time End</i>
Breakfast		
Travel to Activity	8:00 AM	8:45 AM
Rotation 2/4 - Low Ropes Initiatives	8:45 AM	8:55 AM
Travel/Change for Activity	8:55 AM	9:55 AM
Rotation 3/4 - Raft Build	9:55 AM	10:05 AM
Change/Pack Tents & Personal Gear	10:05 AM	11:05 AM
Lunch	11:05 AM	12:00 PM
Rotation 4/4 - High Ropes	12:00 PM	12:30 PM
Debrief	12:30 PM	1:45 PM
Depart	1:45 PM	2:00 PM
	2:00 PM	2:00 PM



**YMCA CAMP HI-ROCK MINOR CAMPER POLICY ACKNOWLEDGMENT, INFO, MEDICAL CARE AUTHORIZATION, RELEASE AND WAIVER OF LIABILITY & INDEMNITY AGREEMENT (PAIMR) (Group Camping Version)**

PLEASE READ CAREFULLY. THIS DOCUMENT AFFECTS YOUR LEGAL RIGHTS AND IS LEGALLY BINDING. BY SIGNING THIS AGREEMENT, YOU ARE RELEASING CENTRAL CONNECTICUT COAST YMCA INC./YMCA CAMP HI-ROCK FROM ALL LIABILITY AND FOREVER GIVING UP ANY CLAIMS THEREFORE.

**Medical Information and Authorization**

Camper Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Medical Insurance Policy Number: \_\_\_\_\_

Insurance Company: \_\_\_\_\_ Name of Insured: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Parent/guardian email: \_\_\_\_\_

Parent/guardian phone: \_\_\_\_\_ Alternate phone: \_\_\_\_\_

In case of emergency while my child is at YMCA Camp Hi-Rock, please contact the following if I can't be reached:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Alternate phone numbers: \_\_\_\_\_

Relationship to camper: \_\_\_\_\_

Does the camper have high blood pressure? \_\_yes \_\_no

Does the camper have any allergies? \_\_\_\_\_

\_\_\_\_\_

Is the camper taking any medications? \_\_yes \_\_no If yes, please list below: \_\_\_\_\_

\_\_\_\_\_

Does the camper have any pre-existing injuries? \_\_yes \_\_no If yes, please list below: \_\_\_\_\_

\_\_\_\_\_

Does the camper have any health conditions? \_\_yes \_\_no If yes, please list below: \_\_\_\_\_

\_\_\_\_\_

Does the camper have any other physical limitations? \_\_yes \_\_no If yes, please list below: \_\_\_\_\_

\_\_\_\_\_

Has your doctor limited the camper's activities in any way? \_\_yes \_\_no If yes, please list below: \_\_\_\_\_

\_\_\_\_\_

Please list any other health history/problems about which you feel YMCA Camp Hi-Rock staff or medical staff who

may treat the camper while at Camp Hi-Rock may need to be aware:

\_\_\_\_\_

\_\_\_\_\_

To the best of my knowledge, my child is not allergic to any medications other than those listed above. I hereby grant YMCA Camp Hi-Rock and its agents full authority to take whatever action they deem necessary regarding my child's health in the case of an emergency where I am not able to make the decision or cannot be reached. I fully release YMCA Camp Hi-Rock and its agents from any liability in connection with those decisions. YMCA Camp Hi-Rock staff have my permission to administer and seek emergency care, in the event my child's health is at risk and I am unable to respond or cannot be reached. I grant permission for emergency treatment by YMCA Camp Hi-Rock staff, a rescue squad, private physician and/or hospital or emergency health care facility staff under the same circumstances as above. I give the camp permission to transport my child or to activate emergency medical transportation for my child. My child has been immunized against Measles, Mumps, Rubella, Polio, Diphtheria, Tetanus Toxoids, Pertussis, and Hepatitis B. I authorize payment of medical benefits to the health care provider for any necessary services and the release of any medical or other information necessary to process claims for visits incurred. I understand activities my child may participate in at Camp Hi-Rock such as, but not limited to, high or low ropes courses, water activities, climbing wall, hiking and target sports pose inherent risk of physical or emotional injury, and require physical exertion. I believe my child is in good health and participation in such activities will not aggravate any medical conditions my child may have. My child will not be under any influence of any illegal or recreational drug, including alcohol or marijuana, while participating in any activities at YMCA Camp Hi-Rock. I authorize YMCA Camp Hi-Rock to photograph or film and use,