



Fifth Grade Winter Outdoor Education Trip

- WHEN:** Depart **Wednesday, March 7**, 8:30 am from school
Return **Friday, March 9**, 3 pm to school
- WHERE:** Vance's Cabin, a backcountry hut operated by the Tenth Mountain Trail Assn. The group will cross-country ski approximately 2.5 miles from the trailhead at Ski Cooper to the hut.
- WHAT:** Students will have the opportunity to learn basic telemark skiing and to explore snow science and winter outdoor skills.
- COST:** \$150.00 per student will cover the cabin rental, food, transportation, skis, boots and poles, group equipment and climbing skins. This amount will be charged to student accounts.

TO DO NOW:

- **Sign the attached three pages of waiver forms**
- **Return it to school by Monday, February 27**
- **Read the equipment list**
- **Start getting ready**

The hut trip for the Fifth Grade is a highlight of the year. It is a demanding and challenging experience, but well within the capabilities of the Fifth Graders. The school has skis, boots, poles, climbing skins and backpacks to outfit the entire class.

Outdoor Education is an integral part of our school curriculum, and all students are expected to participate. Students may not remain on campus while their class is on an Outdoor Ed trip. Starting in Middle School, each trip is graded on a pass/fail basis, and failure to participate will be reflected on the report card and transcript.

The children will have a chance to practice with their equipment before the trip. Stay tuned for dates and details of these important practice sessions.

ITINERARY

Fifth Grade Winter Outdoor Ed trip

Day one

8:15 am	Arrive at school
8:30 am	Leave from school
9:00 am	Basalt 7-11
10:45 am	Arrive at trailhead
3:30 pm	Arrive at hut
4:30 pm	General orientation meeting
5:00 pm	Begin preparing dinner
6:00 pm	Dinner
7:30 pm	Night ski
9:00 pm	Lights out

Day two

7:00 am	Wake up
8:00 am	Breakfast
9:00 am	Instruction
10:00 am	Leave for ski tour
3:00 pm	Return from ski tour
6:00 pm	Dinner
7:00 pm	Skit night
9:00pm	Lights out

Day three

6:00 am	Wake up
7:00 am	Breakfast
7:30 am	Clean cabin
9:00 am	Begin skiing out
	Lunch on the way home
2:15 pm	Basalt 7-Eleven pickup
3:00 pm	Pickup at school

RECOMMENDATIONS

Aspen Country Day School backcountry ski Outdoor Ed trips (Fourth, Fifth & Seventh Grades)

- The school will provide breakfasts and dinners and Friday lunch. Students should bring their own lunches for two days (Fourth and Fifth) or three days (Seventh Grade). Please keep the lunches light and nutritious. (G.O.R.P., salami, cheese, dried fruit, etc.) In addition to lunches, please bring some snacks such as fruit bars. NO CANDY allowed on the trip.
- All students should bring two full water bottles, preferably the Nalgene bottles with a screw-on lid rather than bicycle water bottles or Camelbacks, which can freeze. One bottle will be consumed and left on the bus, and each child will leave the trailhead with a full bottle. Please remind your child to begin hydrating the night before the trip.
- Backpacks need to be big enough to carry personal gear and should have a waist belt that fits and rests on top of the hips. If you own a good pack and would prefer to use it, please bring it in to be checked.
- **Packs must be kept light** by strictly adhering to the equipment list. It is important at this age for students to pack themselves with a minimum of parental help.
- The group will not be traveling in any avalanche terrain and no one will be skiing apart from the group.
- The secret to staying warm in the backcountry is to stay dry. Cotton kills! Avoid sending any cotton clothing. Lightweight wind shell and pants are a must. Leg gaiters are also critical to keep snow out of the boots. Make sure there is a cord on the gaiter to go underneath the boot.
- Blisters on the first day are always a problem. The leaders will be carrying blister kits as well as complete First-Aid Kits. To avoid blisters:
 - Try putting duct tape on the heel before leaving home on the first day.
 - Wear 2 pair of warm socks – one thin and one thick. Lace boots tightly.
- Students should dress lightly the first day to avoid overheating. It is a gentle uphill climb carrying a full pack.
- The Tenth Mountain Trail Assn. waiver must be signed by parents and returned to school before the trip. Also, the school's insurance requires the separate waiver on the final page. Print these out and return to school with clear signatures. Students who do not have waivers will not be allowed to participate.

EQUIPMENT LIST

for Fourth, Fifth and Seventh Grade backcountry ski trips

Children must pack the following items in the backpack they will use for the trip. Please bring the pack, with everything inside, to school the day before your trip leaves. During pack inspection we will verify that everyone is prepared for the trip. The packs may be left at school overnight before departure.

FOOD

- Lunches
 - Two days of lunches for Fourth and Fifth Grade trips
 - Three days of lunches for the Seventh Grade trip

EQUIPMENT

- Skis, poles and boots (provided by school)
- Trip backpack (provided by school)
- Day pack (lightweight)
- Sleeping bag: warm, lightweight, compact

CLOTHING

- Ski parka, ski pants (windproof, waterproof)
- Warm pants for inside the hut
- Sweater or zip fleece
- Shirt (no cotton)
- Warm socks/extra pair
- Long underwear (top and bottom, no cotton)
- Hat, neck gaiter
- Mittens **and** gloves
- Leg gaiters (with strap to go under the boot, very important piece of clothing)

PERSONAL EQUIPMENT

- Booties (light weight hut shoes)
- Hand towel (small)
- Toothbrush & toothpaste
- Headlamp or flashlight (small + light)
- Sunglasses and goggles
- Water bottle (full) – wide mouth
- Sunscreen

**MINOR'S 10TH MOUNTAIN HUTS WINTER USE
WARNING AND ACKNOWLEDGEMENT OF RISK, RELEASE OF LIABILITY
AND INDEMNITY AGREEMENT**

PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I desire that _____ (“Minor”) voluntarily participate in the use of huts owned and operated by 10th Mountain Division Hut Association, Inc. (“10th Mountain”), Alfred A. Braun Hut System, Inc. (“Braun”), Friends Hut, Inc. (“Friends Hut”), Summit Huts Association (“SHA”) and Polar Star Inn, Shrine Mountain Inn and Vance’s Cabin (collectively “Private Hut Owners”) and all land owners (all collectively “Hut Operators”). The huts owned and operated by the Hut Operators shall hereinafter be collectively referred to as the Hut System. In consideration for the Hut Operators permitting Minor to participate in the use of the Hut System, I have agreed to execute this Minor’s 10th Mountain Huts Winter Use Warning and Acknowledgement of Risk, Release of Liability and Indemnity Agreement (the “Release”).

I am 18 years or older and the legal guardian or parent of Minor. I acknowledge that skiing and wilderness travel in the winter have inherent risks, hazards and dangers for any skier, that cannot be eliminated, particularly in a wilderness environment in mountainous terrain. **I understand that these risks, hazards and dangers include without limitation:**

- (1) Risks arising from skiing in areas that are not patrolled, where snow conditions vary, are unpredictable and change, where objects are not marked and hazards may not be visible, where slopes are not groomed, maintained or controlled, where weather is changeable and unpredictable and where avalanches occur;
- (2) Risks involved in decision making and route finding in a wilderness environment in mountainous terrain; and risks of getting lost and of not reaching the hut;
- (3) Risks arising from travel and overnight stays at altitudes ranging from 8,000 feet to 11,700 feet above sea level including without limitation, acute mountain sickness, high altitude cerebral edema, high altitude pulmonary edema, and other effects of altitude and altitude-related sickness;
- (4) Risks arising from the use of remote, simple huts with no communication systems in a wilderness environment in mountainous terrain;
- (5) Such other risks, hazards and dangers that are integral to the sport of skiing and to skiing and wilderness travel in the winter in a wilderness environment in mountainous terrain.

_____ please initial

I have read the information provided to me and Minor by 10th Mountain through the group leader concerning the use of the Hut System. I also acknowledge that Hut Operators and their staff have been available to more fully explain to me and Minor the risks, hazards and dangers of skiing, winter travel and use of the Hut System. I understand that skiing to use the Hut System in a wilderness environment in mountainous terrain may require good physical conditioning and a degree of skill and knowledge different from other types of skiing. I and Minor understand that Minor has responsibilities as a skier and backcountry traveler in the winter. **IN ACCORDANCE WITH C.R.S § 13-22-107, I AM VOLUNTARILY ALLOWING MINOR TO PARTICIPATE IN THE USE OF THE HUT SYSTEM WITH FULL KNOWLEDGE OF THE INHERENT RISKS, HAZARDS AND DANGERS INVOLVED AND HEREBY ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY, PARALYSIS OR DEATH.**

_____ please initial

**MINOR'S 10TH MOUNTAIN HUTS WINTER USE
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PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

Lastly, I, for myself and on behalf of Minor, our heirs, successors, executors and subrogors, in accordance with C.R.S. § 13-22-107, hereby **KNOWINGLY AND INTENTIONALLY WAIVE AND RELEASE, INDEMNIFY AND HOLD HARMLESS THE HUT OPERATORS**, their directors, officers, agents, employees, and volunteers from and against any and all claims, actions, causes of action, liabilities, suits, expense (including reasonable attorneys' fees) and **ORDINARY NEGLIGENCE OF ANY KIND OR NATURE**, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to Minor or Minor's Property as a result of Minor's traveling to, from or between huts in the Hut System or use of the Hut System, the use of their information services and skiing and traveling in a wilderness environment in mountainous terrain, whether such damage, loss, injury, paralysis, or death results from **ORDINARY NEGLIGENCE** of the Hut Operators or any of them, their directors, officers, agents, employees and volunteers or from some other cause.

I, for myself and on behalf of Minor, our heirs, successors, executors, personal representatives, and subrogors, further agree not to sue the Hut Operators, their directors, officers, agents, employees, or volunteers as a result of any injury, paralysis or death that may occur while participating in the use of the Hut System. This release is intended to be a comprehensive release of liability but is not intended to assert defenses that are prohibited by law.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND AND VOLUNTARILY SIGN THIS WARNING, ACKNOWLEDGMENT OF RISK AND RELEASE OF LIABILITY AND INDEMNITY AGREEMENT.

Today's Date

Name of Parent or Legal Guardian (Please Print)

Date of Parent or Guardian's Birth

Street Address

City

State

Zip

Telephone Number

Signature of Parent or Legal Guardian

Minor's Name (Please print)

Child's last name: _____ Child's first name: _____

Grade: _____

CROSS COUNTRY SKIING RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

Please read and be certain you understand the implications of signing.

Express Assumption of Risk Associated with Cross Country Skiing and Related Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with
(Please Print Parent's Full Name)

Cross County Skiing, transportation of equipment related to the activities, and traveling to and from activity sites of which I am about to engage in.

Inherent hazards and risks include but are not limited to:

1. Risk of injury from the activity and equipment utilized is significant including the potential for permanent disability and death.
2. Falling, causing broken bones severe injuries to the head, neck and back which may result in severe impairment or even death.
3. Changes in terrain, snow surfaces, moguls, ice, bare spots, grooming conditions, rocks, stumps, debris, fences, posts, trees, lift equipment and towers, conveyer and handle tows, light poles, signs, buildings, roads, walkways, ramps, half-pipes, cliffs, jumps, padded and non-padded barriers, snow making and snow grooming equipment, snowmobiles, other persons, and other natural and man-made hazards.
4. Exposure to outdoor elements, including but not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
5. Risks associated with skiing in areas that contain either natural or man made objects, including but not limited to trees or track snow groomers, which upon striking them may cause serious injury or even death.
6. Possible malfunction of my own or others' skis and/or equipment related to the activity.
7. My own negligence and/or the negligence of others, including employees, agents, independent contractors or representatives of Aspen Country Day School, including but not limited to operator failure.
8. Cold weather and heat related injuries and illness including but not limited to frostnip, frost bite, heat stroke, sunburn, hypothermia and dehydration.
9. Attack by or encounter with insects, reptiles, and/or animals.
10. Accidents or illness occurring in remote places where there are no available medical facilities.
11. Fatigue chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
12. My sense of balance, physical coordination, and ability to follow instructions.

***I understand the description of these risks is not complete and that unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in any way in Cross Country Skiing and related activities, I hereby agree, acknowledge and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH**, or loss or damage to person or property, **WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE**, the following named persons or entities, herein referred to as releasees: Aspen Country Day School
2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers, and vessels from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold releases harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by releasees, other than what is set forth in this Agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, AND I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

Signature of Parent or adult legal Guardian if Participant is a Minor, and by their signature, they on my behalf release all claims that both they and I have

Name of Parent or adult legal Guardian (Please Print)

Date

Minor's Full Name