

St. Margaret's School River Day Program

Near the beginning of each year, St. Margaret's takes time to allow each student to explore one region of the Rappahannock and Chesapeake Watershed from the origins of the river to the Atlantic Ocean. This year each class will spend at least one overnight September 17-19 in the following locations.

8th Grade—To the Headwaters at Shenandoah National Park

9th Grade—Exploring the flowing Rappahannock near Fredericksburg, VA

10th Grade—Enjoying the Tidal Rappahannock, near Tappahannock, VA

11th Grade—Learning about the Chesapeake Bay on Tangier Island

12th Grade—Out to the Ocean at Virginia Beach, VA

Following is a packing list for all classes except for 11th grade. For 11th grade students please see waiver and form for the packing list.

One pair of **water shoes** or **Teva-like water sandals** with a back strap

One pair of comfortable walking shoes or hiking shoes

Change of clothes

Sleeping bag

Pillow

Toiletries

Towel

Sun block

Notebook or journal

Optional

Hat or cap

Flashlight or headlamp

Please no ipods or mp3 players, electronic games, or valuables.

For 9th, 11th and 12th grade, there is a waiver for parents to sign.

**SMS River Day
9th Grade**

The Flowing Rappahannock: Richardsville and Fredericksburg

Tentative Schedule

Wednesday, September 16, 2009

Academic Day	Normal seven period day class schedule
Afternoon	Prepare for camping: setting up tents, packing, etc
8:15	Movies in three locations

Thursday, September 17, 2009

1:30	Depart SMS
2:30	Visit Fall Line at Falmouth Park or Virginia Outdoor Center with Friends of the Rappahannock
4:30	Arrive at Rappahannock Campground in Richardsville Prepare Dinner Class activities at night

Friday, September 18, 2009

7:30	Prepare Breakfast
9:15	Prepare to depart
10:00	Depart for Kelly's Ford for tubing Lunch on river
3:00	Depart for SMS
6:00-7:00	Dinner and Activities at SMS

Links

http://www.canoecamp.com/	Rappahannock Campground
http://www.canoecamp.com/kelly2rrc.htm	Rappahannock Campground canoeing
http://playva.com/1stpage.htm	Virginia Outdoor Center
http://www.riverfriends.org/	Friends of the Rappahannock
http://www.kenmore.org/ferryfarm_homepage.html	Ferry Farm



PARTICIPANT RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
... *READ BEFORE SIGNING*****

Organization Name (if applicable): _____

Participant Name: _____

In consideration of being allowed to participate in any way in the program, related events and activities, I the undersigned, acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death.

2. **I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS**, both known and unknown, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES** or others, and assume full responsibility for my participation.

3. I willingly agree to comply with terms and conditions for participation. If I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately.

4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS THE VIRGINIA OUTDOOR CENTER**, its officers, officials, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (RELEASEES) , from any and all claims, demands, losses, and liability arising out of or related to any **INJURY, DISABILITY OR DEATH** I may suffer, or loss or damage to person or property, **WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE**, to the fullest extent permitted by law.

5. Any dispute between Provider and me or the minor child for whom I sign will be governed by the substantive laws of the State of Virginia (not including laws which might apply the laws of another jurisdiction), and any mediation or suit shall take place only in that State, in the County of Spotsylvania.

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

X _____
Participant's Signature

Age

Date

FOR PARENTS/GUARDIANS OF PARTICIPANT OF MINOR AGE (UNDER AGE 18 AT TIME OF REGISTRATION) This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless from any and all liability incidents to my minor child's involvement or participation in these programs as provided above, **EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES**, to the fullest extent permitted by law.

X _____
Parent / Guardian Signature if under 18 yrs.

Date

Emergency Phone Number(s)

Trip date:

RELEASE OF LIABILITY

IMPORTANT: THIS IS A LEGAL DOCUMENT. Please read and understand this document before signing. If you have any questions, please ask us or consult an attorney.

RAPPAHANNOCK RIVER CAMPGROUND, LC (hereinafter referred to as "RRC") has done everything possible to assure that our guests experience a fun canoeing, kayaking, tubing or camping experience. We wish to inform our guests that a river trip or camping is not risk free. The same elements that contribute to the unique character and fun of a river trip, such as "shooting the rapids" or "living in the out-of-doors" can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect, and to be informed of some of the possible risks.

ACKNOWLEDGMENT OF RISK

I realize that changing waterflow or currents, submerged and semi-submerged objects, varying wind and weather conditions including thunderstorms, lightning, and temperature fluctuations, the presence of other watercraft, the speed at which I travel, the stability characteristics of a watercraft, and certain foreseen and unforeseen events or hazards including information obtained from maps, videos, or trip descriptions that may misjudge events or hazards can contribute to the unpredictability of the activity; that certain risks associated with this activity including but not limited to collision, upset, overturn, and sinking can result in personal property damaged or lost, getting wet, injured, exposed to the elements, or drowned; that for swimmers and non-swimmers, wearing a U.S. Coast Guard approved **Personal Flotation Device** (PFD) is a basic safety precaution (I am able to swim and agree to wear my PFD at all times); that I may suffer accidents or illness in remote places where there are no available medical facilities; and that I should ask about potential hazards and recommended precautions and procedures. I also realize that participation in the activity can result in personal injury, accidents, or illness, including but not limited to insect bites, animal bites, reptile bites, exposure to marine life forms including bacteria, heat related injuries and illness (heat exhaustion, heat stroke, dehydration), sprains, broken bones, hypothermia, slipping when getting in and out of watercraft, paralysis, dismemberment or other injury, or death. I understand that this is a self-guided trip with no lifeguards or supervision on the river.

I certify that my family, including minor children and myself, are fully capable of participating in the experience. I state that I have read the above statement on some of the possible risks in this activity. Therefore, I assume full responsibility for myself, my family, including minor children, and my pets, for bodily injury, death, and loss of personal and rental property and any expenses as a result of my negligence, negligence of my family, or the negligence of RRC. I also understand that RRC reserves the right to refuse any person it judges to be incapable of meeting the requirements of participating in the experience. My family and I are in good physical condition and able to undertake this activity.

CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I agree to indemnify and hold harmless presently and in the future RRC, their agents and employees from all claims, damages, losses, injuries, and expenses arising out of or resulting from participation in these activities. I further agree to release, acquit and covenant not to sue RRC, their agents and employees for all actions, causes of action claims or damages, damages in law or remedies in equity of whatever kind, including the negligence of RRC, or my family, myself, or my heirs, against RRC arising out of participation in this program.

I agree to the site of any lawsuit and the law governing any such lawsuit shall be Culpeper County, Virginia and governed by Commonwealth of Virginia law. The terms of this agreement shall continue and be in effect after the experience has ended.

As liquidated damages, I hereby agree that if RRC is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my family's or my behalf, my heirs or executors and I agree to pay RRC costs and attorney fees defending such action, lawsuit or litigation.

I authorize and release to RRC the use of my image or my child's image in any photograph, video recording, or any printed or electronic medium, including, but not limited to CD's, computer disk, and/or internet.

I have adequate health, disability and life insurance for myself and my family.

A copy or fax of this release can be used as an original.

The whitewater rating for the trip we will be undertaking is a Class I (easy) Class II (moderately difficult) Class III (difficult - experience required).

I/we hereby agree to return all equipment by 6:00 p.m. (late fee of \$5.00 per person, per hour after 6:00 p.m.) and in the same condition as when received. I further agree to pay for any damage which results to any equipment while in my possession and to pay for any equipment that is lost, destroyed, or stolen while in my possession.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement this day of _____, 20_____.

Address	City	State	Zip	Phone
All participants may use the same form only if they live at the same address.	Print Name (and age if under 18)		Participant Signature (Parents sign for their minor children)	
Participant #1				
Participant #2				
Participant #3				
Participant #4				
Participant #5				
Emergency Contact Name and Phone Number				