



Dear Parents and Guardians,

We are excited that your child(ren) will be joining us for an *Energy Rangers* program, a full-day, place-based program in the forest around Comox Lake.

Who is Lake Park Society (LPS)? LPS is a non-profit that aims to “create wonder and connection through outdoor experiences,” offering community programs and subsidized, nature-based school programs. Your child(ren) might also enjoy our summer camps! More information is available on our website:
<https://cumberlandlakepark.ca/programs/school-programs/>.

What about safety? Safety is our top priority. Our protocols meet or exceed industry standards; instructors are first aid and Paddle Canada certified. Canoes are typically lashed together for stability, all participants wear properly fitted PFDs, and safety instructions are provided before launching. The park maintains a Wildlife/Danger Tree program and programs only occur in suitable weather.

How can you prepare?

- 1) Ensure that your child(ren) has packed according to our **“What to Bring”** list, which is attached on the next page.
- 2) Please also complete the attached Lake Park Society **informed consent form**; all signature lines/boxes must be signed or initialled by a parent/guardian and witnessed by another adult (child signatures are optional).

Thank you for taking the time to help prepare for this fun day!

Sincerely,

Lake Park Society



What to Bring

While LPS will provide safety equipment and group gear, we rely on each participant to arrive prepared. This will help ensure that we have a fun day together! We will be spending the full day outside, rain or shine. It is often colder at Cumberland Lake Park than other parts of the Comox Valley. There are limited covered spaces, and no heated spaces. Please review the list below, and pack accordingly. We also encourage you to review this [“What to Wear for Outdoor Teaching and Learning”](#) graphic (credit: Child and Nature Alliance of Canada).

Each participant must have:

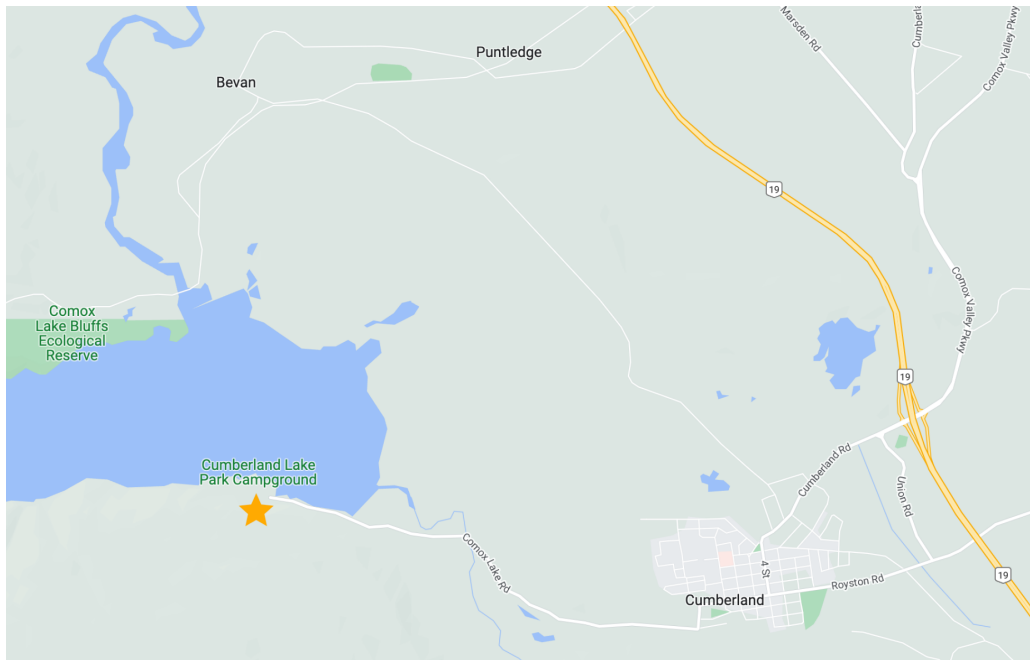
- ☐ Fully completed **waiver** (minors informed consent form, adult release form)
- ☐ A comfortable and appropriately-sized **backpack**
- ☐ A **rain jacket** (*down jackets are not usually waterproof)
- ☐ **Rain pants** (*these make a HUGE difference in a wet forest or canoe ride!)
- ☐ Comfortable, **closed-toe shoes** that you can hike, run, play, and get wet in. (*gumboots or waterproof hikers/runners are a must on rainy days)
- ☐ **Clothes that can get adventurous** and come home dirty
- ☐ **Warm layers** (*preferably wool or fleece - cotton gets cold when wet!)
- ☐ A full, **750+ mL water bottle**.
- ☐ A **picnic lunch**. Lunch is not provided and we may eat in the forest or on the shore. Lunch deliveries after the start of the program, including hot lunches, are not possible.
- ☐ A **snack**. We stop to eat around 10:30 AM.
- ☐ A **warm hat and warm gloves** on cold days (even if it is sunny!)
- ☐ **Sunscreen, sunglasses and a hat with a brim** on hot days
- ☐ Any necessary **medication(s) or other personal items**. Participants with any known anaphylactic allergy must bring an **EpiPen**, stored in a waterproof container/bag.

Please don't bring:

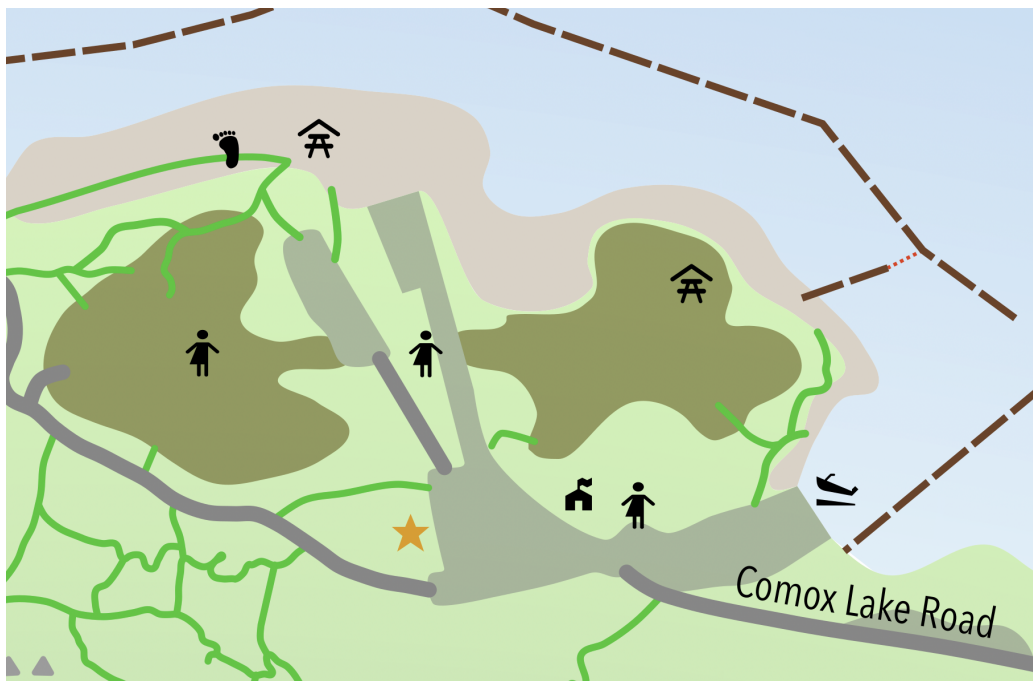
- ☐ **Electronic devices** such as phones and cameras (except for teachers/adults). They risk getting wet and we aim to enjoy a day without screen time.
- ☐ **Swimsuit**. We will not be swimming during any LPS School Program

Site Maps

Find us at Cumberland Lake Park, marked by the gold star below:



Our drop-off and pick-up location (The Gathering Place) is marked by the gold star below:





LPS Waivers

Please complete the attached form and return it to your teacher via your child(ren).

A completed waiver, more specifically an informed consent form (for minors) or a release form (for adults), must be provided for each participant before the start of the program. Any participants (students or adults) who arrive without completed waivers will not be able to take part in the program. Waivers must be witnessed to be considered complete.

Links to waivers for both adults and minors are included below, and are available on the [Teacher Resources](#) page of our website. Teachers, please:

- ☐ Print the form(s), double sided if possible,
- ☐ Send them home with your students to be reviewed and completed, and
- ☐ Bring completed forms for all participants on the morning of your program.

You may download and print these documents by following the links below:

[Informed Consent, Acknowledgment and Assumption of Risk \(For Minors\)](#)

[Release Voluntary Assumption of Risk \(For Adults\)](#)

OUTDOOR EXPERIENCE PROGRAMS – FOR MINORS

For participants under the age of 19 - To be completed by parent/legal guardian and participant

PARTICIPANT INITIALS
PARENT/ GUARDIAN INITIALS

INFORMED CONSENT AND ACKNOWLEDGEMENT OF RISK FORM (referred to as the "Consent and Acknowledgement Form")

WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

The choice to participate in any program or activity offered by Cumberland Lake Park Society is made freely and with understanding of the associated benefits, risks, and responsibilities.

This Consent and Acknowledgement Form must be fully completed and signed before participants are allowed to enter land or premises owned or operated by Cumberland Lake Park Society

Participant Last Name: _____ First Name: _____

Address: _____

Telephone: _____ Date of Birth: _____

To: Cumberland Lake Park Society, and to its officers, directors, shareholders, employees, representatives, independent contractors, volunteers, agents, insurers, and assigns (the "Releasees")

DEFINITION: In this Consent and Acknowledgement Form the term "**Activities**" includes all activities, programs, events, and services that are provided, arranged, organized, conducted, sponsored, or authorized by any of the Releasees, and includes, without limitation, any and all: use of the Cumberland Lake Park Campground located at 1100 Comox Lake Road, Cumberland BC, V0R 1S0; use of Comox Lake; backpacking; camping; hiking; running; jumping; climbing; fire building; shelter building, trail building, clearing and maintenance; swimming; kayaking; canoeing; stand up paddle boarding; orientation; instructional and skills development programs; training; transportation or travel to and from locations used for the Activities and all other such activities, programs, events, and services, that are in any way connected with or related to any of the foregoing.

1. **DISCLAIMER:** THE RELEASEES ARE NOT RESPONSIBLE FOR ANY LOSS, DAMAGE, EXPENSE, OR INJURY SUFFERED BY A PARTICIPANT DURING OR AS A RESULT OF THE ACTIVITIES, DUE TO ANY CAUSE WHATSOEVER, INCLUDING, BUT NOT LIMITED TO, THOSE CLAIMS BASED ON ANY OF THE RELEASEES' ALLEGED OR ACTUAL:

- | |
|---------------------------------|
| |
| PARTICIPANT |
| |
| PARENT/
GUARDIAN
INITIALS |
- a) NEGLIGENCE, INCLUDING FAILURE ON THE PART OF ANY OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT THE PARTICIPANT FROM THE RISKS, DANGERS, AND HAZARDS OF THE ACTIVITIES;
 - b) BREACH OF ANY CONTRACT OR WARRANTY, WHETHER EXPRESS OR IMPLIED; AND/OR
 - c) BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE UNDER THE BRITISH COLUMBIA OCCUPIERS LIABILITY ACT.

2. **NO REPRESENTATIONS:** We acknowledge and agree that the Releasees make no representations regarding the safety of the Activities or regarding whether the Activities are appropriate for the Participant to undertake.

3. **VOLUNTARY ASSUMPTION OF RISKS:** We acknowledge and agree that participation in the Activities involves certain inherent risks, dangers, and hazards, which can result in personal injury, death, property damage, and other loss. Risks, dangers, and hazards may include but are not limited to:

- a) slipping and falling;
- b) overturning a kayak, canoe, stand up paddle board, or other water craft;
- c) exposure to very cold water;
- d) variation in the water conditions, surfaces and currents, including high waves, and river currents;
- e) changing and inclement weather conditions including storms, high wind and lightning;
- f) equipment failure, the use of inadequate or inappropriate equipment, and the use of improperly prepared or adjusted equipment;
- g) steep slopes in their natural state that may contain obstacles and hazards, and terrain that may not have been

- traveled on or climbed before and is not regularly patrolled or inspected;
- h) variation in terrain including holes, depressions, loose gravel, rocks, mud, roots, deadfall, rocks, or other natural or man-made objects on or adjacent to the trails;
 - i) exposure to fire;
 - j) encounters with wild and domestic animals;
 - k) becoming lost or separated from the Releasees or other participants;
 - l) failing to act safely, or within one's own ability, or to stay within designated areas;
 - m) failing to read and comply with signage, or with any of the Releasees' instructions;
 - n) the proximity of medical care which may or may not be readily available;
 - o) theft, vandalism, and loss of personal property;
 - p) negligence of participants, instructors, and bystanders; and
 - q) **NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING FAILURE TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS, AND HAZARDS OF ENGAGING IN THE ACTIVITIES.**

WE ACKNOWLEDGE AND AGREE THAT THE ABOVE LIST IS NOT INCLUSIVE OF ALL POSSIBLE RISKS, DANGERS, AND HAZARDS

ASSOCIATED WITH THE ACTIVITIES. WE HAVE INFORMED OURSELVES TO OUR OWN SATISFACTION OF THE NATURE OF THOSE INHERENT RISKS, DANGERS, AND HAZARDS AND WE FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS, AND HAZARDS, AS WELL AS THE POSSIBILITY OF PERSONAL INJURY, DEATH, OR LOSS RESULTING THEREFROM.

PARTICIPANT
PARENT/ GUARDIAN

4. PARTICIPANT'S CONDUCT: We represent, acknowledge, and agree that:

- a) the Participant has the experience required to participate safely in the Activities and that the Participant has no known physical or mental condition which would impair their capability for full participation in the Activities;
- b) we are solely responsible for assessing whether any of Activities are too difficult for the Participant, and by the Participant commencing any of the Activities, we acknowledge and accept the suitability and conditions of those Activities;
- c) the Participant's risk of injury is reduced if the Participant follows all rules established for participation;
- d) the Participant's risk of injury increases as the Participant becomes fatigued;
- e) if the Participant observes an unusual or significant hazard or risk, the Participant will remove themselves immediately from participation and bring such to the attention of a representative of the Releasees; and
- f) the Participant will obey any and all guidelines, rules, and regulations which govern their participation in the Activities, as established by the Releasees from time to time.

5. MEDIA RELEASE: We give/We do not give (*circle one*) the Releasees permission to use and/or reproduce all digital media taken of, or including the Participant, and/or information gathered about or including the Participant, including any agency, clients, publication or other organization or institution, in all forms of media, for distribution to the general public for the purposes of publicity and promotion.

6. NO ALCOHOL, CANNABIS, OR OTHER DRUGS: We acknowledge that alcohol, cannabis, and other drugs, both prescribed and non-prescribed, have the capacity to impair judgment and reduce the Participant's ability to effectively manage risks. Consuming alcohol, cannabis, or other drugs prior to or while participating in the Activities is strictly prohibited.

We declare that we have read, understand, and agree with this Consent and Acknowledgment Form:

Parent/Legal Guardian Last Name: _____	First Name: _____
Address: _____	
Telephone: _____	Relationship to Participant: _____
Parent/Legal Guardian Signature: _____	Participant Signature: _____

WITNESSED BY AN ADULT (Not the Signing Parent/Legal Guardian)

Declared before me at the city of _____, BC this ____ day of _____ 20 ____ _____ Witness Signature	Witness Name: _____
	Witness Address: _____

	Witness Phone: _____