

Dear Parents,

The Adventure Program at Logan River Academy is excited for the upcoming Season and as such we will be offering several different activities. Following are some of the activities we will have available for our students, **please read over and initial all of the activities you would like your child to be involved in.** Some activities may require additional signatures on separate waivers and may include additional charges billed to the Parent/Guardian. In each activity selected students will be placed into small groups according to ability levels. Activities may be level dependent and are always affected by the current functioning parent/student progress at Logan River Academy, LLC. Interest in activities does not guarantee selection for participation.

Weight Lifting/ Gym Membership

Students wishing to participate in weight lifting will be able to use on campus facilities or go the local gym, The Sports Academy and Racquet Club. This activity is designed to ensure health, well being, and promote self-confidence. All participating students will need comfortable loose fitting clothing. Students wishing to go to the Sports Academy will be charged \$30 per month.

Backpacking/Hiking

We will be selecting several students to go on backpacking trips during the spring/summer/fall months. For this activity we will be backpacking in various areas throughout Utah, Idaho, and Wyoming. This activity is always a blast and we look forward to it with great anticipation. To limit the risk of heat stroke/exhaustion and rolled ankles it is suggested that students wear loose fitting comfortable synthetic clothing (shorts and shirt), comfortable supportive shoes/boots, sunglasses, and a hat.

Car Camping

Several hiking/camping trips are offered from spring to fall at Logan River Academy. We will be camping and taking day hikes in some of Southern Utah's most beautiful National Parks such as Zion, Bryce, Arches, Canyon Lands, etc. Students participating will need shorts and comfortable hiking shoes/boots. Backpacks, sleeping bags, and water bottles will be provided by Logan River Academy.

River Rafting/ Canoeing

We offer our students both single day and multi-day white water rafting trips and canoeing trips to various locations on the Snake, Bear, Green and Colorado Rivers. These trips are bound to be enjoyable for all students. Some day trips are taken on the Snake River, which is famous for it's fun rapids and crystal blue/green water. Other day trips include canoeing on the Bear River, a slow moving, peaceful river that runs through

Cache Valley as well as canoeing trips to Porcupine and Cutler Reservoirs. Students will be working as a team with the instruction of their guide to maneuver the raft down the river. **There are no additional fees for day trips.**

Multi-day trips are run in conjunction with SPLORE outfitting. These trips are three to five days in length, which have proven to be a great experience for our students in years past. On these trips we raft West Water Canyon on the Colorado River where students are able to experience one of the most famous river sections in the West. Students participating in this trip should have sunglasses, a sun hat, shorts and a swimsuit. We will be selecting eight to ten students for each trip. This trip is bound to be an enjoyable and memorable time for all who participate. **Due to the need for an outside outfitter there will be an additional charge to Parents/Students participating in this multi day trip. Parents/Guardians will be notified if their student is selected, as additional waivers must be signed.**

To assure the highest safety standards are met and to limit the risk of drowning all students will be required to wear personal floatation devices (life jacket) whenever they are on/in the water. Students are also required to wear shoes/sandals that stay on their feet to protect them from any sharp or unknown objects under the water.

Disc Golf

Disc golf is a game that is very similar to golf, with the exception that it is played with Frisbees. This activity is played at specially designed courses anywhere from city parks to ski resorts. For this activity we will be going to many different courses throughout the state of Utah. **There is a \$10 fee per game to help cover lift passes, green fees, and discs when we go to ski resorts.**

Cycling

For this activity we will be cycling the back roads and pathways of Logan, UT. This activity will be both educational and enjoyable as students will become physically fit and learn the components of road safety and bike maintenance while enjoying the beautiful scenery. Students will need comfortable loose fitting synthetic clothes (shorts and shirt) and sunglasses. With cycling comes inherent risks including, but not limited to; road hazards, traveling at increased speeds, loose gravel, unmarked obstacles, and so forth. To reduce these risks students will be required to wear a helmet at all times which they may purchase for \$8.50 or supply on their own. Students will also be required to demonstrate appropriate road safety and etiquette while biking. They will also have access to insect repellent and sunscreen as desired and each student will be required to carry a water bottle with them at all times to assure that they stay hydrated.

Mountain Biking

Utah sports the greatest snow on earth, however when it melts the mountains continue to yield some of the greatest mountain biking on earth. For this activity we will be cycling throughout the mountains in Northern Utah. This activity is bound to be very enjoyable

as it allows students the chance to challenge themselves while enjoying the beautiful scenery and becoming physically fit. **There will be a \$35 charge for this activity to cover bicycle, helmet, and trailer rental fees.** Students will need comfortable loose fitting synthetic clothes (shorts and shirt) and sunglasses to. To reduce the risks associated with mountain biking such as trail obstacles, trees on the sides of trails, loose dirt/gravel, and traveling at accelerated speeds all students will be required to wear helmets at all times. Students will also have access to insect repellent and sunscreen as desired. Each student will also be required to carry a water bottle with them at all times to assure that they stay hydrated.

____**Skiing/Snowboarding:**

We all know that the reason all students really come to Logan River Academy is to enjoy the greatest snow on earth. This is one of our most popular activities as we take the students to Snowbasin for a day of snowboarding/skiing. This activity is great for beginners and experienced riders alike. In order to assist the students in controlling their speed, avoiding obstructions, and riding in various conditions, lessons will be provided if desired. Students will then be matched with others of similar riding abilities and be able to ride under the supervision of Logan River Academy staff. **To help prevent hypothermia and other injuries students will need synthetic or wool long underwear and socks as well as water-resistant pants, gloves, jacket and a fleece or wool hat. Goggles and sunscreen are optional but strongly recommended to reduce the risk of sunburn and eye damage. There is an additional charge for this activity of \$55, which covers rentals, lift tickets, and lessons. This activity also requires an additional waiver.**

____**XC-skiing/Snowshoeing:**

This activity is great for those students who want to enjoy nature at a slower pace. Many of the same trails we hike in the summer are completely different in the winter as the cold sets in and much of the wildlife go into hibernation the mountains go quiet providing great opportunities for the students to enjoy their surroundings. **To help prevent hypothermia and other injuries students will need synthetic or wool long underwear and socks as well as water-resistant pants, gloves, jacket and a fleece or wool hat.**

____**Back Country Yurt trips:**

The National Forest Service and many other local government agencies provide Mongolian style yurts throughout the national forests. These shelters provide great overnight excursions throughout much of Northern Utah, Southeast Idaho, and Western Wyoming. For this activity students hike, snowshoe, or XC-ski into the yurts where they spend the night. This activity has proven to be a great experience for students in the past and is bound to provide great experiences and memories for the future. **To help prevent**

hypothermia and other injuries students will need synthetic or wool long underwear and socks as well as water-resistant pants, gloves, jacket and a fleece or wool hat. There will be a \$30 charge for this activity to cover equipment and yurt rental fees. This activity requires an additional waiver.

____Indoor Rock Climbing Gym:

For this activity students will go to the local indoor climbing gym, The Rock Haus. This activity teaches the students a great level of trust as they hone their climbing skills on either the big walls or in the bouldering gym. To prevent risks involved in rock climbing each student is taught and must pass a belaying course which teaches them the proper knots and techniques before they are allowed to climb on the big walls using ropes. This will help eliminate the risk of falling and or rope burns. This activity is a lot of fun and is great for students of all abilities. **This activity requires an additional waiver.**

Service Projects:

Service is an integral part of learning and changing! For this activity students will have an opportunity to give back to the local community through service through multiple different activities.

____Historic Farm Work:

The American West Heritage Center is a working historic farm where everything is done as it was in the days of the pioneers. The farm serves as a sort of museum for both locals and tourists to see how the area was settled. This opportunity will provide the chance to learn about taking care of various breeds of livestock, plants, and how life was in the days of the early settlers while giving back to the community. Students will be working with garden tools, livestock, and a wide variety of different breeds of plants. To limit the risks involved in this activity all students will be under the close supervision of Logan River Academy Staff. Each student will be monitored for any symptoms of allergies to the surrounding environment.

____Adopt a trail:

There are many beautiful trails throughout the mountains surrounding Cache Valley. Due to the harsh winters and high use of these trails and the lack of forest service employees many of these trails are in desperate need of care. For this activity students will have the opportunity to learn about different plant species, trail building/maintenance practices, and various wildlife species while enjoying the beautiful surroundings. This activity will involve moving trees/branches, rocks, and soil. To limit the risk of heat stroke/exhaustion, rolled ankles, improper lifting or carrying, and other injuries related to this activity, it is suggested that students wear loose fitting comfortable old clothing (shorts and shirt), comfortable supportive shoes/boots, sunglasses, and a hat. All students involved will be closely monitored at all times and supported as needed.

Release Form:

I certify that my Child is in good condition and give my permission for him/her to participate in Logan River Academy activities and authorize the staff supervising this activity to administer emergency treatment for any accident or illness and to act in my stead in approving necessary medical care. Should any illness or accident occur to my child on this activity, I will not hold Logan River Academy, LLC nor its agents liable. I herewith, for myself, my heirs, executors, and administrators, voluntarily waive, release, and forever discharge any and all rights and claims for damages against Logan River Academy, LLC in conjunction with any loss-physical, mental, or implied, received by me and arising from my child's participation in this activity. I give my permission for any photographs taken at this event to be used by Logan River Academy for promotional purposes.

Child's Name: _____

Parent/Guardian Name: _____

Parent/Guardian
Signature _____ Date _____

We feel confident that these activities will be enjoyable and memorable for our students while helping them learn valuable leadership skills.

If you are interested in your child participating in any/all of these activities, please initial each box next to the activity you are interested in, fill out the enclosed permission waiver forms, and return them to the school at your earliest convenience so your child can participate. Returning these forms does not guarantee that your student will be able to participate in any given activity; it only ensures that your student will be prepared if selected. There may be additional costs/fees associated with certain activities. If you have any questions feel free to contact the school at (435) 755-8400.

Thank you for your time and cooperation.

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