



Semiahmoo Secondary School

Physical Education 11/12

Backpacking - Cape Scott Provincial Park

Location: Cape Scott Provincial Park
Activity: Backpacking
Date(s): May 23, 2019 - May 28, 2019
Leave School: 11:15 am May 23, 2019
Return School: 5:00 pm May 28, 2019

Dear Participants & Parents:

Trip Information:

General: Cape Scott Provincial Park is a wilderness area located at the most northerly end of Vancouver Island. The backpack will consist of 20 km hike into Nels Bight where we will establish a base camp for several day hikes. Monday we will pack to San Josef Bay and if time permits to Sea Otter Cove. In total we will pack approximately 45 km and hike 30km. Participants should have above average fitness and some camping experience. Cape Scott is known for its inclement weather; hence rain gear will be a necessity.

Cost: \$180 - - this includes transportation, ferry costs, and camping fees.

Supervision: There are male and female supervisors with experience in backpacking and first aid training.

Risk Assessment:

Activity	Carrying a 20-kg pack over 45 km of well maintained trails and camping in established campsites in a recreational site.
Location	North end of Vancouver Island, Cape Scott Provincial Park.
Camping	In tents and students are responsible for cooking their own meals.
Fitness Requirement	Distance covered each day will be between 15-20 km. Possible lower body joint & muscle discomfort if student has not participated recently in similar activities (running/walking).
Weather	Students need to expect all weather conditions, however heavy rain is the norm for this area.
Medical problems	Possible insect stings & bites; blisters common if footwear is relatively new or inappropriate; sprained ankles.

Special Equipment: A general equipment list is available online at <http://semioutdoor.weebly.com>.

Behavior: Due to nature of this trip, mature, responsible behavior is required at all times.

If you require further information or have any concerns please contact me at 604-536-2131 or winkler_d@surreyschools.ca. Please return the attached permission slip with the necessary funds as soon as possible. The trip will be filled on a "first come, first served" basis.

Itinerary:

Backpacking - Cape Scott Provincial Park

Day 1: 11:15am - leave Semi and travel to trail head;
12:45pm - depart on ferry (Tsawwassen)
2:45pm - depart for Campbell River
5:00 pm - dinner in Campbell River
8:30pm - backpack to Eric Lake (approx. 3 km)
9:30pm - arrive and set up camp, eat, go to bed!

Day 2: 7:30am - wake time & breakfast
8:30am - strike camp
9:00am - start hike to Nels Bight
12:00pm - stop for lunch along trail
12:45pm - leave for Nels Bight
4:00pm - arrive at Nels Bight and set up camp
5:00pm - explore area
6:30pm - eat dinner
8:00pm - camp fire, and songs!
10:30pm - bed time

Day 3: 8:00am - wake time & breakfast
9:00am - prepare for day hike
9:30am - depart for Guise Bay day hike
11:00am - arrive at Guise Bay and explore
11:30am - depart to Cape Scott and Lighthouse
12:30am - arrive at Cape Scott and have lunch
1:00pm - explore area
2:00pm - return to camp
5:00pm - arrive at camp
6:30pm - eat dinner
8:00pm - camp fire
10:30pm - bed time

Day 4: 8:00am - wake time & breakfast
9:00am - prepare for day hike
9:30am - depart for Nissen Bight day hike (1.5)
11:00am - arrive at Nissen Bight and explore
12:00pm - have lunch
1:00pm - hike to Nahwitti Cone and explore
2:30pm - return to camp
5:00pm - arrive at camp
6:30pm - eat dinner
8:00pm - camp fire
10:30pm - bed time

Day 5: 7:00am - wake time & breakfast
8:00am - strike camp
8:30am - depart for San Josef Bay
12:00pm - stop for lunch
12:45pm - continue to San Josef Bay
4:30pm - arrive at San Josef Bay
5:00pm - set up camp and explore area
6:30pm - eat dinner
8:00pm - camp fire
10:30pm - bed time

Day 6: 6:00am - wake up and strike camp
7:00am - depart for parking lot
8:00am - depart for Duke Point (Nanaimo)
2:15pm - arrive at Duke Point ferry terminal
3:15pm - catch ferry to Tsawwassen from Nanaimo
5:15pm - arrive at Tsawwassen ferry terminal
5:45pm - arrive at Semiahmoo Secondary



SEMIAHMOO SECONDARY SCHOOL

1785 148th Street, Surrey, BC V4A 4M6 Phone 604-536-2131 Fax 604-536-4970

Field Trip Permission Form

I, _____ would like to attend the following field trip/event, which requires that I miss some class time. I understand I must meet with my teachers to make arrangements to make up any missed work.

Date of trip/event: May 23, 2019 - May 28, 2019

Name of field trip/event: Backpacking

Location of field trip/event: Cape Scott Provincial Park

Teacher Signatures:

Period	Course	Teacher Signature
1		
2		
3		
4		



**INFORMED CONSENT AND RELEASE OF LIABILITY
To Be Completed For High Risk Activities**

Backpacking - Cape Scott Provincial Park (the "Activity")

(Describe Activity)

To: The Board of Education of School District No. 36 (Surrey) and its officials, employees, teachers and agents (collectively and individually, the "Board")

STUDENT:

In consideration of the Board permitting me to participate in the Activity,

I _____ (the "Student") state as follows:

1. I have discussed with my parent(s)/guardian their expectations, and the Board's expectations, of my behaviour during the Activity.
2. I understand and agree to abide by the School's Code of Conduct and any other rules that are set out for this Activity.
3. I agree to cooperate with, and follow the directions given to me by, any of the Activity's supervisors for the entire duration of the Activity.
4. I have discussed with my parent(s)/guardian the significance of the declaration I am making by signing below.

Student

Date

PARENT(S)/GUARDIAN:

I _____ (the "Parent(s)/Guardian") am the parent(s)/guardian of the Student. In consideration of the Board permitting the Student to participate in the Activity, I agree as follows:

1. I have read and understand the materials provided to me by the Board outlining the Activity and agree the Activity is appropriate for the Student. I hereby give my consent for the Student to participate in the Activity.
2. I represent to the Board that the Student is medically fit to participate in the Activity. I have informed the Student not to participate further if he/she feels anything to be unsafe.
3. I hereby agree that I shall pay any and all financial obligations, loss or claims for compensation that the Board may suffer or incur in any way as a result of the Student's participation in the Activity.
4. I hereby waive any and all legal rights that I may have now or in the future and release from liability and agree not to sue the Board for any loss or damage that I may suffer as a result of the Student's participation in the Activity.
5. I recognize releasing the Board from liability prevents me from claiming for money from the Board.
6. I represent that I have discussed with the Student my expectations, the Board's expectations, and the risks and consequences of injury. I accept and assume all these risks and the consequences and freely choose to permit the Student to participate in the Activity regardless.
7. I hereby agree that it is my responsibility to arrange insurance to cover any loss or damage the Student may suffer, or liability I may incur, as a result of the Student's participation in the Activity.

Parent(s)/Guardian

Parent(s)/Guardian

Date