

IPRA OVERNIGHT TEEN CANOE TRIP

COORDINATOR INFORMATION PACKET

**Wednesday, August 11—Thursday, August 12
For ages 12-18 years**

**BLACKHAWK RIVER RUNS
10032 County Highway Y
Mazomanie, WI 53560
608-643-6724**



Illinois Park & Recreation Association
1815 South Meyers Road, Suite 400
Oakbrook Terrace, Illinois 60181
Telephone: (630) 376-1911
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www.ilipra.org





IPRA OVERNIGHT TEEN CANOE TRIP AUGUST 11-12, 2010

Welcome to the canoe trip for 2010. I am looking forward to yet another chapter in this annual event. For those who have been attending in the past, we will continue to be environmentally friendly, so we need all campers to bring their own cup, plate and silverware. This means reusable dinnerware (not a stack of cups and plates). A little bandana to dry their dishes would be a nice touch, you can decide on that one. We are looking to reduce our garbage load, so when making your group decisions, think environmentally (reduce, reuse).

Make sure you arrive and are unloaded by 9:30am if you want to have your vehicle at the end pick up. If you are running late, you will need to leave your vehicle at the starting point and make the trip back with the Jensen's once they finish their loading. Our goal is to be canoeing on the river by 10:30am. Call Jensen's at 608-643-6724 if something comes up.

Campers who are new to canoeing will need to be in the beginners group. They should be leaving earliest in canoes. Training instruction will be on site before we depart. A roster with your participant's level of experience would be most helpful. Hand this off to me with your IPRA waivers.

All groups need to bring water for the "good of the group". A five-ten gallon container filled with ice water is excellent. We share this as we make lemonade for meals or hot chocolate and coffee for breakfast.

We are also in need of firewood. This is for our evening bonfire. If you have access to wood, please volunteer to bring this with your group.

Remember final counts are due to me July 23rd. They need to be broken down into novice, intermediate and advanced canoeists. I would also like t-shirt sizes if you are particular of how they fit. Otherwise your group takes what they get. Numbers can be adjusted somewhat after the date if it does not effect additional purchasing. Please keep me informed.

E-mail if you have any questions at lpiner@northfieldparks.org

Thank you,

Lara Piner
Recreation Supervisor
Northfield Park District
847-446-4428



IPRA OVERNIGHT TEEN CANOE TRIP AUGUST 11—12, 2010 TRIP ITINERARY

Wednesday, August 11

- Meet at Blackhawk River Runs between 9:00-9:20am. Check in and unpack vehicles.
- Each participants and staff member receives an event t-shirt.
- At 9:30 am one representative from each agency (except Special Recreation Agencies) will follow a Blackhawk shuttle and drive their agencies vehicle to Spring Green (where we will conclude the trip on Thursday) and be shuttled back to Blackhawk River Runs (this will take approximately 1 hour round trip, but will save us a lot of time on Thursday).
- A representative from Blackhawk will brief the staff on the river and safety issues.
- While shuttle is being done, canoes will be loaded with personal and group gear.
- **Everyone** must wear a life jacket while canoeing or playing in the river.
- Canoe training will take place for participants who are classified as beginners and they will be the first to leave behind the lead canoe.
- Begin canoeing approximately 10:30-11:00am. The lead canoe will have a flag on the front that all other canoes are to stay behind. The sweep canoe will also have a flag, which all other canoes are to stay in front of.
- Paddle to Arena landing for lunch (approximately 2 ½ -3 hours). Lunch usually consists of “hoagie” sandwiches (which participants and staff will make fresh as they go through the lunch line), chips, granola bars and a drink. Special Recreation Agencies will join us for lunch and then bring their canoes to dry land. They will be picked up between 3:00-3:30pm by Blackhawk personnel. We continue to paddle to the camp area from 3:00-5:30pm.
- Dinner will be prepared as we set up camp. Camp overnight destination depends upon water level. It may be earlier or later.
- Evening activities, s’mores and a campfire will finish the day.

Thursday, August 12

- Wake up at 7:30am – breakfast usually includes breakfast foods such as cereal, milk, pop tarts, juice and granola bars.
- Break camp by 9:00am – clean up area.
- Paddle until approximately 10:30am for a break on a sandbar.
- Lunch prior to Spring Green (all remaining food).
- Paddle to Spring Green – take out canoes by noon. Carry all canoes across the road to the grassy area and make a pile of paddles and life jackets.
- Load agency vehicles.
- Leave for home at approximately 1:00pm

This itinerary will be adjusted depending upon the progress of the group after the first day, which in turn will impact our second day. Changes will be discussed with the staff.



TEEN CANOE & CAMPING ADVENTURE BEHAVIORAL CONTRACT/RELEASE FORM

Due to the nature of activities of the Canoe & Camping Adventure, it is very important that all participants know what is expected of them and how they will conduct themselves.

Campers will participate in a wide variety of activities that may be somewhat stressful. Participants may experience many difficult situations such as being cold, very hot, wet, tired, or even irritated with themselves or other group members. These stresses will be good to experience since they resemble real life situations in which we all must learn to successfully cope with. All participants will be required to share in trip responsibilities. These include cooking meals, clean up, camp site preparation, taking care of themselves and others and cooperation with leaders to help the group attain their goals for their program. Participants must also respect the rules and procedures set by the fill in your name and the Illinois Park & Recreation Association for the protection of the individual, group, and the environment.

Individuals who violate the established rules will be sent home. The camp leaders will evaluate violations on an individual basis. Campers sent home in violation of our rules will receive NO refund. Payment for transporting the camper home shall be borne by the parent or guardian.

I, _____, have read the above thoroughly and understand how I will conduct myself during the Teen Camp & Canoe Trip. I realize that if I violate the camp's rules, I may be sent home (at my own expense) without refund for the remainder of the trip.

Participant Signature

Parent Signature

Date



IPRA OVERNIGHT TEEN CANOE TRIP AUGUST 11 & 12, 2010

Listed below is a checklist of what you will need to bring with you:

Sleeping bag	4 large garbage bags
Flashlight	insect repellent
Sunscreen	2 t-shirts
Toiletries (toothbrush, etc.)	Bandana or hat
Sandals (wet)	Swimsuit
Shoes (dry)	Sunglasses
Undergarments	Shorts
Waterproof Camera	Toilet paper (in ziplock bag)
Pillow	Tent & tarp
Rain Gear	Towel
Warm clothes (weather permitting)	Water Bottle
Plate, cup and silverware (recyclable)	

All of your items should fit into a day pack/backpack, except your bedding. Everything will then be placed into your large garbage bags. You may also choose to fit items into a small Rubbermaid container.

Bring an extra change of dry clothes in a separate bag that we will leave with the van. This will ensure that we all have dry clothes to drive home in.

Do not bring: drugs, alcohol, cigarettes, radios or candy.

TRIP RULES

1. Follow all posted rules at the specific facility/event and on the bus/van.
2. Comply with all of the Recreation Supervisors and Staff directing the trip.
3. Stay with the group at all times.
4. Check in with the appropriate leader at the designated times and locations.
5. Act in a mature fashion and use common sense!
6. Drinking alcohol and smoking is prohibited!
7. When in or on the water, life jackets must be worn!
8. Take responsibility for your actions!
9. Be SAFE and have FUN!

IMPORTANT REMINDERS

1. No glass containers
2. Bring drinking water with you to Blackhawk; they do not provide it and there is no access to drinking water on the river.
3. We will canoe RAIN or SHINE! In the event of lightening, we can delay the start of the trip and still have the overnight camping event.
4. There will always be a lifeguard on duty to watch the participants while in or on the water.
5. Meals on the river will be provided.
6. We will be stopping for a quick breakfast there and dinner on the way home. Please bring your own money for food.
7. Any money can be kept either in a ziplock bag in your pack or left in the van.



DIRECTIONS GIVEN BY BLACKHAWK RIVER RUNS

Take 90/94 to

Exit 131- Highway 19

You will turn left or west onto Highway 19

Go thru the city and beyond....

At Highway 12 (stop sign) you will turn right or west

At a full intersection, you will see Highway Y. Turn left onto Highway Y.

Once you cross Route 78 intersection, you will find Black Hawk River Runs on the right hand side of the road exactly 2.5 miles from the intersection.

BLACKHAWK RIVER RUNS
10032 County Highway Y
Mazomanie, WI 53560
608-643-6724



**Illinois Park and Recreation Association
Waiver and Release of All Claims
Teen Canoe Trip, Aug. 11-12, 2010**

IMPORTANT INFORMATION

The Illinois Park and Recreation Association (hereinafter referred to as "IPRA") and the _____ (hereinafter referred to as "Agency") are committed to conducting its recreation programs and activities in a safe manner and hold the safety of participants in high regard. IPRA and the Agency continually strive to reduce such risks and insist that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in outdoor recreational activities.

You are solely responsible for determining if you or your minor child/ward are physical fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Canoeing is intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including drowning. All hazards and dangers cannot be foreseen. Certain risks include, but are not limited to, dangerous weather and water conditions such as rapids, deep or cold water, above and subsurface rocks and obstacles, hydraulics, strainers and ledges, acts of God, and insect bites. Other risks include capsizing, being pinned between rocks, logs or trees, hypothermia, sunburn, heatstroke, dehydration, inadequate supervision or instruction, horseplay and carelessness, poor canoeing technique or swimming skills, loss of balance, collision with other canoes or stationary objects, paddling the canoe in waters too difficult for the canoeist's capability, inadequate or defective equipment, and failure to wear a personal floatation device or other safety equipment. In this regard, it is impossible for IPRA and the Agency to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against IPRA and the Agency (hereinafter collectively referred to as IPRA/Agency), including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PLEASE PRINT

Participant's Name _____

Date _____

Participant's Signature _____

(18 years or older or Parent/Guardian)

Participation will be denied if the signature of adult participant or parent/guardian and date are not on this waiver.



Presented by the Teen Committee of the Recreation Section

Teen Overnight Canoe Trip

August 11-12, 2010

Wisconsin River near Sauk City, WI

Join the IPRA Teen Committee and other teens from Illinois for great outdoor fun! This event will include a 21-mile canoe trip along the scenic Wisconsin River. The first day will consist of approximately 12 miles of rowing, setting up camp along with river, cooking out, playing games, and meeting new friends. The second day will include packing up camp and canoeing the remainder of the way.

The Teen Overnight Canoe Trip fees are \$55 per person. Registration is first come-first served. There is an agency maximum of 10 participants including staff. The trip maximum is 150 participants so sign up early to reserve your spots.



Questions? Please contact Lara Piner, Northfield Park District, 847-446-4428, lpiner@northfieldparks.org

Registrant Information (please complete all fields legibly to ensure proper enrollment– please notify IPRA if your information changes)

IPRA professional member IPRA advocate member IPRA student member IPRA commercial member IPRA non-member

Name _____ Job Title _____

CPRP PPRP APRP CTRS Other _____ Section _____

Agency/School _____

Address _____

City _____ State _____ Zip _____

Phone _____ Fax _____ Email _____

Acct. Code: 43-510-5520-999-4590

Check (payable to IPRA) Visa Mastercard Credit Card # _____ Exp. Date _____

Name and Address of Cardholder _____

2010 Teen Overnight Canoe Trip

Deadlines & Fees

Registration Deadline July 23, 2010
Final Payment Due: August 26, 2010

Participant Fee: \$ 55.00

Small Shirts: _____
Medium Shirts: _____
Large Shirts: _____
X-Large Shirts: _____

Total Number of Participants: _____

Total Amount Due: \$ _____

Please send registration form to IPRA, 1815 S. Meyers Rd. Suite 400, Oakbrook Terrace, IL 60181 or fax to 630.376.1919. In compliance with ADA, please call IPRA if you require special needs.