

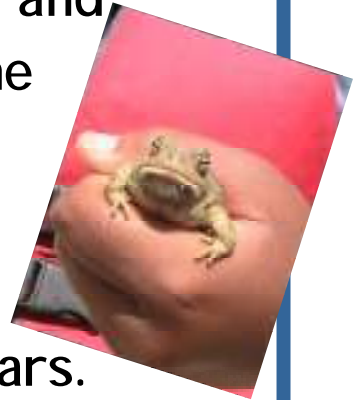
Cincinnati Recreation Commission



RiverTrek 2009



- A 5 day 4 night canoeing and camping journey down the Little Miami River.
- Monday, July 27th thru Friday, July 31st.
- For Teens ages 13-17 years.
- A nature experience of a lifetime!
- Learn canoeing, kayaking and camping skills.
- Make new friends!
- Build leadership and teamwork skills!



For more information or to receive an application packet, see your local CRC Community Center staff or call Mary Cox at 232-4762.

Made possible by contributions from:



CHARLES H. DATER
FOUNDATION

Application deadline is
Friday, March 20th, 5:00 p.m.

Recreation programs and facilities are open to all citizens regardless of race, sex, color, religion, nationality or disability. CRC is an Equal Opportunity Employer and is committed to supporting the Americans with Disabilities Act. Please call if you require any special accommodations.

Cincinnati **R**ecreation **C**ommission

January, 2009

Dear **River7rek** Applicant:

We are beginning the application process for **River7rek 2009**. This will be our 13th year for this exciting and challenging teen program and we look forward to having you join us as an active participant in the 2009 **River7rek** trip.

To become a _____ for the 2009 **River7rek** team, *you must be 13 to 17 years of age and apply by completing the attached forms and returning them to the Cincinnati Recreation Commission no later than Friday, March 20th, 2009:*

- **2009 River7rek** Application, Permission & Release Form (both sides)
- **River7rek** Training and Trip Permission and Acknowledgement Form
- Morgan's Canoe and Outdoor Centers, Inc. Participant Release
- Behavior Contract
- Request for Administration of Medication
- Adventure Outpost Medical Record
- CRC #255, Emergency Information
- Sponsor Nomination Form (on behalf of Applicant)

If forms are being mailed, please address to: Cincinnati Recreation Commission,
805 Central Ave., Suite 800, Cincinnati, Ohio 45202, attn: Eileen Schultz.

The applications will be reviewed and _____ acceptance letters will be sent out around April 20th. *Candidate acceptance letters are not confirmation of participation. Participation is based on successful completion of necessary training prior to the actual trip (See "**River7rek** Training and Acknowledgement Form").*

If you have any questions, please call Mary Cox at 232-4762. We look forward to an exciting **River7rek** Journey in 2009! We hope you can join us!

Sincerely,

The **River7rek** Staff

RiverTrek 2009

A natural challenge for Cincinnati teens.

The Cincinnati Recreation Commission's Outdoor Adventure Committee and Morgan's Canoe Adventures in Learning Program have joined forces to deliver the natural experience of a lifetime for Cincinnati area teens. Up to 35 fortunate teens (13-17 years old) will be selected by lottery to join **RiverTrek** on an exploration of natural beauty, eco-science and just plain fun, as we paddle 60+ miles of the *Little Miami River*, in canoes and kayaks. The **RiverTrek 2009** team will be traveling down the *Little Miami River* as a group of young men and women representing a broad range of Cincinnati's youth; from the central city to the suburbs.

Prior to **RiverTrek**, many of our teens have had little experience outside of their urban environments for any extended period of time. Some are unfamiliar with camping and others have various levels of experience canoeing and rafting on the river.

Some members of this year's group are returning paddlers of former **RiverTrek** teams. They have been selected to serve as Peer Leaders. They will help to guide and nurture those with less experience, to give back to the program and to continue their personal growth through **RiverTrek**.

Please examine the following itinerary carefully, keeping in mind that

. The trip plan will include 5 days of travel by canoe and kayak. On Friday, we will conclude our journey, traveling down the Ohio River to the Public Landing in downtown Cincinnati. Upon arrival, we will be greeted by family, friends and the press, as we complete our 5 day journey.

Along the way **RiverTrek**ers will paddle, camp, swim and hike, as well as participate in team building activities and games while exploring this historic river. Our group will also stop to test and monitor the water quality and conduct macro-invertebrate sampling along the course of the river. We will examine wildlife along the Little Miami River, search for fossils, and make note of historic sites along the way. The **RiverTrek 2009** team will experience the river like a modern day Tom Sawyer and develop a new appreciation for the environment, river history and nature, while making new friends and enjoying the freedom and responsibilities of the river.

Training Dates

Participation in the following training dates is necessary for **RiverTrek**.

June 5, 2009	*8:00am – 4:30pm	Adventure Outpost (Winton Woods)	Eco Challenge Day
July 13, 2009	*9:00am – 6:00pm	Morgan's Canoe Ft. Ancient	River Skills Day
July 13, 2009	6:00pm – 7:30pm	Corryville Community Center	Parent's Night

*meet at Corryville Center, 2823 Eden Avenue
@ 8:00am on June 5th and 9:00am on July 13th
for Bus or Van transportation to training destination.

Itinerary

(Monday, July 27, 2009): The **River7rek** journey begins this morning when we put in our canoes north of the livery, on the Little Miami River just north of Oregonia, Ohio. For our first day on the river, we are planning to take it slowly to allow the group to acclimate to the conditions of the river and the peculiarities of travel by canoes in convoy. Along the way we pass historic Native American sites like Caesar's Creek and Fort Ancient. Dinner is provided by *Morgan's Canoe and Outdoor Center*. We cover this day and make camp at Morgan's Riverside Campground. Showers and restrooms are available at this site.

(Tuesday, July 28, 2009): The second day begins with a campfire breakfast provided by *Morgan's Canoe and Outdoor Center*. After we break camp, we will paddle our canoes to the Loveland Castle where we will come ashore for an overnight stay. We will tour the historic castle and grounds of Chateau LaRoche and then enjoy our dinner. No showers are available at this location. Port-ollets are present on site.

(Wednesday, July 29, 2009): In the morning we enjoy breakfast at the campfire circle near the castle, overlooking the river. After we clean-up and stow the gear, we rejoin the river and travel about by canoe. Along the way we will have opportunities to cool off as we snake our way downriver through some sections of shallow water. We arrive in late afternoon at the Lower Craig Campground operated by the Boy Scouts. Lower Craig has a secluded campsite, plentiful water and large open fields for sports and games. Showers and a sheltered picnic area are available at this site.

(Thursday, July 30, 2009): Today we cover approximately . We will stop for lunch midway and reach our take-out location at Otto Armleder Park, in late afternoon where we will set up camp for the night and enjoy a relaxing dinner. Restrooms are available at this site.

(Friday, July 31, 2009): Following a hearty breakfast, we will break camp, ~~we~~SO5qE&uRMot



RiverTrek Application
Permission & Release Form

CRC Center _____

Name _____ Age _____ Gender _____ Date of Birth _____
Address _____ Zip _____ Home Telephone _____
Mother's Name _____ Father's Name _____
Home Address _____ Home Address _____
Home Phone _____ Work Phone _____ Home Phone _____ Work Phone _____
Work Address _____ Work Address _____
Center Membership # _____ Shirt Size (adult sizes) _____

Emergency Contact (Other than parents. Parents will be called first)

Name _____ Name _____
Address _____ Address _____
Day Phone _____ Evening Phone _____ Day Phone _____ Evening Phone _____

Authorized Escorts:

Center staff have my permission to release my child to the custody of the following persons:
Authorization is required with a phone call or written note stating time of departure after password has been verified.

Name _____ Name _____
Day Phone _____ Evening Phone _____ Day Phone _____ Evening Phone _____
Relationship _____ Relationship _____

Unauthorized Escorts:

The following person(s) may not remove my child from the Center without prior written permission:

Name _____ Relationship _____

Conditions of Registration

RiverTrek

1. I certify that the City of Cincinnati Public Recreation Commission has provided both me and my child sufficient information that we understand the **RiverTrek** program.
2. Due to the size of the **RiverTrek** program discipline problems may occur. The staff will do their best to handle these problems on a daily basis. Please note: If a child becomes a constant discipline problem, he/she may be suspended from specific activities or dismissed entirely from the program at which time parent/guardian will be required to meet the group and pick up his/her child.
3. I give the City of Cincinnati Public Recreation Commission's employees, agents, and volunteers my permission to take my child away from the community center for all **RiverTrek** programs.
4. My child has permission to participate in all activities associated with the **RiverTrek** program (including all pre trip trainings and meetings). My child is developmentally, physically, mentally, and emotionally ready and possesses the skills necessary to participate in these activities. My child is in good physical condition and has not had a serious illness or surgery since their last health examination.
5. I give the City of Cincinnati Public Recreation Commission's employees my permission to involve my child in open swim and aquatic activities that may be associated with **RiverTrek** program.

My child is a: _____ non-swimmer _____ beginner swimmer _____ capable swimmer

6. I authorize the City of Cincinnati Public Recreation Commission to utilize photographs or videotapes of my child to be used exclusively for the promotion of the Recreation Commission's programs.
7. I understand that the City of Cincinnati Public Recreation Commission will not be responsible for any lost, stolen or damaged personal property.
8. I recognize that there are certain risks of physical injury as a result of my child's participation in this program. I agree to assume the full risk of any injuries, damages or loss which I/or my child may sustain as a result of participating in any and all activities connected with or associated with such program.

I agree to waive and relinquish all claims I may have, as a result of my child's participation in the program, against the City of Cincinnati and the Public Recreation Commission and their officers, agents, employees and volunteers.

I do hereby fully release and discharge the City of Cincinnati and the Public Recreation Commission, their officers, agents, employees and volunteers from any and all claims of injuries, damage or loss which my child may have or which may accrue to me on account of my child's participation in the program.

I further agree to indemnify, defend and hold harmless the City of Cincinnati and the Public Recreation Commission their officers, agents, employees and volunteers from any and all claims resulting from injuries, damages and losses sustained by my child or arising out of, connected with, or in any way associated with the activities of the program.



Applicant



RiverTrek

In order for your child to attend 2009 RiverTrek, he/she must attend the two mandatory trainings as scheduled below. Please indicate your permission for your child to attend these trainings and the actual trip by initialing in front of each listing. If your child is interested in attending RiverTrek 2009, he/she must attend the mandatory clean-up session as well.

RiverTrek

Bring your own lunch

8:30am!

Vans depart promptly from Corryville at

9:30am! The vans will depart from Corryville Center promptly at
Please pack a lunch for this training

RiverTrek



*We will also hold an informational meeting for parents and participants of **RiverTrek** 2009. Please initial below if you plan on attending this meeting. This meeting is recommended but **OPTIONAL**:*

RiverTrek

PARENTS – If your child has any special needs, or will require special attention at camp, this form must be returned to us at least 1 week prior to your child’s first day of camp. If this does not apply, then all forms must be completed and returned to the Adventure Outpost staff on the first day of camp.

Please print

Camper’s Name _____ Date of Birth _____

Address _____ City/ State/ Zip _____

_____ Home Phone Number _____

Parent (or Guardian) name _____

Address _____ City/ State/ Zip _____

_____ Home Phone Number _____

Work Phone _____ Cell Phone _____

Hospitalization Insurance _____

Policy or member’s number _____

Name of Child’s Physician _____ Phone _____

Name of Child’s Dentist _____ Phone _____

Date of last health examination _____ Date of last Tetanus shot _____

EMERGENCY CONTACTS (Other than home):

Name _____ Relationship _____ Phone _____

Name _____ Relationship _____ Phone _____

I DO/ DO NOT give my permission for the adult in charge to give my child,
_____, simple first aid of necessary.

Signature _____ Date _____
Parent or Guardian

In case of emergency, I DO / DO NOT give permission for my child,
_____, to be taken to the nearest doctor or hospital

Signature _____ Date _____
Parent or Guardian

Please list any health conditions or allergies to food, plants, insect bites or stings or medicines:

*Please Note: The Park District Staff and Volunteers can not keep medicine for a child nor dispense medicine to a child. You must complete the following section whether or not your child will be on medication.

Parents may stop by during a camp to administer medication to their child, and are encouraged to do so rather than allowing a child to medicate themselves. If you intend for your child to self-medicate: medicine must be in the original container with the prescription information on it.

Camper's Name _____

PLEASE CHECK ONE

_____ My child will not be taking medication while at camp.

_____ I will stop by camp to medicate my child.

_____ My child has permission to medicate himself/herself while at camp.

_____ My child will be under the influence of the medication described below, but will not require dosages while at camp.

Medication description (include the time of day medicine is required)

Is there anything else we should know about your child?

Signature _____ Date _____
Parent or Guardian



Request For Administration Of Medication

(Please Print)

No medication can be given to a child unless instruction to administer such items are written, signed and dated by a licensed physician, and are prescribed for a specific child.

Name of Participant _____ Age _____ Date of Birth _____

Address _____ Zip _____ Telephone _____

SECTION 1 TO BE COMPLETED BY CHILD'S PHYSICIAN:

(Name of child) _____ Is under my care and should receive

(Name of medicine, vitamin, or modified diet) _____

(dosage) _____, as follows _____

Specific instructions for administration: _____

Possible side effects to watch for: _____

Expiration date (may not exceed six months from date of this request if prescribing medication or food supplement):

Signature of Physician _____ Telephone _____ Date _____

Note: If medication or vitamin is a prescription from pharmacy, physician's instructions and signature will not be required. Instead of having the above section completed, the parent completed the chart below:

Rx Number	Pharmacy
Street Address	Telephone

Section 1 does not need to be completed for certain nonprescription items: fever-reducing medicines that do not contain aspirin, cough or cold medications that do not contain codeine; and topical ointments, creams or lotions.

SECTION II TO BE COMPLETED BY CHILD'S PARENT/GUARDIAN

Name of Item to be Administered	Dosage	Time(s) of Dosage

Please Note: The medication must be in pill, capsule or liquid form. It must be in a clearly marked container from the pharmacist. The label must show the child's name, the dosage directions, the doctor's name and the prescription number

I hereby request and give permission to the Cincinnati Recreation Commission's staff to administer the above listed medication, vitamin, or special diet to my child.

I do hereby fully release, discharge and agree to indemnify, defend and hold harmless the City of Cincinnati and the Public Recreation Commission, their agents, employees and volunteers from any and all claims resulting from injuries, damages and losses sustained by my child or arising out of, connected with, or in any way associated with the administration or non-administration of any medication.

I hereby execute this release on behalf of the named minor, who is below the age of eighteen (18), and represent and warrant that I am a parent or guardian authorized to execute this release on behalf of such minor.

Signature of Parent/Guardian _____ Date _____

Please Note: For your child's protection, this authorization should be renewed every ninety days.



Administration of Medicine

No medication can be given to a child unless the instructions to administer such items are written, signed and dated by a licensed physician and are prescribed for a specific child.

Name of child _____ Was given the following dosage _____ of Rx# _____ (name of medicine) at the following times.

Physician's Name _____ Telephone _____

Pharmacy Name _____ Telephone _____

Date

Time

Person Administering Medication (Signature)



CRC #255

DAY CAMP (ON SITE)
EMERGENCY INFORMATION CARD

Participant's Name _____ Date of Birth _____
Last First Middle

Street Address _____ Zip _____ Phone _____
Parent or Guardian (First and Last Name of Each)

Place of employment of Parent or Guardian _____

Mother _____ Phone _____

Father _____ Phone _____

Neighbor, relatives or a sitter who would be willing to care for the child
If the parent cannot be reached.

Name _____ Address _____ Phone _____

Name _____ Address _____ Phone _____

Child's Physician _____ Address _____ Phone _____

Child's Dentist _____ Address _____ Phone _____

Please check any health condition of child that leaders should be aware of:

Speech Impairment; Hearing Impairment; Vision Impairment; Asthma; Diabetes; Epilepsy

Other health problems or limitations: _____

List any medication the child is currently taking: _____

Allergies: _____

EMERGENCY MEDICAL AUTHORIZATION

PART 1

In the event reasonable attempts to contact me at _____ (Phone Number) or
_____ (other parent or guardian) at _____ (Phone Number), have been
Unsuccessful, I hereby give my consent for the administration of any treatment deemed necessary by
Dr. _____, or in the event the designated preferred practitioner is not available, by another licensed
Physician, and transfer of the child to _____ Hospital or any hospital reasonably accessible
This authorization does not cover major surgery unless the medical opinions of two other licensed physicians, concurring
In the necessity for such surgery, are obtained prior to the performance of such surgery.

Medical Insurance you carry: _____

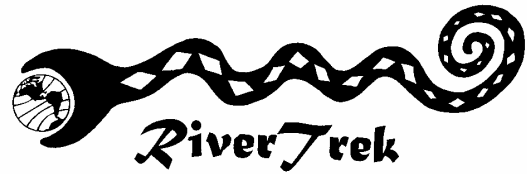
Date _____ Parent's Signature _____

PART 11

REFUSAL TO CONSENT: I do not give my consent for emergency medical treatment of my child. In the event of illness or
Injury requiring emergency treatment, I wish the Summer Day Camp program authorities to take no such action, or to

_____ (please specify action)

Date _____ Parent's Signature _____



River7rek 2009 IMPORTANT DATES

Parents: Please retain this schedule for your reference.

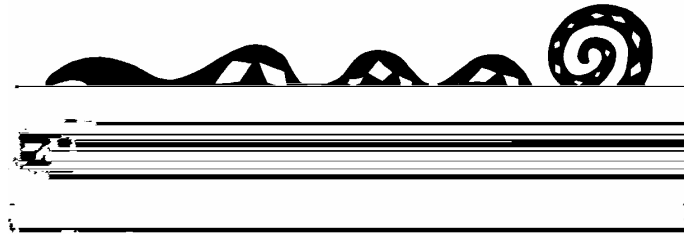
For the safety of our participants, the **River7rek** staff has established the following training dates for all **River7rek** participants. Successful completion of these training sessions is necessary for participation in the **River7rek 2009** Journey.

Friday, March 20 th	All enclosed paperwork due.	
Friday, June 5 th	Mandatory Training at Adventure Outpost (Group from Corryville at 8:30am)	*8:00am – 4:30pm
<hr/>		
Monday, July 13 th	Mandatory Training at Morgan’s Canoe (Group from Corryville at 9:00am)	*9:00am – 6:00pm
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Monday, July 13 th	Parent Information Meeting at Corryville	5:30pm – 7:30pm
Monday, July 27 th to	Check In at Corryville Center	8:00am – 8:15am
Friday, July 31 st	River7rek 2009 Pick Up Cincinnati Public Landing	3:00pm – 4:00pm
Monday, August 3 rd	Equipment Clean-up Day at Dunham Mandatory for 2009 Peer Leaders & 2010 Peer Leader Recruits	*8:00am – 12:00pm

If you need transportation on June 5th, July 13th and/or August 3rd to Corryville or Dunham please contact your CRC staff member or Julie Fatora at North Avondale Center 961-1584.

*Corryville Recreation Center, 2823 Eden Avenue is located at the corner of University and Eden Avenues (221-0888).

*Dunham Recreation Center, 4356 Dunham Lane is located off of Guerly Road near Sunset (251-5862).



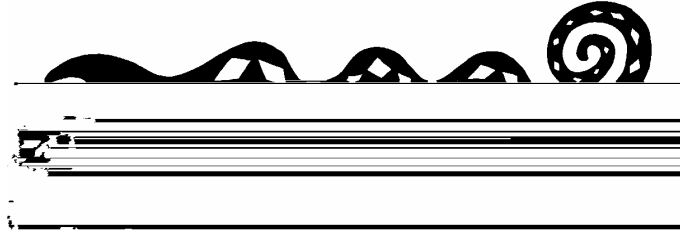
Please read over the following guidelines carefully. All **River7rek** participants and parents/guardians are responsible for knowing and following these **River7rek** rules.

The Behavior Standards listed below will be fully enforced throughout the trip and will not be tolerated. If you participate in any of these inappropriate behaviors, your parent/guardian will immediately be phoned, and you will not be permitted to finish the remainder of the trip.

- I will not use physical aggression towards others.
- I will not use or possess alcohol, illegal drugs, cigarettes, tobacco, matches, or lighters.
- I will not use or possess weapons of any kind (including pocket knives).

If any of the remaining behavior standards are broken, the **River7rek** participant will be given one warning. If the behavior continues, the child will be sent home.

- I must remain on camp property and with a **River7rek** staff at all times.
- I will not use foul or abusive language or behavior.
- I will not make threats of physical aggression towards others on the trip.
- I will not discriminate against or harass any camper or adult on the basis of age, race, gender, ethnicity, religion, disability or sexual orientation.
- I must help to preserve the natural environment by not littering or destroying the natural habitat or property in any way.



If I am selected to attend **River7rek**, I will:

- Read over all of the **River7rek** Behavior Standards
- Follow all **River7rek** Behavior Standards
- Participate in all camp activities to the best of my ability
- Take direction from the **River7rek** Leaders/Peer Leaders
- Be responsible for myself and my belongings
- Work cooperatively with my team to ensure the success of **River7rek**
- Participate in two training days to prepare for **River7rek**

If my child is selected to attend **River7rek**, I will:

- Read over and explain all **River7rek** Behavior Standards to my child(ren)
- Do everything in my power to assure that my child understands and will follow all **River7rek** Standards
- Work cooperatively with **River7rek** staff to ensure positive behavior

River7rek Participant's Signature/Date

Parent/Guardian Signature/Date

5 T-shirts
1 or 2 pairs of shorts
5 undergarments
Several pairs of socks
2 swimsuits (be wearing one when we leave the day of the trip)
1 sweatshirt (polyester pull-over also an option)
1 inexpensive rain poncho
1 pair warm-up pants (optional, nylon works best)
1 pair of jeans

(zip lock baggies work well as containers)
Toothbrush and toothpaste
Bath soap
Deodorant
Shampoo
Bath towel or beach towel (2 small ones are better than 1 giant one)
Wash cloth
Cornstarch (not Baby Powder)

1 lightweight sleeping bag (or 1 or 2 blankets) keep it small
1 pillow
1 pair of gym shoes
Water shoes or sandals with heel strap
Sunscreen (waterproof)
Bug repellent
Sunglasses
Flashlight (w/batteries)

Disposable (waterproof) cameras
Personal journals
Eyeglasses strap and contact solution (if needed)

No, the bags are not going down the river in the boats. Please remember to bring a bag with you to transfer everything into at the end of the trip on Friday night, so that you will not leave anything behind.

Personal electronic devices: Game Boys, Walkman's, TV's, CD players, cell phones, pagers,
and anything else we forgot to mention!
Large sheath knives (Rambo knives)
Cosmetics, Jewelry