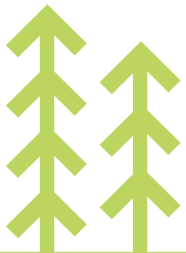




BOREAL RIVER ADVENTURES



GATINEAU RIVER EXPEDITION

PREPARED FOR:
ST. GEORGE'S SCHOOL

INFORMATION PACKAGE AND
PERMISSION FORM

Program Dates: August 26-28, 2019

Please contact us for inquiries or bookings:
1-866-242-9383 | adventures.borealriver.com



CUSTOM PROGRAM OVERVIEW

We are looking forward to a great trip with St. George's School! The Gatineau River Expedition is a 3-day wilderness voyage by raft. Along with fun and adventure, you'll get hands-on practice with river running and wilderness expedition skills.

On day 1, after instructions and packing-up, we load everything into the boats and float downstream to our campsite. You'll paddle in professionally guided rafts and the equipment gets rowed by a guide in a 'gear raft'. You'll experience the magic of a river journey, camping by the riverside, and not seeing a vehicle until we are done on the last day.

Everybody will participate in guided whitewater rafting and on-water activities. For those joining

us for the first time, you will participate in workshops in wilderness camping, and learning outdoor skills such as fire-building, making shelters, backcountry cooking, and much more!

For those who have been with us before, you will have to opportunity to achieve a **Paddle Canada** certification in tandem moving water canoeing!

The goals of the trip are for you to enjoy yourself, have fun with peers and friends in an outdoor setting, practice leadership and teamwork, try out new activities, and gain skills in a wilderness setting.

Boreal River programs operate with the highest level of security. Our staff members work year-round all over the world as professional guides and outdoor educators. All aspects of our programs are "challenge by choice" which means that you can opt to observe rather than perform any activity. Our team has years of combined experience leading experiential education programs and guiding wilderness trips in Canada and internationally.

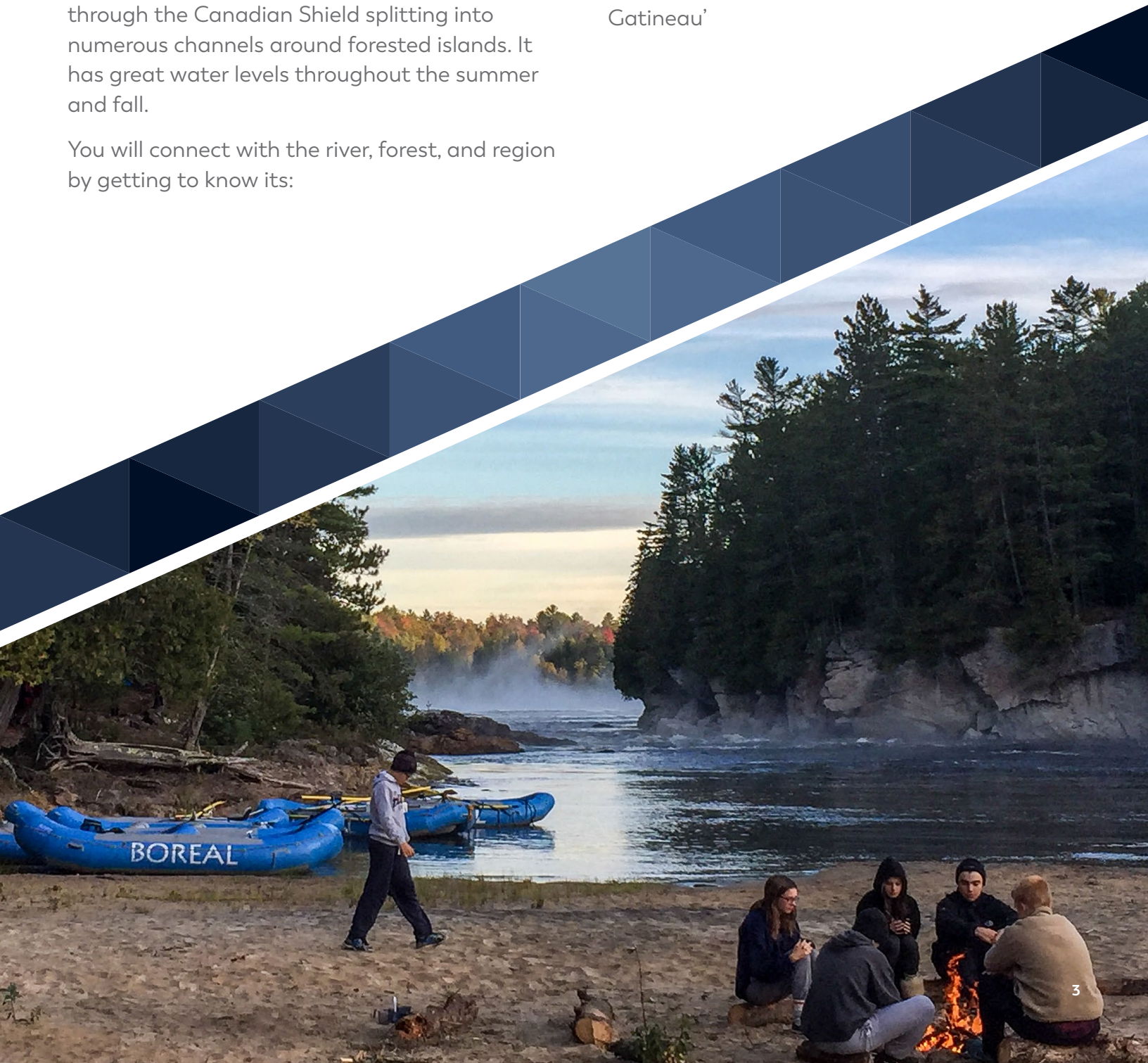
Please read through this information package and fill in and sign the 'participation agreement form' and 'medical questionnaire'. **The forms should be submitted to Ann Vieira at St. George's School.**

WHY THE UPPER GATINEAU?

The Upper Gatineau is a section of river in western Quebec between the towns of Maniwaki and Bouchette. It is a large volume waterway that drains a massive wilderness area north of the Laurentians. The river carves through the Canadian Shield splitting into numerous channels around forested islands. It has great water levels throughout the summer and fall.

You will connect with the river, forest, and region by getting to know its:

- history & culture – this section was an early transportation route for First Nations, then an important fur trade passage, and a log driver river until the '90s! The river flows through the heart of Kitigan Zibi, an Algonquin community
- ecology – the ecosystem here is a bridge between the boreal zone of northern Quebec and the mixed forests that surround Ottawa
- whitewater – boasting some of the best rapids in eastern North America, the Gatineau hosts the annual 'Festival d'eau vive de la Haute Gatineau'



WHAT'S INCLUDED?

GUIDED RIVER EXPEDITION

Whitewater rafting on the Upper Gatineau River. Wilderness camping throughout the trip.

PROFESSIONAL, HIGHLY-QUALIFIED, EXPERIENCED INSTRUCTOR TEAM LEADING ALL ACTIVITIES

Boreal River's instructor training standards lead the outdoor education and adventure travel industry. Every group has at least two guides with current certification as Wilderness First Responders (80-hour wilderness medicine course) or greater. Our team has years of combined experience leading experiential education programs and guiding wilderness trips in Canada and internationally. Boreal River leaders are fun to be around, and enjoy meeting people and sharing their passion for the wilderness through teaching and facilitating outdoor activities.

CAMPING AND RIVER EQUIPMENT

- All river gear including whitewater rafts and paddles
- All group camping gear including kitchen, tarps, group shelters, and three-season expedition tents
- Equipment for each participant: helmet, PFD, wetsuit, splash jacket, large dry bag to store camping gear, small dry bag for easy access during the day
- All group safety equipment including first aid kits and satellite phone (for emergency use)

INSTRUCTION AND CERTIFICATION

The following certifications and skill workshops are included within the program. Upon successful completion, each student will receive the following certificates:

LEVEL I: FIRST-TIMERS

- Whitewater Safety (Level I)
- Wilderness Skills & Safety

LEVEL II: RETURNERS

For those who have already participated in a previous St George's expedition, you will have the opportunity to achieve a certification in:

- **Paddle Canada** Moving Water Tandem Canoe skills (beginner)

ALL DELICIOUS MEALS AND SNACKS FROM DAY 1 LUNCH TO DAY 3 LUNCH

Great food is a highlight of Boreal River programs. Meals are prepared with high quality ingredients. Food is always plentiful, wholesome, and delicious! You'll take part in the food preparation to gain experience with cooking and eating well in the wilderness. We can accommodate individual diets and allergies, just let us know!



WHAT TO BRING

Autumn in the Laurentians is beautiful, however, the weather and temperature can vary greatly from day to day and nights can be cold. Good and appropriate clothing will ensure you comfort regardless of the weather. For clothing, stick with synthetic materials (i.e. fleece, polyester, polypropylene, nylon) or wool, which dry quickly and insulate when wet. Please avoid cotton!

Bring two sets of clothing. One complete set of daytime clothing including shoes for rafting and doing activities in during the day. These will get wet. The second set of clothing will be packed away and dry until camp is set up. Upon arrival at the meeting location, and before paddling to the campsite, you will receive a big dry bag in which to put your campsite clothing, sleeping bag, mattress, etc. You should be wearing your daytime clothing for the paddle to camp. We will provide you with a wetsuit and splash jacket to wear in combination with your daytime clothing. Even if it is hot out, make sure to leave

some warmer layers of your daytime clothing easily accessible.

Please follow the packing list closely. If you are missing any of these items, see if you can borrow from a friend as there is no need to buy new equipment for a short trip. Sleeping bags and camping mattresses can also be rented in Montreal from MEC: (514) 788-5878, www.mec.ca

WHAT NOT TO BRING:

Phones, tablets, and other electronic devices can get damaged. There is no cell signal in most places where we travel. Boreal River leaders will be carrying a satellite phone for communications and emergencies.



PACKING LIST

BOREAL RIVER WILL PROVIDE YOU WITH:

- Wetsuit, 'Farmer John' style
- Splash jacket
- Dry bag – to transport your camping gear on the river
- Tent

PACKING LIST FOR THE RIVER

- River shoes (closed toe)
The ideal river shoe is lightweight and draining, yet supportive enough for walking on portages and scouting rapids, with a grippy sole. These can be lightweight running shoes, water shoes with a supportive sole, or sturdy sandals with toe covering.

NO sandals, flip-flops, or crocs

- 1-2 pairs of thermal socks for the river
Wool, fleece, or synthetic. Cotton socks are not appropriate.
- Undergarments and sports bra
- Bathing suit/surf shorts
- Lightweight synthetic t-shirt
- Lightweight 'quick dry' long pants
- Top and bottom medium weight long underwear
- Thick fleece top or wool sweater
- Sunhat/baseball cap
- Water bottle or hydration pack, 1 litre minimum
- Sunscreen and insect repellent
- Optional: sunglass with strap
- Personal medications

PACKING LIST FOR FOR EVENING ON LAND

- Sleeping bag
Rated to minus 5°C or lower. If you're not sure if your sleeping bag is warm enough, bring two
- Self-inflating mattress
Lightweight/compact, such as a therm-a-rest or 'downmat'
- 1 pair of shoes
They need to be closed-toe (ie. Running shoes)
- 1 pairs of thermal socks
- Undergarments
- T-shirt
- Light long-sleeved shirt
- Pants
- Top and bottom medium weight long underwear
- Thick fleece or wool sweater
- Thick fleece pants or heavy-weight long underwear
- Rain jacket and pants
- Toque / winter hat
- Lightweight winter gloves (liner gloves)
- Pillow
- Toiletries and personal medications
Toothbrush, toothpaste, dental floss, moisturizer, etc.
- Headlamp or flashlight and extra batteries
- Bathing suit and compact camp towel
- Optional: camera, book, journal, binoculars

ABOUT BOREAL RIVER

Boreal River – established in 2008 – has two main divisions: **Boreal River Rescue**, for skills training and certification courses, and **Boreal River Adventures**, for wilderness trips and adventure travel.

BOREAL RIVER RESCUE

BUILDING CONFIDENCE, SKILLS AND KNOWLEDGE

At Boreal River, you can expect to be challenged. Whether it is whitewater rescue courses, wilderness first responder training, or leadership development, you will gain huge amounts of hands-on experience with lifelong results.

CONSISTENTLY HIGH-QUALITY, PROFESSIONAL PROGRAMS, ADAPTED FOR YOU AND YOUR GROUP

Each program's success is built on our commitment and effort towards great customer service, quality training, and high safety standards. We sweat the details and put in hours of prep time and refinement, striving to make each course 'the best one yet'.

EXPERIENCED, PROFESSIONAL INSTRUCTORS

With years of experience, our instructors are experts in their fields who enjoy helping participants gain confidence and have great experiences in the outdoors.

BOREAL RIVER ADVENTURES

Boreal River Adventures runs expeditions on some of the world's best rivers.

Packraft, raft, and kayak the backcountry of Patagonia, Costa Rica, and Quebec's Magpie.

Experience incredible wilderness with professional guides. Whether you're a beginner or a seasoned river runner, you'll learn new skills—from whitewater paddling to fishing to camping—immerse yourself in nature, and connect with local cultures.

Some of the most amazing places in the world are only accessible by river trip.

Week-long and longer 'all-inclusive' trips give you time to rejuvenate, bond, and spend true quality time with your group.

Visit the **Boreal River Adventures** website to see what makes these trips so special, book a spot, or charter a custom trip.

CONNECT WITH US!

1-866-242-9383

info@borealriver.com

adventures.borealriver.com



PARTICIPATION AGREEMENT FORM

PLEASE COMPLETE THESE FORMS AND SUBMIT TO ANN VIEIRA OF ST. GEORGE'S SCHOOL

Risk Management

There are risks involved in whitewater river expeditions and outdoor education programs. We mitigate these risks through:

- staffing each program with experienced, professional, and certified guides. Maximum 8:1 participant to guide ratio for all water activities
- adhering to our operating guidelines and risk management principles
- creating a trip-specific safety plan and emergency response plan for each program that we share with St. George's School
- requiring participants and staff to wear a personal flotation device / lifejacket for all water activities including swimming and boating and, additionally, requiring all participants and staff to wear a helmet for any activities when the water is moving (swiftwater, whitewater)

While we strive to run our programs as securely as possible, these activities can still be dangerous.

PLEASE READ CAREFULLY AND DO NOT SIGN THIS AGREEMENT UNTIL YOU HAVE READ IT, COMPLETELY UNDERSTAND IT, AND AGREE TO BE BOUND BY ITS TERMS AND CONDITIONS.

Please read and initial each paragraph

1. ACTIVITIES

I declare my intention to participate in the following activities:

- Whitewater rafting and paddling other crafts in whitewater and flat water
- Swimming in moving water and still water
- Hiking and walking through the forest and along the river banks over
- Rough and uneven terrain
- Wilderness travel and remote backcountry camping
- Wilderness skills training
- Water safety and rescue training
- Travelling on roads in motorized vehicles
- Travelling in remote areas that are not accessible by road with delayed access to advanced medical care

Initials: _____

2. ASSUMPTION OF RISKS

The river expedition involves risks and hazards including, but not limited to:

- Drowning, injury, or death
- Accidents which occur during transportation or travel to and from the river
- The overturning or upsetting of rafts or boats
- Sudden unexpected movement of the boat or raft
- Entrapment by trees, logs, rocks or equipment
- Hypothermia due to exposure to cold water
- Falling from the boat or raft into rapids
- Impact or collision with rocks, trees, logs, deadfall, other vessels, and other boating equipment
- Encounters with domestic or wild animals
- High winds
- Steep slopes in their natural state that may contain many obstacles and hazards

PARTICIPATION AGREEMENT FORM (CONTINUED)

Photo release: I grant Boreal River permission to use photos and videos taken of me throughout the program on it's website and other promotional materials: YES NO

2. ASSUMPTION OF RISKS (Continued)

- Terrain that may not have been travelled on or climbed before and is not regularly patrolled or inspected
- Becoming lost or separated from the guide or party
- Rock slides
- Rapid and extreme change in weather conditions
- Negligence of other participants

Boreal River Adventures has explained, illustrated, and or demonstrated to my satisfaction the nature, risks, and dangers of the above mentioned activities and I accept these risks.

Initials: _____

4. I am aware that the activities in which I am about to participate are dangerous and that the possibility of injury, loss, or trauma exists.

Initials: _____

5. I declare my intention to participate in these activities at my own risk and I specifically release. Boreal River, its guides, instructors, subcontractors, volunteers, or any of its employees from any responsibility regarding any loss or damages that I might suffer.

Initials: _____

6. I declare that I am not under the influence of alcohol or drugs and that I will not use any for the duration of the trip. Initials: _____

7. I accept responsibility for any expenses incurred on my behalf or as a result of my actions. Initials: _____

Please copy out the following sentence in your own handwriting:

I DECLARE THAT I HAVE READ, UNDERSTAND, AND ACCEPT EACH PARAGRAPH OF THIS AGREEMENT:

Signed at (place) _____

On the day of _____

20 _____

Name: _____

Signature: _____

Witness Name: _____

Witness Signature: _____

For participants under 18 years of age:

Parent/Guardian Name:

Parent/Guardian Signature:

Date: _____

MEDICAL QUESTIONNAIRE AND CONTACT INFORMATION

PLEASE FILL OUT THIS MEDICAL QUESTIONNAIRE ACCURATELY AND COMPLETELY. THE INFORMATION WILL BE PROVIDED TO BOREAL RIVER STAFF MEMBERS IN CONFIDENTIALITY.

Personal Details

First name: _____ Last name: _____

E-mail: _____ Phone: _____

Date of birth: _____ Weight: _____

Emergency contacts—Please list two people that we can contact in the event of an emergency

Name 1: _____ Name 2: _____

Day phone: _____ Day phone: _____

Evening phone: _____ Evening phone: _____

Physician and insurance information

Family physician name: _____ Phone: _____

Health insurance number: _____

Medical history

- | | | |
|---|------------------------------|-----------------------------|
| Do you have asthma? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you take any medications? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have any allergies? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you allergic to any medications? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have any food allergies? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Are you allergic to any insect bites or stings? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have a heart condition? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have high blood pressure? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have epilepsy? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have diabetes? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| Do you have any other condition or injury that may affect you on this trip? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

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PLEASE FILL OUT THIS MEDICAL QUESTIONNAIRE ACCURATELY AND COMPLETELY. THE INFORMATION WILL BE PROVIDED TO BOREAL RIVER STAFF MEMBERS IN CONFIDENTIALITY.

Please explain any "YES" answers:

Please list any medications that you are currently taking or carry with you:

Please describe any dietary restrictions or requirements:

Swimming Ability

Are you a nervous, weak, or non-swimmer? YES NO