



Chalutzim Supplemental Handbook

Osher Marin JCC Camp Kehillah | 200 N San Pedro Rd. San Rafael, CA. 94903 | 415-444-8055

General supplies needed for all overnight camps*

- ◆ Sleeping bag
- ◆ Sleeping pad
- ◆ Pillow
- ◆ 3 or 4 days worth of clothes, pack modestly
- ◆ Toiletries – there will be showers available on most trips
- ◆ Good hiking shoes
- ◆ Small or school-size day backpack
- ◆ River shoes
- ◆ Sunscreen
- ◆ Insect repellent
- ◆ 2 Water bottles (1 liter size)
- ◆ Warm clothes for night time
- ◆ Flashlight or headlamp
- ◆ Bathing suit & towel

** Try to have all of this contained inside your travel bags and **label with your child's name** so it is easy to pack and things do not get lost.

* Chalutzim Yosemite- June 21-25

Itinerary:

Monday: Depart JCC by 10 am, drive to Yosemite

Tuesday/Wednesday/Thurs: Activities at Yosemite National Park including swimming, hiking & biking
Campers stay at Upper Pines Campground
Trip leaders available by cell phone

Friday: Depart Yosemite by 10 am, return to JCC by 3:30pm

No additional waivers required

You need to bring a bag lunch for Monday. We will be hiking, renting bikes for one day, bouldering on the granite rock and remaining fairly active so keep that in mind when you pack..

Yosemite specific items: Make sure the water bottle you bring holds at least one liter, small back pack/day pack.

* Chalutzim Whitewater Rafting - July 12-16

Itinerary:

Monday: at Marin JCC getting to know each other

Tuesday: Depart Marin JCC by 10 am, drive to the South Fork of the American River

Wed/Thur: On the water, camping at Camp Lotus

Friday: Depart mid-day, arrive at JCC by 3 pm

Waiver for W.E.T. Rafting required (see pages 5 & 6)

All of your meals will be provided with the exception of lunch on Monday and Friday. **You need to bring a bag lunch on those two days.**

Whitewater rafting specific items: good river shoes that will stay on your feet if you go in water, bathing suit, and quick-drying river clothing.

*** Chalutzim Surf and Sun in San Luis Obispo- July 19-29**

Itinerary:

TO BE DETERMINED. WILL BE SENT AT A LATER DATE

Waiver for Kayak Cambria required for Surfing (will be sent out closer to the trip date)

You need to bring a bag lunch for Monday.

*** Chalutzim Whitewater Rafting - August 2-6**

Itinerary:

Monday: at Marin JCC getting to know each other

Tuesday: Depart Marin JCC by 10 am, drive to South Fork American River

Wed/Thur: On the water, camping at Camp Lotus

Friday: Depart mid-day, arrive at JCC by 3 pm

Waiver for W.E.T. Rafting required (to follow on pgs. 5 & 6)

All of your meals will be provided with the exception of lunch on Monday and Friday. **You need to bring a bag lunch on those two days.**

Whitewater rafting specific items: good river shoes that will stay on your feet if you go in water, bathing suit, and quick-drying river clothing.

COMMUNICATIONS DURING THE TRIP:

Over the course of the week parents and account contacts will be emailed via our online registration system to notify parents of safe arrival, emergencies, and return times. If no communication is received please notify the camp office to confirm the correct email address.

Whitewater Rafting Adventure has one additional release form to sign and return to the camp office at least one week prior to camp start date. The company we contract through is Raft W.E.T and you will receive a link to this form via email.

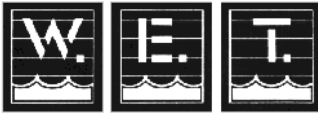
We are committed to providing the highest quality care for your camper during our adventure trips so please make sure the camp office has a complete and up to date listing of shot records at least one week prior to trip date.

All health forms and release of liability forms will also be available for download through our JCC Camp Kehillah Website at:

http://www.marinjcc.org/youth_family_camps.html

They will be found at the bottom of the page or by clicking the link at the top: Parent Handbook & Downloads

Thank you for helping us keep Camp Kehillah a safe place! See you this summer.



This is a release. Read it carefully and sign below. This release essentially says that I know I am going on a whitewater rafting trip-not a Disneyland ride or to an air-conditioned shopping mall. If I die, get hurt, or damage my belongings, I will not make a claim, sue, or expect W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com, its owners, operators, agents, employees, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, and associates to be legally responsible or pay for any damages.

I, the undersigned, hereby acknowledge that I have voluntarily chosen to go on this whitewater rafting trip with W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com. I know and fully understand that a whitewater rafting trip, whether on a raft, an oarboat, a kayak, or any other type of vessel, is an outdoor adventure activity with inherent risks and hazards where serious accidents can occur, participants can die, sustain injuries, and property damage. I acknowledge and willingly assume all risks and hazards in whitewater rafting and river related camping, including but not limited to, loss of control of the raft, collision with other participants, rocks, trees, and any portion of the interior of the raft, other rafts, and any other manmade or natural obstacles, where they are obvious or not; submersion in water, drowning, encounters with animals, wildlife and insects, exposure to extreme temperatures and inclement weather, wilderness terrain and unavailability of immediate medical attention in case of injury. Risks and dangers may arise from foreseeable or unforeseeable causes including, but not limited to, guide decision making, including that a guide may misjudge terrain, weather, trail or river route location, and water level, risks of falling out of or drowning while in a raft, canoe or kayak and such other risks, hazards and dangers that are integral to recreational activities that take place in a wilderness, outdoor or recreational environment; and by my participation in these activities and/or use of equipment, I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, owners, agents, officers or employees of W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com or by any other person.

I further understand and acknowledge that W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com may or may not provide foot cups in some of its boats to assist participants in stabilizing themselves. Although foot cups assist participants from falling out of a boat, the use of foot cups may present an increased risk of knee, ankle, or other injuries because of their restrictive nature. Use of foot cups is totally voluntary. Finally, I understand that Class IV and V represent the most difficult and dangerous levels of whitewater and recognize that the risks associated with whitewater rafting are increased,. My participation in this activity is purely voluntary and I elect to do so at my own risk.

In consideration for W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com allowing me to participate on this trip, I voluntarily agree to release, discharge and hold harmless W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com and their owners, officers , agents, employees, Pacific Gas and Electric Company, Placer County Water Agency and Sacramento Municipal Utility District for any and all claims of liability arising out of their negligence, recklessness, strict liability, breach of contract, or any other act or omission which causes the undersigned illness, injury, death and damages of any nature in any way connected with my participation in this activity. I also expressly agree to release and discharge W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com their owners, officers, agents, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District and employees from any act of omission of negligence in rendering or failing to render any type of emergency or medical services. In signing this document, I fully recognize and understand that I (or any minor on whose behalf I am signing this release) am hurt, die, or my property is damaged, I am giving up my right to make a claim or file a lawsuit against W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District and all other parties and affiliates named herein even if they negligently or by some other act or omission cause the injury or damage.

As parent or legal guardian of a participant under 18 years of age, I have read and voluntarily agreed that said minor may participate in this whitewater rafting trip, and I sign this release on their behalf. In addition, I give W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com its agents, employees, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District and associates permission to treat said minor in case of illness, injury, emergency , or accident. Should emergency medical services become necessary, for the undersigned participant or minor, the expenses are the sole responsibility of the participant and not that of W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com. Personal medical and travel insurance is strongly advised.

W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com reserves the right to accept or deny service to any person. I hereby agree to follow all rules, regulations, and instructions of W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com while on this trip. I also certify that I and any minor on whose behalf I am signing, are physically and mentally capable of participating in these activities. I hereby agree that W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com may use film or photographic records of this rafting trip for its promotional and /or commercial purposes.

The Venue of any dispute that may arise out of this agreement or otherwise between the parties to which the W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com or its agents is a party shall be either the City of Placerville, California Justice Court or the County or State Supreme Court in El Dorado County.

I HAVE READ THIS DOCUMENT. I UNDERSTAND THAT IT IS A RELEASE OF ALL CLAIMS WHICH IS BINDING ON MYSELF, MY HEIRS, MEMBERS OF MY FAMILY, PERSONAL REPRESENTATIVES AND ASSIGNS. I UNDERSTAND THAT I AM

ASSUMING ALL THE RISKS INHERENT IN WHITEWATER RAFTING AND BY SIGNING IT AGREE TO EXEMPT AND RELIEVE W.E.T.-W.E.T. River Trips-Whitewater Expeditions & Tours-raftwet.com, its agents, employees, Pacific Gas and Electric Company, Placer County Water Agency, Sacramento Municipal Utility District and associates FROM LIABILITY FOR PERSONAL INJURY, PROPERTY DAMAGE OR WRONGFUL DEATH CAUSED BY NEGLIGENCE OR ANY OTHER CAUSE. I VOLUNTARILY SIGN MY NAME AS EVIDENCE OF MY ACCEPTANCE OF THE ABOVE PROVISIONS.

Signature _____ Date _____

Print Name _____

Signature of Parent/Legal Guardian (if less than 18 years old) _____ Dat _____

Address _____ zip code _____

Date of Trip _____ Name of river _____ Reservation Holder's Name _____

Height _____ Weight _____ Food Allergies _____ Other Allergies _____

PLEASE HELP US TO EVALUATE YOUR SKILLS:

rafted before? _____ where? _____ when? _____

low risk:: running walking swimming biking golfing hiking snowshoeing x-country skiing tennis other?

high risk:: sky diving mtn biking climbing kayaking skiing snowboarding fire fighting surfing other?

MEDICAL INFO (do not leave any blanks)

Physical limitations:

heart disease or related _____

diabetes _____

epilepsy _____

old injuries _____

other _____

ALL PARTICIPANTS MUST FILL OUT THIS ENTIRE FORM. Guides will have forms at the river. All trip leaders/reservation holders who have children ages 17 years or younger who are not traveling with a parent, please contact the office for instructions.

Toll Free 1.888.723.8938

Call Administration: 916.451.3241 for questions about this release/questionnaire.

Update: January 24, 2005