

The NOEC  
P.O. Box 4036  
Park City, UT 84060  
(435) 649-5322



NOEC Website:  
www.thenoec.org  
NOEC Email  
info@thenoec.org

Dear Student and Parent,

Welcome! You have been invited to participate in the Norwegian Outdoor Exploration Center (NOEC) School Program. This year your child may be selected to participate in one of the many NOEC activities and program offerings. Each NOEC program is naturally intended to teach students that all experiences in life are educational whether in the classroom or in the outdoors. This type of learning is known as experiential learning.

Through this learning method the NOEC program works with each student to teach and develop skills in the Four C's: Communication, Consideration, Cooperation, and Commitment.

The NOEC program works together with your child's school to address various topics related to the students studies and curriculum, which include but are not limited to habitat, weather, navigation, ecosystems, history, outdoor skills and many others. In addition, NOEC focuses on the traditional Norwegian philosophy known as *friluftsliv* (meaning "Open Air Life"), which emphasizes a respect for oneself, others, and all of Nature."

NOEC programs traditionally take on more of a holistic approach by striving to help participants develop the total person, maintain a balanced life, and understand their equal relationship with all of Nature. In order to accomplish this objective NOEC stresses key elements such as gratitude, trust, self-awareness, problem solving, goal setting, and most importantly—a healthy value system. Students participating in the NOEC program will be required to make up any missed schoolwork.

The activity you will be attending will be decided upon at the time your group meets. Activities can include hiking, mountaineering, snowshoeing, cross-country skiing, building snow caves, community service projects, and many other nature related experiences. These activities will be occurring on:

(Day(s)): \_\_\_\_\_, During school hours - from 9:00 am until 2:00 pm.

You will report to your 1<sup>st</sup> class of the day for attendance and then be excused by your teacher to the school office at 9am to meet with two NOEC Mentors. These mentors will be very excited about the chance they will have to share with you some of the wonderful opportunities to learn and grow in nature.

Attached you will find (1) an NOEC Participant Agreement **RISKS AND HAZARDS STATEMENT OF UNDERSTANDING AND RELEASE** form, (2) a **PARENTAL OR GUARDIAN PERMISSION AND MEDICAL RELEASE**, (3) a school release form, and (4) a NOEC Donations Form. Please note that donations are **NOT** required, but very appreciated. The other forms (1-3) must be completed and returned to your school counselor as soon as possible. Without these forms (1-3) completed and returned, the student will not be able to participate in any NOEC programs and activities. If you decide that you do not wish to participate, please let NOEC and/or your school counselor know as soon as possible as space is limited and there are others who wish to participate.

We look forward to you joining us on our next adventure!

Sincerely,

Norwegian Outdoor Exploration Center  
Tom Cammermeyer, Founder

School Counselor

NOEC Mailing Address:  
P.O. Box 4036  
Park City, UT 84060



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## DONATIONS

Thanks to you and our wonderful community, the NOEC has been able to touch the lives of over a thousand children each year. NOEC is a non-profit 501-c-3 organizations and it is through your support that our program is and continues to be successful. We invite everyone to help keep the programs growing into the future. Please consider the following options on ways you can support the mission of the NOEC:

- **Cash/Check Donations:** All money donations go straight to funding the every day operations of the NOEC. Checks and donation forms can be dropped off at your student's school or directly mailed to our offices.
- **Volunteer/Other:** If you are interested in volunteering with us or have any ideas and/or suggestions in regards to supporting NOEC, please feel free to contact us.

Note: Donations are NOT expected or required for youth participation. NOEC is a non-profit 501(c)3 organization with **tax ID # 87-0422308**. All donations are tax deductible. Donations to the NOEC become the property of the NOEC to be used at the Center's sole discretion in its program. Please DO NOT mail cash.



**Enclosed is my gift of:**

\_\_\_ \$10 \_\_\_ \$25 \_\_\_ \$50 \_\_\_ \$100 \_\_\_ \$250 \_\_\_ other: \_\_\_\_\_

\_\_\_ **Please accept my check made out to: The NOEC**

or

\_\_\_ **Please bill my** \_\_\_ Visa \_\_\_ MC \_\_\_ American Express

**Card #** \_\_\_\_\_ **Expiration Date** \_\_\_\_\_

**Name** (please print) \_\_\_\_\_

**Signature** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Thank you!** For more information call us at 435-649-5322 or visit our website at: [www.thenoec.org](http://www.thenoec.org)



## RISKS AND HAZARDS STATEMENT OF UNDERSTANDING AND RELEASE

The undersigned hereby acknowledges and agrees to the following statements:

1. I, \_\_\_\_\_ (herein "participant") expect and intend to participate in outdoor activities to be sponsored by the NORWEGIAN OUTDOOR EXPLORATION CENTER, following the execution of this Statement of Understanding and Release.

(Participant Accident Insurance Is Required)

2. In consideration of the Norwegian Outdoor Exploration Center's sponsorship and direction of the activity, and his/her participation, participant hereby states that he/she has read and fully understands the Risks and Hazards Statement which is included herein and releases and discharges the State of Utah, the Norwegian Outdoor Exploration Center, and their officers, directors, agents and employees, mentors and volunteers from any and all claims, damages, losses or injuries connected therewith, including, but not limited to, any loss, damage or injury suffered by participant or others, as a result of failure to obey safety regulations or resulting from the exercise of the activity coordinator or other individuals acting in good faith response to emergencies and exigencies on this activity whether at the Norwegian Outdoor Exploration Center or any other location.
3. Participant further agrees and understands that during the activity, he/she will be under the direction of the instructor, mentor, or director approved by the Norwegian Outdoor Exploration Center and specifically agrees to comply with all reasonable directions and instructions by the instructor or director during the course thereof.
4. Participant understands and acknowledges that there are specific risks of injury to person and/or property that are associated with activity, including risks related to travel hazards, terrain, weather, eating and sleeping arrangements, and other circumstances. Participant also acknowledges that he/she understands that the activity could have but is not limited to the following risks: The outdoors and any outdoor activities are inherently dangerous, injuries range from minor scrapes and bruises to broken bones, head injuries, paralysis, and even death. Participant specifically assumes the risks associated with such conditions.
5. Participant understands and acknowledges that there is risk of serious injury or death in the case of an accident, and hereby agrees that none of the Norwegian Outdoor Exploration Center, its officers, directors, agents and employees, mentors and volunteers (hereinafter collectively referred to as the "Releasees") has any liability with respect to the transportation and any accident or loss, including, loss of property, personal injury or death that may occur. Participant further agrees to indemnify, protect, defend and save and hold harmless the Releasees from any action, suit, loss, liability, damage or cost arising out of or related to or incidental to the transportation of the participant.
6. Participant certifies and represents that if he/she drives a personal vehicle to, from, and/or during the activity, the vehicle must be covered throughout the period of the activity by a motor vehicle liability insurance policy, currently in effect, with limits of coverage and liability that satisfy the requirements of the Utah Motor Vehicle Safety Responsibility Act, 1952 Utah Code Anno. 41-12-1 et seq.
7. Participant understands and acknowledges that the Norwegian Outdoor Exploration Center assumes no liability for personal injuries or property damages to participants or to third parties arising out of activity, except to the extent that such liability is imposed by law. Participant agrees to indemnify and to save harmless, the State of Utah, the Norwegian Outdoor Exploration Center and its officers, agents, mentors, employees, and volunteers from any claim or liability arising out of the acts or omissions of the

participant during any such activity, subject to any limitations or restrictions against such indemnification that are imposed by law.

8. Participant understands and acknowledges that there may be unsupervised times before, during, or after the hours of the sponsored activity. It is understood that during this time participants will conduct themselves as responsible individuals as well as adhere to all applicable laws and statutes in effect. Failure to comply with this section may result in physical harm or property loss due to hazards beyond the Norwegian Outdoor Exploration Center's control. Failure to comply may also result in expulsion from the activity. The Norwegian Outdoor Exploration Center will not be responsible for any such acts nor any costs resulting from expulsion from the activity.
9. The participant hereby understands that he/she should arrange for appropriate personal health insurance coverage (e.g., hospital/medical insurance, student health insurance, etc.) during the period of the activity. The participant agrees and understands that he/she will be personally responsible for any medical costs incurred during this activity.
10. Participant agrees not to use any illegal drugs or alcohol while undertaking this activity with the Norwegian Outdoor Exploration Center and to abide by all provisions of the Norwegian Outdoor Exploration Center Participant Rights & Outdoor Code.
11. In case of emergency contact, \_\_\_\_\_ at  
phone # \_\_\_\_\_.

12. **Media Release:** At times NOEC takes photos of the participants engaged in their activities. With these photos NOEC can share a part of the outdoor experience via their website [www.thenoec.org](http://www.thenoec.org). On special occasions, selected photos are used in the local media for recognition and/or for fund raising purposes.

\*Note: Names of the participants will NEVER be used unless further permission is obtained.

I **do not** want the participant to be shown on NOEC's website or any other media.

Dated: \_\_\_\_\_, 20\_\_\_\_\_.

Signed: \_\_\_\_\_  
Participant

(If participant is under age 18, the signature of at least one parent, or of a legal guardian, must be supplied):

Dated: \_\_\_\_\_, 20\_\_\_\_\_.

Signed: \_\_\_\_\_  
Parent or Guardian



**Parental or Guardian Permission and Medical Release**

|          |      |
|----------|------|
| Activity | Date |
|----------|------|

School \_\_\_\_\_

|                                  |               |                           |
|----------------------------------|---------------|---------------------------|
| Participant                      | Date of birth | Home telephone number     |
| Participant's parent or guardian |               | Business telephone number |
| Address                          | City          | State/Province            |

**Medical Information**

Does the participant have any of the following:

- Special diet  
  Allergies  
  Medication  
  Chronic/Recurring illness  
  Surgery or a serious illness in the past year  
 Physical conditions that limit activity

If yes, explain below. Use back if more space is needed.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I give permission for my child/youth to participate in the activity listed above and authorize the adult mentors/leaders supervising this activity to administer emergency treatment to the above-named participant for any accident or illness and act in my stead in approving necessary medical care. This authorization shall cover this activity and travel to and from this activity.

|                                |      |
|--------------------------------|------|
| Parent or guardian's signature | Date |
|--------------------------------|------|

65 South Main Street Box 497  
 Coalville, UT  
 84017

**NORTH SUMMIT SCHOOL DISTRICT**

PHONE: (435) 336-5654  
 FAX: (435) 336-2401

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

**RELEASE**

I, \_\_\_\_\_ (parent or legal guardian), permit \_\_\_\_\_ (student) to participate in the following activity: \_\_\_\_\_, conducted by Park City School District in conjunction with the Norwegian Outdoor Exploration Center (noec). While it is my understanding that the school district will provide the same level of care and protection to my child as he/she would normally receive at school and that the school district will take reasonable precautions to protect my child, I also understand that there are inherent and elevated risks associated with activities which occur on and off school property. Therefore, I release the Park City School District Board of Education and its employees from any claim for damages on account of injury to my child or damage to my property while my child is participating in or traveling in conjunction with the activity described above.

I agree that this release is intended to be as broad and inclusive as permitted by the laws of Utah. I sign this agreement on behalf of myself, my spouse (if applicable) and my child.

Signature of Parent or Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_



## ITEMS CHECK LIST

Dear Parent & Student,

Please provide the following items for your outdoor adventure. Keep in mind there is no “bad weather, only bad clothes!” Be prepared and plan ahead. The weather can change very quickly in the mountains from sun to rain or snow.

If you need help with getting the proper clothing, gear or lunch PLEASE contact your counselor or the Norwegian Outdoor Exploration Center at (435) 649.5322, before the day of the outing.

### **FALL AND SPRING GEAR:**

- Good solid tennis shoes/hiking boots
- Sun hat/sunglasses
- Rain gear with hood
- Backpack (small)
- Water shoes to get wet (optional)
- Dry socks
- Sunscreen
- Insect repellent
- Medications/allergies
- Water bottle (filled)

HEALTHY LUNCH /SNACKS (Find alternate to canned sodas! Limit SUGAR intake!)  
BE SURE TO EAT A HEALTHY BREAKFAST!!!

### **WINTER GEAR:**

- Snow boots
- Winter hat and winter gloves
- Snow pants and jackets to go over day clothes
- Dress warmly in layers
- Extra socks
- Sunscreen
- Sun glasses/goggles
- Backpack (small)
- Water bottle (filled)
- Medications/allergies

HEALTHY LUNCH/SNACKS (Find alternatives to canned sodas!  
Limit SUGAR intake!)

BE SURE TO EAT A HEALTHY BREAKFAST!!!