

UVA OR

UNIVERSITY OF VIRGINIA • OUTDOOR RECREATION

Field Programs / Rental Center / Poplar Ridge Challenge Course / Bouldering Wall/ COAR

Cavalier Outdoor Adventure Retreat (COAR)

Meet and get to know other first year students on a backcountry trip in Shenandoah National Park. You'll hike to waterfalls, enjoy scenic mountain views, and stay in a SNP campsite. Not an experienced outdoor person? That's okay! We provide all necessary camping/backpacking equipment. We just ask that you be in moderate to good physical condition to enjoy the day hikes ranging from 3 to 8 miles. The last page contains a list of clothing and personal items to bring so you can come prepared to hike, make new friends and enjoy the great outdoors

COAR is a program run by **UVA Outdoor Adventure with support from the Orientation Office.** We began COAR in the summer of 2015 as a pilot program with three trips. After a successful summer, we more than doubled our number of trip offerings for the following summers! If you are unable to attend one of our trips due to a limited number of spots, you can still get involved with Outdoor Adventure through many other programs we offer throughout the school year. Program activity schedules are posted on UVA's Outdoor Adventure website about a month prior to each semester: recsports.virginia.edu/outdoor

Program Purpose:

To provide an environment that fosters the growth of meaningful friendships amongst incoming first year students.

Trip Cost: \$210 (Food, Equipment and Transportation are all included).

A limited number of need-based scholarships are available to pay for your COAR registration. Eligible students will be notified by Student Financial Services via e-mail.

Registration:

You can register by calling the IM-Rec Sports Business office at **434-924-3791**. **Registration opens on April 1st.** There are just 10 Spots (5 male and 5 female) per trip, so register early. Registration ends when trips reach capacity.

Refund Policy:

- Participants may receive a full refund up to 30 days prior to first day of their trip
- 50% refund up to 10 days prior to first day of the trip
- Unfortunately, we are not able to provide refunds less than 10 days prior to the first day of the trip

Meeting Location:

Arrive by 5pm on Day 1 at Slaughter Recreation Center (505 Edgemont Rd.)

UVA Department of Intramural-Recreational Sports

450 Whitehead Road; PO Box 400317, Charlottesville, VA 22904-4317
Phone: 434-924-3791 Fax: 434-924-3858 Web: recsports.virginia.edu

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FAQs

1. Which COAR Trip can I register for?

The COAR retreats are specifically designed for incoming first years who have JUST attended their Orientation Session. Participants begin their COAR trip the evening their academic orientation ends. That being said, any student who has already attended their Orientation Session is welcome on any subsequent COAR trip as long as he/she can arrange the return trip to Charlottesville.

2. What is included in the cost of the trip?

Food, equipment, and transportation are all provided. Outdoor Adventure will provide group camping gear and can provide some personal equipment as well (as indicated on the packing list). You will spend 3 nights at the campsite. We suggest traveling as light as possible using the suggested packing list.

3. What should I expect?

For most of you, the COAR trip will be a new experience, with many exciting challenges along the way. For some, the physical exertion of hiking up to 8 miles may be a challenge. For others, the challenge will be camping for the first time.

4. Who is leading the COAR Trips?

The COAR trips are led by student leaders with prior backpacking experience, formal Wilderness First Aid training, and training by the Director for Outdoor Adventure. Most of the activities are day hikes and the campsites are a relatively short hike from skyline drive. COAR trips are based out of Loft Mountain Campground.

5. What should I do to be physically prepared?

These trips are designed for beginner level participants. You do not have to be an athlete, just in good physical condition to be able to hike with the group. No prior backpacking experience is needed.

Physical conditioning:

- Mild aerobic activity 2 to 3 times a week
- Get outside! Go for a walk, hike, bike ride, swim – get used to being outdoors in all kinds of weather

6. What should I do to be mentally prepared?

- Be prepared to meet new people from a variety of different backgrounds
- Be ready to be a part of the solution, not part of the problem
- Bring a positive attitude and a desire to be actively involved
- Be open-minded about trying new things – i.e. being a leader and a follower, going several days without bathing, trying new meals, etc.

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7. What forms will need to be completed prior to the trip?

Registered participants will need to submit the **Statement of Understanding** and **Medical History Form** (page 6 & 7) to UVA Outdoor Adventure within two weeks of completing registration. **Minors will need their parent/guardian signature on the bottom of BOTH forms.**

8. Can I register for COAR if I am a transfer student and not a first year?

Yes, transfer students may register for COAR 7 which occur after the transfer student orientations. Since these trips begin several days after transfer orientation ends, you may need to arrange transportation back to Charlottesville to attend one of those.

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PACKING LIST

General notes: Personal gear marked with an asterisk (*) can be provided by Outdoor Recreation. These items include the sleeping bag, backpack, headlamp, and of course group/shared gear (i.e. cooking gear). Tents are not needed since you'll be staying in a cabin.

Feet

- Hiking boots (sneakers will work if you don't need additional ankle support). **SHOULD BE BROKEN IN**
- Water shoes/sandals (Chacos, Tevas, Keens, or similar with secure foot straps) Old sneakers work OK (*NO flip flops*)
- 3 pairs of Synthetic socks

Legs

- Nylon pants recommended (no cotton)
- Nylon hiking shorts or athletic shorts
- underwear

Torso

- Lightweight synthetic long underwear tops (non-cotton)
- Nylon mesh/syn. t-shirt
- Lightweight / Medium weight fleece top (temperature in 50s at night).
- Shell jacket w/ hood (wind/rain)

Head & Hands

- Hat – baseball, floppy-brim – to keep the sun off
- Glasses (sun/eye) w/ keeper strap
- Sunscreen (SPF 15 or more)
- Insect Repellant (Non-aerosol)
- 2 Bandanas
- Headlamp (or flashlight) w/ extra bulb and set of batteries *

Miscellaneous

- 2 x 1 Qt. water bottles (non-leaking)
- Cup, Bowl, spoon, and fork
- Personal Hygiene (keep it minimal & small)
- Backpack (internal or external frame) *
- Mummy style sleeping bag (synthetic only) *
- Daypack
- 2 large trash bags (33 gal. size)
- Pillow (small)
- Towel
- Extra money (for snacks at camp store and 1 meal)

Optional

- Camera (w/ extra battery)
- Pocket knife / multi-tool
- Pad / pen (for journaling, etc.)
- 1 x 4" ACE bandage

DO NOT BRING!! Alcohol, non-prescription drugs, cigarettes, firearms, pets, homesickness! **Initial Here:** _____

If you have any further questions about the trips, you may contact Mark Voorhees, Assistant Director for Outdoor Adventure, at 434-924-6202, or by e-mail at mav2e@virginia.edu

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Complete and mail or email these forms within two weeks of registering for your COAR trip to:

UVA Outdoor Adventure
PO Box 400317
Charlottesville, VA 22904
mav2e@virginia.edu

*Participants under the age of 18 must have a parent or legal guardian signature on both forms.

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STATEMENT OF UNDERSTANDING AND RELEASE

The undersigned hereby acknowledges and agrees that:

1. _____ (*herein referred to as "participant"*) expects and intends to participate in an Intramural-Recreational Sports Outdoor Adventure Program activity during the academic year, following the execution of this statement of understanding. The particular activity is _____.
2. In consideration of the University's sponsorship and direction of this Intramural-Recreational Sports Outdoor Adventure Program activity, the Participant hereby states that he/she has read and understands the terms and conditions of this statement of understanding and specifically agrees to be bound thereby.
3. The participant understands and acknowledges that there are specific risks of injury to a person and/or property, both anticipated and unanticipated, that are associated with Intramural-Recreational Sports activities. Outdoor Adventure offers activities indoors and outdoors on land and aquatic environments. There are many inherent risks associated with these activities that may result in injury or death. The risks include, but are not limited to terrain hazards, exposure to weather, plants, animals, allergens, heights, traveling in vehicles, falling, water hazards, and collisions with people or objects. Climbing center users additionally acknowledge the risks covered in the orientation video. Participant specifically agrees to and voluntarily assumes the risk of such injuries, and hereby certifies and represents that participant will have appropriate personal accident/health insurance coverage during the period of each such activity.
4. The participant understands and acknowledges that the University of Virginia assumes no liability for personal injuries or property damage to participants or to third persons arising out of Intramural-Recreational Sports Outdoor Adventure Program Activities, except to the extent that such liability is imposed by law. Participant hereby releases and covenants not to sue the Commonwealth of Virginia, the University of Virginia and their officers, employees and agents from any liability for damage, loss, injury or death, incurred by participant during any such Intramural-Recreational Sports Outdoor Adventure Program activity. Participant will abide by all state and federal law and University policy including the non-use of alcohol or controlled substances.

I have carefully read this document and its attachments, understand their contents, understand that I have the right to confer with any advisor I may chose, am 18 years of age or older, and have signed this document voluntarily and of my own free will.

SIGNATURE

DATE

**Participants under the age of 18 must have a parent or legal guardian signature (BELOW).*

SIGNATURE (Parent or Legal Guardian)

DATE

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Name: _____ Today's Date: _____
First MI Last

Address: _____

E-mail: _____ Telephone: _____ Work: _____
City State Zip

Date of birth _____ Height _____ Weight _____ Gender: Male Female

Emergency contact: _____ Phone: _____

Insurance: It is **University policy** that each participant be covered by his/her own sickness and accident insurance.

Name of insurance company: _____

• Special Diet Considerations: _____

• List Known Allergies: _____ • Required Medications: _____

• Are you allergic to bee stings? _____ • Do you carry a bee sting kit? _____

Have you had or do you now have (check box if yes and give dates and details below):

Diabetes Asthma Epilepsy Drug Reactions

Chest Pains Angina High Blood Pressure Heart Murmur

Back, shoulder, knee or other joint problems

Other _____

• Are you pregnant? _____

• Heart Attack (if yes, explain and include date): _____

• Have you ever had any serious disease or surgery? (If yes, explain and include date): _____

• Has any physician advised you to limit your activity? (If yes, explain and include date): _____

• Do you have any other medical conditions that might affect your ability to participate in this program? _____

The information provided above is a complete and accurate statement of the physical and psychological factors that may affect my participation in a program. I realize that failure to disclose information could result in serious harm to me and other participants. I agree to hold UVA Outdoor Adventure, the Department of Intramural-Recreational Sports, and the University of Virginia harmless from any liability, claim or expense resulting, directly or indirectly, from my failure to disclose relevant information. This information will be kept confidential except in case of emergency. In case of emergency, I understand that this information and any accident report forms will be released as allowed by applicable law.

SIGNATURE

DATE

*Participants under the age of 18 must have a parent or legal guardian signature (BELOW).

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