**Participation Checklist:** Please check that you have completed each part of this cover sheet before arrival.

## \_\_\_PACKABLE SNACKS AND WATER

\_\_\_\_\_ Agreement, Release & Acknowledgement of Risk, Photo Consent. (1 per participant including chaperones and teachers collected upon arrival) Please have these compiled in alphabetical order by classroom and submit with a MOEP Overview Sheet included in the packet as well as a class list. It is important to remove all releases of students, teachers or chaperones not attending.

\_\_\_\_\_Medications: Any students requiring rescue inhalers or epi-pens MUST have their medication to participate in MOEP activities. Please make sure these are matched with the appropriate group leader.

**\_\_\_\_Lunch & Snack**: all lunches should be packable in a backpack and include water. No glass bottles and we **practice a carry-in/carry-out system**.

\_\_\_\_Appropriate outerwear and clothing for the weather along with proper footwear. SNEAKERS. You may also want sunscreen or bug spray. We suggest students bring warm clothes and proper biking footwear, no sandals or crocs.

\_\_\_\_Electronic devices such I-Pods, hand-held games etc, are not our responsibility, we will have a safe place to store them if students wish. We are not responsible for lost or damaged electronics.

\_\_\_\_Any accident or injury must be reported to our staff no matter how small as soon as possible and always before departure.

## **Contact Information:**

Valerie Locke Business Manager Maine Outdoor Education Program P.O. Box 839 Millinocket, Maine 04462 vlocke@maineoep.org Matt Polstein Executive Director Wonder & Awe LLC. 1-207-723-5438 Maine Outdoor Education Program P.O. Box 839 Millinocket, Maine 04462

Dear Parents,

On behalf of the Maine Outdoor Education Program I am excited to welcome your child in to our mountain biking program.

Enclosed in this packet are the necessary forms and a check list to get you started on your outdoor adventure. *Please note that students need to submit a signed waiver to participate.* You will also find enclosed a description of the activity, goals and objectives. *Please have any medications such as inhalers or epi-pens matched with the appropriate group leader. All students requiring inhalers must have their prescribed medication with them during the activity.* 

Please ensure that if possible students bring clothing for the weather including a rain jacket, and warm cloths: decent sneakers to bike, sunscreen, bug spray and a warm clothes as there is chance that students may get cold. **\*We do have equipment to keep students warm if they wish to borrow it for the day.** Participants will also need to bring a bag lunch. **\*A small packable snack and water separate from their lunch.** 

Should you have further questions or concerns please contact me, Val Locke, at vlocke@maineoep.org. To learn more about the Maine Outdoor Education Program check out our Facebook page.

Sincerely,

Val Locke Maine Outdoor Education Program P.O. Box 839 Millinocket, Maine 04462 vlocke@maineoep.org Maine Outdoor Education Program P.O. Box 839 Millinocket, Maine 04462

Dear Teachers,

On behalf of the Maine Outdoor Education Program I am excited to welcome you and your class in to our mountain biking program.

Enclosed in this packet are the necessary forms and a check list to get you started on your outdoor adventure. You will also find enclosed a description of the activity, goals and objectives. Should you like to tailor your curriculum to connect with this opportunity please let us know, and we will work with you to integrate content to the best of our ability. *Please have any medications such as inhalers or epi-pens matched with the appropriate group leader. All students requiring inhalers must have their prescribed medication with them during the activity.* 

\*Please note that all students, staff and chaperones need to sign a waiver form to participate.

Please ensure that if possible students bring clothing for the weather including a rain jacket, and warm cloths: decent sneakers to bike, sunscreen, bug spray and a warm clothes as there is chance that students may get cold. **\*We do have equipment to keep students warm if they wish to borrow it for the day.** Participants will also need to bring a bag lunch. **\*A small packable snack and water separate from their lunch.** 

Should you have further questions or concerns please contact me, Val Locke, at 1-207-290-0896 or vlocke@maineoep.org. To learn more about the Maine Outdoor Education Program visit our website at http://www.meoutdooreducationprogram.org or visit us on Facebook. Thank you for your time and consideration.

Sincerely,

Val Locke Maine Outdoor Education Program P.O. Box 839 Millinocket, Maine 04462 vlocke@maineoep.org