



LANDMARK LEARNING
The Learning Specialists for the Outdoor Community.

Dear Landmark Learning Student:

Thank you for your interest in participating in our ACA Swift Water Rescue course held here at our base in Cullowhee, NC. We are pleased to be affiliated with ACA and serve as a resource to you.

Title: ACA Swift Water Rescue

Start Date/Time: May 19; 8am

End Date/Time: May 20; 5pm (including the last day of the course)

Cost: \$180

Included in this packet are:

- ✓ Registration Form*
- ✓ Health Form*
- ✓ Landmark Learning Release*
- ✓ ACA Release*
- ✓ Course Expectations
- ✓ Course Outline
- ✓ Gear List
- ✓ Directions to Landmark Learning
- ✓ "Landmark Learning 101" – (please read carefully!)

(Items marked with * must be returned to Landmark Learning upon registration)

To complete your registration send us your Registration Form, Health Form, and LL Release along with your non-refundable deposit for 50% of the course tuition. See the deposit/refund policy within the "Landmark Learning 101" section of this packet for explanation. Our office will confirm that this course is running no later than 30 days before the start date – at that time, please feel free to make travel plans or purchase your plane ticket. Do not expect to leave the course until 5PM on the last day of your course.

Please take the time to go through and read all of this information, and be in touch with questions or concerns that you may have prior to the course.

We look forward to welcoming you to our base-

Natalie Holland
Student Services Coordinator



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R e g i s t r a t i o n

Course Title: **ACA Swift Water Rescue**

Course Dates: **May 19-20, 2012**

IMPORTANT: Please return this completed form to the Landmark office along with your Deposit, Health Form and Release/s at least 30-days prior to your course. This information is confidential and will be used in the event that we need to contact you with questions, course changes or cancellations, and other related information.

Name _____ Male _____ Female _____

Mailing Address _____ Cell # _____

City _____ State _____ Zip _____ Home # _____

Email Address _____

Arrival: _____ Between 4PM and 9PM night before
 _____ by 8AM the first day of class
 _____ Other Arrangements - *Please contact our office.*

Lodging: _____ Camping
 _____ Bunkhouse
 _____ No Thanks

Tuition: \$180

Payment Information:

Deposit/Refund/Cancellation Policy

- 50% tuition deposit is required to hold a spot in a course.
- Full course payment is due 30 days before course start date.
- Registration within 30 days of course start requires full tuition at registration.
- Student Cancellation more than 30 days prior to course start, funds paid is refundable or transferable, minus \$35 administration fee. Student Cancellation within 30 days prior to course start date, 50% of tuition is transferable, the remainder is forfeited. Transfers must be made to courses (at the base, ONLY) within one calendar year of original course enrollment, or funds will be forfeited. Funds may not be transferred to an outside, sponsored course or to another enrollee. Funds are not transferrable or refundable once the course starts.
- If course cancels due to low enrollment, funds paid are transferable or 100% refundable.

[] Check or Money Order enclosed, made payable to: Landmark Learning

[] Pay in Full Now, Tuition (and Lodging) Visa AmEx MC Disc

[] Charge 50% Tuition Now (remainder due **4/19/2012**) Expiration (MM/YY): ____/____

_____ - _____ - _____ CVV _____

Name on Card: _____ Billing Zip: _____

Signature: _____ Date: _____

Student Agreement: I have read, understand, and agree to abide by the Landmark Learning 101 policies for this course duration. I have read and understand the above deposit, refund, and cancellation policies. Init: _____



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HEALTH FORM

DISCLOSURE

Landmark programs involve a variety of activities including warm-ups, games, group initiative problems, low ropes elements and hands on application of CPR/first aid training. Some programs may also include other rigorous physical adventure activities such as backpacking, climbing, caving, paddling, swiftwater rescue, swimming, or hiking. These activities are designed to be within the limits of a person who is in reasonable good health. The level of participation in all programs and activities is at all times completely up to the individual.

Safety is a high priority in all programs. In addition, each participant must assume the risk that he or she may suffer an emotional or physical injury and disability. Each participant must have health/accident insurance coverage. The information requested on this form is intended to help alert staff to pre-existing medical conditions. This information will be held in confidence. Please complete the form below and bring it with you on the day of your scheduled program.

GENERAL & MEDICAL INFORMATION

Name _____ Date of Birth _____

Do you have health/medical insurance?.....no yes

Name & Address of Company:

Do you have any limiting physical or health disabilities - temporary or permanent - that you or your doctor feel would limit your participation in a Landmark activity?.....no yes

Do you have any chronic or recurring injuries?.....no yes

Are you currently taking any medication?.....no yes

Do you have any allergies or reactions to any medications, plants, or insects?.....no yes

Have you had surgery in the past year for any condition which may limit your participation?.....no yes

Do you have asthma?.....no yes

Do you have diabetes?.....no yes

If yes to any of the above, please explain/describe:

Are you pregnant?.....no yes



HEALTH FORM

Do you have or do you have a history of:

____ high blood pressure ____ currently on medication for high blood pressure ____ heart palpitations
____ chest pain or pressure ____ stroke ____ heart attack ____ heart disease ____ heart murmur

If you answered yes to any of the above, please explain/describe:

Please list any other concerns or conditions that may affect your participation:

We strongly recommend that you consult your physician or midwife if you are pregnant or have checked off any of the conditions above before participation in Landmark activities.

EMERGENCY CONTACT INFORMATION

Person: _____ Relationship to you: _____

Address: _____

Phone Number: _____ Email: _____

PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

In consideration of the services of Landmark Learning, Inc., their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "LL"), I hereby agree to release, indemnify, and discharge LL, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in hiking, camping, backpacking, caving, swimming, trailbuilding and/or individual and group initiatives, problem solving exercises and personal or professional growth and development training, including clinical and field experiences for EMT students, entails known and unanticipated risks that could result in physical or emotional injury or death. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks may include, among other things: Strenuous physical activity; slipping and falling; pinches, scrapes, twists and jolts; sprains, strains, broken bones; collision with fixed or movable objects; weather conditions; falling objects; water hazards; exhaustion; exposure to temperature and weather extremes which could cause hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; rope burns; being struck by rock fall or other objects dislodged or thrown from above; equipment failure; and improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity; the condition of roads, terrain, or highways and accidents connected with their use; other participants' and/or my own negligence; and emotional stress.

Furthermore, LL facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

CHALLENGE BY CHOICE: LL programs are composed of activities that may be unfamiliar to participants. To insure participants' control over their own personal safety, we have adopted the philosophy of "Challenge by Choice". At all times, participants in activities are completely in control of their own level of participation. During our programs participants need only to do or attempt to do those things that they choose. I (the "Participant") must:

- i) Listen carefully to all instructions and briefing;
- ii) Set my own goals in relation to the group's goals;
- iii) Make a decision as to my level of participation; and
- iv) Inform others of my choice.

No one will force me to do anything – the choice is clearly my own. During the program, LL facilitators will provide a challenging setting in which I may expand my limits while supporting my personal boundaries.

**Note: Because nationally standard certification programs require a baseline involvement and skill competency, choosing not to participate during such programs may affect your end certification status. However, your participation is recognized as voluntary and will be upheld by LL facilitators at all times.*

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless LL from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of LL's equipment or facilities.

4. Should LL or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I understand that LL does not provide health insurance for students of their courses. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

SIGNATURE (PAGE 1): _____ **DATE:** _____

6. In the event that I file a lawsuit against LL, I agree to do so solely in the state of North Carolina, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I further agree that the place of this release, its situs and forum, will be Jackson County, North Carolina, and it is said county and state for all matters whether sounding contract or tort relating to the validity, construction interpretation, and enforcement of this release be determined. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against LL on the basis of any claim from which I have released them herein. I also acknowledge that I have fully satisfied myself as to the nature of the activity or activities in which I will be participating, the risks associated with each such activity, the concept of "Challenge by Choice", and my responsibility to know my own limits. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization, or other treatment that may become necessary.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Print Name _____
Address _____
Phone _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by LL to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless LL from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____

PHOTO / MEDIA RELEASE

I grant Landmark Learning, Inc., the right to use, reproduce, assign and/or distribute photographs, films, video tapes, and sound recordings of me for use in materials they may create.

Signature: _____

Parent/Guardian's Signature _____



AMERICAN CANOE ASSOCIATION MEMBERSHIP FORM



All participants in ACA-insured activities must be ACA members in one of the following categories (choose one):

I am currently an ACA member. My member number appears below. (Check here if renewing with this form <input type="checkbox"/>) <input type="checkbox"/>	I would like a one-year ACA Paddle America Club Membership for: (check & circle one) Individual \$30 Family (2 adults + minors) \$40 <input type="checkbox"/>	I would like a one-year ACA Membership for: (check & circle one) Individual \$40 Family (2 adults + minors) \$60 <input type="checkbox"/>
I would like a one-year Student Membership for \$25 (under 18, or under 23 with copy of student ID) <input type="checkbox"/>	I would like an ACA Introductory Membership for \$15 (Six month full membership with benefits, including <i>Paddler</i> Magazine) <input type="checkbox"/>	I would like an ACA Event Membership for \$5 (one activity membership, no member benefits) <input type="checkbox"/>

AMERICAN CANOE ASSOCIATION ADULT WAIVER & RELEASE OF LIABILITY READ BEFORE SIGNING

IN CONSIDERATION of being permitted to participate in any way in the American Canoe Association, Inc. sports and recreation program and related activities ("Activities") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of paddlesports and related activities and that I am qualified, in good health, in proper physical condition to participate in such activity and willingly agree to comply with the stated and customary terms and conditions of participation. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity. If I decide to leave early and not complete the trip as planned, I assume all risks inherent in my decision to leave.

2. FULLY UNDERSTAND that: (a) Paddlesports and related ACTIVITIES INVOLVE RISKS AND DANGERS OF DAMAGE TO PERSONAL PROPERTY AND SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the American Canoe Association, Inc., its Paddle America Clubs, affiliated clubs and organizational affiliates, their respective ACA certified instructors, certified instructor trainers, and certified instructor trainer educators, administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, INJURIES, DAMAGE TO PROPERTY, OR OTHER DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Name (print) _____ Date of Birth _____ ACA # (if any) _____

Street Address _____

City _____ State _____ Zip _____

Email _____ Phone _____

Date _____ Adult Signature _____

Name / Description of Activity or Event _____

Sponsoring Club / Organization _____ Activity Date _____

LANDMARK LEARNING 101

Release/Assumption of Risk

All participants will be asked to read and sign a release acknowledging the inherent risks that are involved in any outdoor adventure activities. Minors will have a parent or guardian sign on their behalf.

Eligibility

Participants must be of sound health and able to walk 6-8 miles a day and/or display adequate swimming skills in water-based courses. Although our trips are designed to travel at a leisurely pace and much of the day is occupied with classroom and practical time, this request serves to mark an appropriate level of physical fitness.

Deposits and Refunds

1. 50% tuition deposit required to hold a spot in a course.
2. Full course payment due 30 days before course start.
3. Registration within 30 days of course start requires full tuition at registration.
4. If student cancels:
 - More than 30 days prior to course start, funds paid minus \$35 admin fee is refundable or transferable.
 - Within 30 days prior to course start, 50% of tuition is transferable, the remainder is forfeited.
 - Funds are not transferable or refundable once the course starts.
5. If course cancels due to low enrollment, funds paid are transferable or 100% refundable.
6. Transfers must be made to courses (at the base, ONLY) within one calendar year of original course enrollment, or funds will be forfeited. Funds may not be transferred to an outside, sponsored course.

Community Living

Much of the instruction will be led as a participatory and hands-on activity, with micro-lecturettes for specific topics and workshops. In a Base course, each person is expected to participate fully within the class context, as well as in the living community during non-class times. This includes participating in general chores like classroom power cleans, collecting and maintaining classroom gear and equipment, but also include managing personal living needs within the context of the group, and assisting others with their needs as they become apparent. In a Backcountry Classroom setting, each person will be responsible for helping out as an active part in the group's everyday camping tasks including: cooking, cleaning, equipment set up and break down, water purification, etc. Living with other people in close conditions requires practice in understanding and tolerance. All participants should be prepared to work within the group's dynamics.

Drugs and Alcohol - This is a ZERO TOLERANCE policy.

No controlled substances or alcoholic beverages are permitted on Landmark property or during courses. *Violation of this policy will result in immediate expulsion from the program with no fee or tuition reimbursement.*

All participants under the influence of a prescription medication must inform the administration on their health forms, and the course instructors will also have access to that information. Medications and health issues should not disqualify you from a program; instructors need to know how to help you in the event that you need it. We encourage participants to bring all medications needed during trip/course hours. Your instructor will help make travel accommodations for needed items. (Ex. Bee sting kits, inhalers, etc.).

Travel To and From Landmark's Base

Please do not modify the directions or try to MapQuest to our base. The "direct route" that is GPS-oriented is no longer passable, due to hurricanes and erosion.

If you plan to fly or take a bus instead of driving your own vehicle, make your plans with the following in mind: *Do not make airline reservations before thirty days from the course, when we commit to or cancel a course based on the enrollment.*

We can provide shuttle transport from the Asheville airport or the Asheville Greyhound station for a one way fee of \$50, or from the Waynesville Greyhound station for a one way fee of \$35. If you plan to fly into a different airport or to take a bus to a different station, please be aware that you are responsible for arranging your own transport to our base. If you require transport from the airport or bus station, notify the office at least 2 weeks prior to the course start, so that we may arrange a shuttle.

We encourage folks to save an additional shuttle fee and find a return ride from someone in your class who will be heading in your direction. If you cannot find a ride, please alert the office as soon as possible (not the last day of your course) so we can help with your logistics.

When planning your departure from Landmark, keep in mind that your course does not officially end until 5PM. It is at least an hour from Landmark to the Asheville airport, and you must check in an hour prior to your flight. Give yourself at least 2.5 hours buffer for departing flights or plan to stay overnight in Asheville and leave the following morning.

No Car at Landmark?

We frequently have people attend our courses from all over the country and internationally, and they often come without a personal vehicle. Although Western NC is not a pedestrian community (no sidewalks, miles from town), it's easy to share a ride and expenses with other classmates to grocery stores, clinical sites, trailheads, or river areas, all of which are within easy access of our base in Cullowhee.

Parking at Landmark

Landmark's base campus is squeezed up into an Appalachian "holler" ...there is very limited flat space and so parking is extremely limited. If you are coming with a friend or small group, please try to carpool to limit the number of vehicles. In the main parking lot, please pull in close to the next vehicle, facing either the mountain or the creek (not the lawn and classroom). When the main parking lot is full, there is overflow space further up Cane Creek Rd on the right, next to the creek – small vehicles fit better than trucks in this space. Beyond that is staff parking, additional student parking space, and then a turn-around area that needs to remain clear.

Facility

Please bring an extra pair of "inside" shoes, slippers, or sandals for use in the classroom. We ask folks to remove their "outside" shoes upon entering, in order to cut drastically down on clean-up, and for hygiene reasons would like people not to go barefoot.

The classroom has two bathrooms, one of which contains two shower stalls. There is a refrigerator, microwave, and toaster oven available for students to share in the classroom. Be considerate of others and keep refrigerated items to a minimum – we are close to town and it's easy to make a trip to a grocery store every few days to restock. Bring a Rubbermaid box or crate for food storage; several bins are available for folks who are flying in and can't transport one with them. Most folks bring a camp stove and cook under the pavilion, just behind the classroom.

Lodging

Lodging is available for a nominal per night charge, which provides access to indoor plumbing and a shower house with hot water, an outdoor cooking pavilion, compost and trash/recyclables. Space is limited, so please reserve in advance for either.

Housing assignments will be posted in the classroom when you arrive on site. There will be a map of the base to orient you to the bunkhouses and our tent city. If you will be arriving after 9pm please let us know!

The base camp (Tent City) is located near the parking area, classroom, and showers. It is a gravel pad that allows for drainage during the rain (which we get). You will need to bring all your own camping gear. Tarps and hammocks have limited set-up potential in Tent City...like the name sounds, tents work best - but please bring a backpacking-sized tent as you are sharing the space with other people.

Lodging is set up for students currently enrolled in base courses, we are not a campground or hostel. We do not have opportunity for overnight guest to stay here on site, included in the registration packet is a list of places to stay in the area for guest.

Tobacco

Class times are inappropriate for tobacco product use (chew, cigarettes, etc.). During 10 minute breaks, lunch, and after class there will be a designated area in which you can use tobacco. At our base we ask folks to smoke, etc. *in the parking lot only*. Violation of this request can result in immediate expulsion from the course with no fee or tuition reimbursement. Please field dress your butts and dispose of them in the appropriate receptacles – the nicotine in the filters is not only dangerous to you, but highly toxic to the wildlife in our Steward Forest. If your nicotine needs interfere with class attendance, you should investigate other nicotine alternatives (the patch, gum, or other).

Transportation

In courses that continue backcountry, participants are responsible for transportation to the trailhead or river sites. We will arrange carpools to program sites when we are together as a class. At all times we attempt to find suitable parking options; however, Landmark assumes no responsibility for vehicles left unattended.

Safety

It is our primary mission to provide outdoor adventure programming while paying close attention to plans for risk management. The outdoors and outdoor activities are inherently dangerous. We have chosen equipment and program sites carefully. Our instructors are outdoor professionals who hold current certification in Wilderness First Responder, Wilderness EMT, and professional level CPR. In the event of an accident, Landmark staff will aid in medical care of the ill or injured until EMS arrives or evacuation is executed. Any costs of medical care and evacuation beyond the initial medical care given by our staff, is the sole responsibility of the ill or injured.

Pets

Please leave your animal companions at home. Due to allergies and preferences of other people in your course and neighbor relations, it is inappropriate to bring them. *No animal will be tied outside of a vehicle or kept inside of a vehicle during our courses*. If you do arrive with an animal we will direct you toward a kennel for the duration of your course. If this is unacceptable, we will ask that you unenroll in the course. Cancellation policies will be in effect.

Phones/Computers/Faxes

Landmark courses are designed with outdoor recreationists and professionals in mind. There is no phone or computer available for personal use. A phone is available in the office should you need to call 911 in an emergency, or for incoming emergency calls. We do request that cell phones be turned off during class hours. Cell phones get mixed results with signals at our base, but are usually very usable in town just ten minutes away.

Wireless access to DSL is available, but sometimes difficult to pick at our base with your own computer equipment. Western Carolina University and Southwestern Community College are both just a few miles away with a computer lab and has pay phones available. There are several locations in Sylva and Dillsboro where you can also access the web for a fee. Otherwise, please come prepared to be out of contact for your course duration.

You may receive or send faxes from our office for a fee of \$0.25/page...this service is available for faxing needs pertaining to class administration ONLY. The Post Office in Cullowhee and several businesses in Sylva have faxing service available for personal or personal business needs.

Harassment

Absolutely no harassment of any kind will be tolerated by students, staff, or administrators during courses and after course hours on Landmark property. It is your responsibility to report any misconduct to the administration of Landmark. If you are suspected of harassing others you will be asked to leave, and your tuition will not be refunded.

Down Time

Landmark is 3 miles from Western Carolina University, which allows computer access in the library. Landmark is also just ten minutes from downtown Sylva and a variety of grocery stores, restaurants, and fast food places. Sylva boasts a movie theater, bowling, and Appalachian cultural opportunities. Landmark is located near some of the toughest trail running and mountain biking areas around. We are minutes from the Tuckaseegee River, the "Slab", Devil's Dip, and the Nantahala River. Come prepared to be active during your after-class time. All recreational opportunities are at your own risk and Challenge by Choice!

ACA Suggested Basic Equipment/Gear List

Personal Gear: You must provide these items!

Personal Flotation Device Type III or V, should allow freedom of movement.

Head Protection **Should provide adequate protection for the forehead, temples, ears, and the back of the head.**

Cold Protection **Wetsuit or Drysuit, Polypro, Splash gear.**

Foot protection **Sturdy footwear providing protection from sharp rocks and other debris while providing some thermal protection. NO Sandals – use an old pair of sneakers.**

***Basic Rescue Gear:**

Rope Throw bag containing 70' of 3/8" or larger floating line. Needs to be constructed as a kernmantle braid, Spectra core has considerable strength advantage.

Knife Easily accessible knife which can be opened/prepared with one hand, stainless steel blade, and rubberized hand grip.

Whistle A loud plastic whistle which can be heard at long distances over noise of rapids.

First Aid Kit A well-stocked kit should include at least bandaging and splinting supplies, cold packs, latex gloves, CPR microshield, emergency food (sugar/candy). Should be stored in a water-tight bag.

***Technical Rescue Gear:**

Webbing A 10-15' length of 1"/4,000 lb. test, tubular nylon webbing tied in a loop.

Carabiners Two locking D aluminum carabiners rated in excess of 5,000 lb. tensile strength.

Prussik Loops Two prussik loops large enough to tie a triple wrapped prussik knot on a 1/2" rope. Prussiks should have a tensile strength of at least 4,000 lb., yet their diameter should be between 5.5 and 7 mm.

DIRECTIONS TO LANDMARK LEARNING

From the North/West/East:

Take I-40 to Exit 27 (the Great Smokey Mt. Parkway), west of Asheville, and follow 74/23 South past Waynesville to Sylva. Take Exit 85 into Sylva. The road T's into 107. Turn left, following it South, out of Sylva. *

From the South:

Take 441 North (out of Atlanta) through Franklin up and over Cowee Mountain and down into Dillsboro (you will have crossed over the Tuckasegee River and come to the only light). Do not continue through the light and up the hill. Turn right through Dillsboro. This main street will put you through Sylva and onto 107 South. Follow 107 South through Sylva. *

*When you pass the Burger King light, leaving town, look for Old Cullowhee Highway on your left (If you went over Catamount Gap and are at the University, you went too far). Take Old Cullowhee @ 1.5 miles to Cane Creek Rd. This street sign is often missing – look for the number "1709" affixed to the Stop Sign at that corner, as this is Cane Creek Rd. Turn left onto Cane Creek and follow it a mile to the end of the pavement. Pass a passive solar house (the Kalmia Center) and the next drive on the left is Landmark's parking lot. If the parking lot is full when you arrive, stay straight a little further and pull in on the right, facing the creek. Follow the trail up to the classroom and be welcome!

Call: 828-293-5384 (or 877-293-5384 from a payphone) if you need additional help on your way!

Western North Carolina

