

The logo for Cedar Crest Environmental Education features the words "CEDAR" and "CREST" stacked vertically. Each letter is filled with a color gradient: brown at the top, orange in the middle, and a darker brown or red at the bottom. The letter "E" in "CEDAR" is a solid light green. Below "CEDAR" and "CREST" are the words "ENVIRONMENTAL" and "EDUCATION" stacked vertically in a bold, dark grey, sans-serif font.

**CEDAR
CREST
ENVIRONMENTAL
EDUCATION**

**Immersion Experiences
Planning Guide**

Cedar Crest Environmental Education Mission:

To join with lifelong learners in education, justice, and advocacy with and for the earth.

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Immersion Prices

2 Day/1Night Experience

- ❖ \$135 per participant
- ❖ ~8 education hours (dependent on schedule)
- ❖ 4 meals provided

3 Day/2 Night Experience

- ❖ \$180 per participant
- ❖ ~13 education hours (dependent on schedule)
- ❖ 7 meals provided

Planning Guidelines

To Book Your Experience

1. Discuss the duration of your trip and possible dates with your school. We can accommodate 2 to 3-day programs. We encourage you to determine at least 3 sets of possible dates.
2. Discuss EE curriculum, program planning needs, and goals with your school.
3. To make a reservation, or for further questions, contact Phil Salter at philip.salter@twkumc.org.

After Booking

1. Upon booking, Cedar Crest will send you a **Policies & Procedures Agreement, EE Contract, & Group Profile** forms via email. Please complete these forms and mail your deposit to confirm your experience.
2. Recruit adult chaperones to supervise the students. Chaperones are generally parents, teachers, or administrators. You will need at least one adult for every 7 students and a balance of male and female chaperones for sleeping arrangements.
3. Arrange transportation to and from Cedar Crest. Directions can be found in this Planning Guide.

Preparing for Your Experience

1. Prepare students and chaperones for the trip. Share letters and information from this guide and our website with students, parents, and chaperones. Generate enthusiasm!
2. Send home Health/Photo/Release Forms and High Ropes & Challenge Forms (if applicable for your experience) with each student and chaperone and collect them once completed. Please bring a copy of these forms with you. Let Cedar Crest know in advance of any major allergies or dietary concerns.
3. Assign students to Learning Groups and Cabin Groups. Templates can be found in this guide. Please email a copy of this to Phil prior to arrival.
4. Check with all chaperones regarding your own school's chaperone policies and check if they have received necessary materials from this guide. If they have any questions, please encourage them to contact us by phone or email. We want them to feel confident, well-prepared, and excited!
5. Consider setting up a plan, such as a group email/text or phone tree, for parents to verify that the group has arrived at Cedar Crest and to relay any other information.
6. The school is responsible for assigning a medical person and providing emergency transportation for the duration of the trip. Designate an adult with your group to be responsible for the handling and distribution of student medications. Cedar Crest has three Wilderness First Responders on staff. Should any student/adult arrive ill or become ill during their stay, Cedar Crest reserves the right to request they be sent home to ensure the health/wellbeing of other participants.
7. Work through the enclosed **Forms and Information Checklist** to assist you in the planning of your visit!

Forms and Information Checklist

Please reference this checklist as you prepare your group for your EE experience. These suggestions are here to assist you in keeping the necessary information in order to make your visit as smooth as possible.

Teacher/Leader Planning:

- Forms and Information Checklist
- Learning Groups Form (8-12 students with 1 adult)
- Cabin Groups Form (7:1 student to adult ratio, minimum)
- Designate an adult to handle the administration of all routine medication and medical treatment (we can assist with storage of medication as needed).*

Provide to Students & their Parents/Guardians:

- Parent/Guardian Letter
- What to Pack
- Directions to Cedar Crest
- Health/Photo/Release Form
- High Ropes & Challenge Release Form (if applicable)

Provide to Chaperones:

- Chaperone Letter
- What to Pack
- Directions to Cedar Crest
- Health/Photo/Release Form
- High Ropes & Challenge Release Form (if applicable)

Provide to Cedar Crest Before Your Visit:

- Final number of students and chaperones with gender breakdown
- Any dietary concerns or major health concerns for Cedar Crest staff to be aware of
- Learning Groups Form
- Cabin Groups Form

Give to Cedar Crest Staff Upon Arrival:

- Copy of all Health/Photo/Release Forms
- Copy of all High Ropes & Challenge Release Forms (if applicable)

Sample Schedule

Day 1

9:00 AM Arrive at Cedar Crest! Unload at cabins
10:00 AM Gather for welcome
10:30 AM Intro Class: **Orienting to Place**
(this is every learner's first class at Cedar Crest)
12:00 PM Lunch - family style
1:00 PM Class: **Creek Ecology**
3:30 PM Store time/Free time
5:00 PM Group time @ main camp
6:00 PM Dinner - family style
7:00 PM Journaling sit spot (snacks after)
7:30 PM Class: **Nocturnal Trails**
9:15 PM To cabins/showers
10:00 PM Lights Out

Day 2

7:30 AM Wake up/showers
8:00 AM Breakfast - family style
9:00 AM Journaling sit spot
9:30 AM Class: **High Ropes**
12:00 PM Lunch - family style
12:45 PM Rest
1:30 PM Class: **Tree Talks**
4:00 PM Store time/Free time
5:00 PM Group time @ main camp
6:00 PM Dinner - family style
7:00 PM Journaling sit spot (snacks after)
7:30 PM Class: **Sparks & Stories**
9:15 PM To cabins/showers
10:00 PM Lights Out

Day 3

7:30 AM Wake up/showers
8:00 AM Breakfast - family style
8:45 AM Cabin clean up/pack up
9:15 AM Class: **Journals to Justice**
11:30 AM Lunch - family style
12:15 PM Closing
1:00 PM Depart for school

PLEASE NOTE

3 day/2 night schedule shown
2 day/1 night experiences are also available

Learning groups will rotate through class
selections as chosen by Lead Teacher/Educator

Schedule will vary according to season &
sunrise/sunset times

Appropriate breaks for bathroom and water will
be available throughout all classes

Cedar Crest EE Curriculum Guide

Day Classes

Creek & Lake Classes

Creek Ecology

Supports

TN Academic Standards for Science

Creek and riparian ecosystems are crucial to the success of diverse plant and animal species yet are also frequently impacted by human development. Learners investigate the elements of these vulnerable ecosystems through bioassessments of macroinvertebrates, water quality testing, and close observations of plant and animal adaptations. We discuss and learn to mitigate negative impacts on watershed health and integrity.

Time: 2 or 3 hours
Accessibility: Moderate to strenuous hike

Life at the Lake

Supports

TN Academic Standards for Science

A multitude of aquatic and terrestrial species across all trophic levels depend on lakes (and similar lentic systems) throughout their lives and development. Learners investigate bordering terrestrial ecosystems and inhabitants, take part in water testing and bioassessments, and observe the unique adaptations and interrelatedness of these species with one another. Can be delivered as a fusion class with *Canoe & Kayak*.

Time: 2 or 3 hours
Accessibility: Moderate hike, narrow trail sections

Aquatic Connections

Supports

TN Academic Standards for Science

What better way to illustrate the distinctions and similarities between interconnected aquatic ecosystems than to visit them each firsthand? Learners investigate how these systems cycle energy, inform our local watershed, and examine the importance of transitional habitats to organismal development. We will discuss the history and interconnections between these creek and lake ecosystems.

Time: 2 or 3 hours
Accessibility: Moderate hike, narrow trail sections

Field and Forest Classes

Tree Talks

Supports

TN Academic Standards for Science

Trees often first come to mind when we think of a forest. These magnificent organisms populate forest ecosystems and create myriad relationships, both seen and unseen. Learners meet trees, practice tree ID skills with one another, and investigate the web of relationships trees hold with one another and other forest species. We will discuss perspectives on tree use by humans while also reflecting on their intrinsic ecological value to their home ecosystems.

Time: 2 or 3 hours
Accessibility: Light to moderate hike

Soil, Rocks!

Supports

TN Academic Standards for Science

Soils and rocks are foundational for terrestrial life, utilized in daily activities, and subject to natural and human-influenced erosion and weathering. Throughout different habitats, students will investigate rock and soil types, use observation skills to understand how the geology of the land affects the present ecosystem and gives clues about ecosystems of the past. We will also discuss mitigating human-influenced erosion in our daily lives.

Time: 2 or 3 hours
Accessibility: Moderate to strenuous hike, varying elevations

Phenology in Focus

Supports

TN Academic Standards for Science

The study of phenology provides ample opportunities to practice sound scientific observation and evaluation. Learners utilize phenology skills that can help track and orient ourselves to the seasonal changes throughout the years. These seasonal changes inform animal migrations, springtime blooms, and our daily lives. We investigate ways to look closely at these trends and consider how they can teach us to better live into the future.

Time: 2 or 3 hours
Accessibility: Light hike

Inquiry Mystery

Supports

TN Academic Standards for Science

We practice inquiry skills throughout all of our classes at Cedar Crest. But if you are interested in putting your detective skills into practice, we will travel out to specific ecosystems and investigate what we encounter. The mystery lies in what we might find and where we might end up. It's time to practice inquiry in a student-driven, curiosity-sparked atmosphere.

Time: 2 or 3 hours
Accessibility: Light to strenuous hike (dependent on class goals)

Earth & People Classes

Journals to Justice

Supports

TN Academic Standards for Science
TN English Language Arts

Many of the inspiring voices of environmental justice, advocacy, and stewardship found direction and wisdom in the quiet moments and places of our natural areas. Learners hike along our eco-justice trail around our lake and practice nature writing, journaling, and reflection. In both guided and individual settings, learners consider the words of authors and advocates from Tennessee and beyond as they creatively investigate ways in which to promote better relationships with the earth and people in their local communities.

Time: 2 or 3 hours
Accessibility: Light to moderate hike around lake, narrow sections of trail

We Are What We Eat

Supports

TN Academic Standards for Science
TN Health Education & Lifetime
Wellness Standards

Garden spaces provide insight into the human relationship with the land and an opportunity to engage our senses in its practice. Learners investigate the workings of a seasonal garden, beekeeping and the benefits of all bees and pollinators, & raising chickens. We learn to minimize food waste, eat at home, and think about the food we eat. We will consider current agricultural practices and food systems and learn how we can promote food justice.

Time: 2 or 3 hours
Accessibility: Light walk in and around garden

Arts & the Earth

Supports

TN Academic Standards for Fine Arts

Love for the earth has inspired the creation of diverse works of art, addressed challenging problems, & informed the way humans have built for centuries. Learners practice age-appropriate journaling skills, express themselves through art, & consider how humans have historically found inspiration to build and create from the earth's own artistic expressions & designs.

Time: 2 or 3 hours
Accessibility: Light to moderate hike

Team Building & Recreation

High Ropes

Supports

TN Physical Education Standards

In high ropes, learners (grades 6-12) work individually and collectively, working to climb a 40-foot rock wall, a giant's ladder, and vertical playpen. They can also experience the rush of our giant "swing by choice" and "quick jump" elements as well. The challenges are big on this course; the support of fellow participants and our well-led staff will provide an exhilarating learning experience that expands our ability to create and achieve goals, confront fears, and cultivate self-confidence.

Time: 2 or 3 hours
Accessibility: Strenuous physical activity, mental challenge, cooperation

Low Ropes

Supports

TN Physical Education Standards

In low ropes and team building, learners (grades 5-12) work cooperatively in unique elements that require balanced communication, problem solving, and trust. These elements encourage group debriefing and reflection on how the challenges faced at the course can be interpreted alongside the relationships we create and build at home, school, and in our communities.

Time: 2 hours
Accessibility: Moderate physical activity, mental challenge, cooperation

Canoe & Kayak

Supports

TN Physical Education Standards

This activity offers learners (grades 3-12) a unique learning opportunity to build their teamwork and communication skills through canoeing and self-reliance and focus through kayaking. Learners canoe on a calm lake bordered by the forests of Cedar Crest. Team building and recreation can be the sole focus or it could be fused with our *Life at the Lake* class. Canoeing is available for grades 3 and up. Kayaking is available for grades 7 and up.

Time: 2 or 3 hours
Accessibility: Moderate hike to lake, moderate physical activity & cooperation

Creek Stomp

If you are unable to fit *Creek Ecology* in your schedule (or you love the creek so much you want to go twice), the creek stomp is a wonderful way to have a lot of fun and cool down during a hot day and take in the beauty of our creek's wildflowers, geology, and aquatic neighbors.

Time: 2 hours
Accessibility: Moderate to strenuous hike, varying elevation

Night Life

Nocturnal Trails

Supports

TN Academic Standards for Science

A poet once said, *“To know the dark, go dark. Go without sight, and find that the dark, too, blooms and sings, and is traveled by dark feet and dark wings.”* Learners encounter the forest at night, using their senses to navigate and communication to guide one another along the way. We will consider the adaptations that are unique to our nocturnal neighbors and learn how we can minimize our impact on the delicate rhythms of their nocturnal world.

Time: 2 hours

Accessibility: Moderate hike, low visibility, challenging balance & cooperation

Celestial Quest

Supports

TN Academic Standards for Science

After the sun goes down and the stars begin to come out, a new invitation to learning is extended to us. Learners search the night sky and participate in stargazing to seek out our seasonal celestial bodies and constellations. Lunar phases, planet orientation, and night pollution are a few highlights that can be of key focus for your needs. Science and cultural stories and myths intersect to provide a colorful experience to better understand the night sky.

Time: 2 hours

Accessibility: Light walk

Sparks & Stories

Supports

TN Academic Standards for Science

Gathering around a campfire is a perfect way to slow down and consider the connections between earth, culture, and community. Learners experience an evening filled with songs, stories, and sharing in good conversation. You may also split into groups to take part in sharing circles that provide learners with a space to share what they’ve learned that day and throughout their experience.

Time: 2 hours

Accessibility: Light hike to campfire

Learning Groups Form

School/Group Name: _____

We like to have learning groups of 12 or less to help boost learning, conversation, and transformation. We ask that the groups be similar in grade-level readiness, which includes content awareness, social & emotional maturity, and education experience. Please include the students' full names as that will help our staff familiarize themselves with the groups. Feel free to make more copies of this form for more students.

Learning Group 1

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 2

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 3

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Learning Group 4

Grade level: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Chaperone _____

Cabin Groups Form

School/Group Name: _____

Songbird and Owl each hold four separate cabins, each with 4 sets of bunks (8 beds total), two showers, and two toilet stalls. Please write out first and last names of who will be grouped in a cabin together.

At least one adult must be in each cabin!

Note: Cabin groups will also eat together during meal times. Please keep this in consideration.

<p style="text-align: center;">Cabin #1</p> <p style="text-align: center;">Adult:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>	<p style="text-align: center;">Cabin #2</p> <p style="text-align: center;">Adult:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>
<p style="text-align: center;">Cabin #3</p> <p style="text-align: center;">Adult:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>	<p style="text-align: center;">Cabin #4</p> <p style="text-align: center;">Adult:</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">Students:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p>

Sample Menu

(Note: 2 day/1 night Immersion Schedule sample shown. Meals shown may not be the meals served to your group. Our kitchen staff happily prepares and accommodates vegetarian and dietary needs as well. Please let us know what dietary accommodations your group needs.)

	Breakfast	Lunch	Dinner
Tuesday	_____	<u>Meal:</u> Burgers with Lettuce, Tomato, Onion, Pickle French Fries Mandarin Oranges <u>Dessert:</u> Cookies	<u>Meal:</u> Bowtie Pasta w/ Sauce Corn on Cob Garlic Toast <u>Dessert:</u> Brownies
Wednesday	<u>Meal:</u> Bacon Biscuit Oatmeal Yogurt Bar & Cereal <u>Juice:</u> Orange & Grape <u>Fruit:</u> Clementines, Apples, Bananas	<u>Meal:</u> Grilled Chicken on Ciabatta Roll Sweet Potato Fries Grapes <u>Dessert:</u> Rainbow Sherbert	<u>Meal:</u> Baked Chicken Potatoes, Squash, Carrots, Celery Cornbread <u>Dessert:</u> Apple Pie
Thursday	<u>Meal:</u> Muffins Bagels Pecan Rolls Toast, <u>Juice:</u> Orange & Apple <u>Fruit:</u> Strawberries, Apples, Bananas	<u>Meal:</u> Turkey or Ham & Cheese Croissants, Veggie Sticks Chips Applesauce <u>Dessert:</u> Dirt & Worms	_____ _____ _____ _____ _____ _____

Letter to Parent/Guardian

Greetings Parent/Guardian,

Thank you for your interest in Cedar Crest's Environmental Education Program. We hope that the resources found on our website in conjunction with the information relayed from your teacher has begun to illustrate the exciting educational experience your child will take part in here at Cedar Crest.

Cedar Crest's Environmental Education Program is located in Lyles, TN and offers residential environmental education programming for public and private schools, homeschool organizations, and similar community organizations. Located on the Western Highland Rim of Middle Tennessee, Cedar Crest offers beautiful and unique land and water ecosystems for students of all ages to explore and utilize as an out-of-doors classroom.

Our curriculum is intentionally designed and continuously adapted to provide students with an inclusive learning experience that complements learning in the classroom. These experiential classes and important discussions encourage active participation outside in the ecosystems that inform our neighborhoods, towns, and cities. Students spend their days at Cedar Crest living into an educational experience that offers them a chance to explore our lands, creek, lake, wetland, and garden while using inquiry skills and cultivating curiosity.

We take our time to immerse ourselves in the learning experience in order to welcome all learning styles and personalities into this space. These wonderful and diverse ecosystems take their time to develop and we like to take our time to make sure your students can take the necessary time they need to develop as critical, empathetic, and active learners as well. Students have the opportunity to positively deepen their physical, social, and psychological awareness while also relating these elements to a deeper understanding of ecological well being, participation, and justice.

Our EE staff has years of educational and camping experience with young people and are passionate about lifelong learning. We have three Wilderness First Responders, are well trained in class facilitation & CPR/First Aid/AED, and extend hospitality and care for all who visit. Learning and living are celebrated equally at Cedar Crest, and we celebrate your learner's time engaging with the human and more-than-human world.

If you would like to learn more about our program or would like to access forms and materials pertaining to your learner(s) visit, please visit our website at www.cedarcrestee.org. You can also visit our Facebook and Instagram pages where we will post pictures daily throughout the experience. If you have any questions, please call our office at (931) 670-3025 or email our director at philip.salter@twkumc.org.

Sincerely,



Phil Salter
Environmental Education Director

Chaperone Letter

Greetings Chaperone,

Thank you for your commitment to accompany students throughout an exciting experience at Cedar Crest! Your engagement informs students' experiences and will create a fun and safe learning environment.

The lead teacher/educator of your school/group will assign you to both a learning group and cabin group. The learning group will consist of you, a Cedar Crest EE staff member, and approximately 10-12 students to supervise throughout the day. During classes and programming, Cedar Crest EE staff and teachers will be responsible for the group. However, they will rely on you to be a proactive model of support, attentiveness, and respect. We encourage you to participate in all classes and programming that you attend. Our classes may take us on long hikes, into streams, or even into the forest at night. Whether adventures outside are commonplace for you or if this is your first experience of this kind, we celebrate your participation because your energy and involvement motivates student learning.

The cabin will consist of you and 5-7 students to supervise at night. You will be with the students throughout the entire time of your group's experience and are directly responsible for the safety and supervision of your cabin and learning group. Our cabins promote an atmosphere of support and community. We ask groups to honor our 7:1 student-to-adult ratios in the cabins. It could be helpful to establish shower time, lights out, and cleanliness guidelines with your cabin group. Co-create these with them! We encourage you to learn more about your students (interests, passions, etc.) because your investment helps to make this experience special.

Meal times are shared family-style and are learning opportunities just like any other at Cedar Crest. We ask chaperones to enjoy their time with the students at their tables. Encourage good manners, great conversation, healthy eating habits, and good listening during announcements. If you have dietary needs, please reach out to us. We also have store times where we ask that you assist Cedar Crest staff and your teachers in supervision.

Safety is foundational to any EE experience. We have trained staff in CPR/First Aid/AED and three Wilderness First Responders. Cedar Crest has established Emergency Action Plans (EAPs) for our activities and areas. Cedar Crest requires students and adults to wear closed-toed shoes at all activities and encourages having a water bottle with you at all times. Your lead teacher/educator will appoint someone in charge of medicines, and we do require that no medicine is kept in cabins regardless if it is prescription or over-the-counter. If an emergency occurs, immediately notify your school's emergency care personnel and Cedar Crest staff members.

If you would like to learn more about our program or would like to access forms and materials pertaining to your visit, please visit our website at www.cedarcrestee.org. If you have any questions, please call our office at (931) 670-3025 or email our director at philip.salter@twkumc.org.

Sincerely,



Phil Salter
Environmental Education Director

What to Bring

Please make sure to reference this list before your visit!

Pack seasonally and comfortably. Old clothes are great (because they will likely get wet and/or dirty). We move around and walk a lot at Cedar Crest. Classes are held outside rain or shine. **Closed-toed shoes are required, and all teachers and chaperones are expected to honor our close-toed shoe policy** during their visit to Cedar Crest as well.

Recommended

- Comfortable clothes and shoes
- Journal & pen/pencil
- Bedding (sleeping bag or sheets)
- Pillow
- Backpack
- Closed-toe shoes
- Water shoes (closed-toe)
- Towels & toiletries
- Flashlight
- Jacket/rain poncho
- Water bottle
- Insect repellent & sunscreen

Optional

- Hat
- Sunglasses
- Camera
- Swimsuit (seasonal)
- Store money
- Laundry bag

Cold Weather Additions

(Our classes are outside, so packing and dressing in layers is recommended for fall and winter experiences - wool/synthetic clothing recommended)

- Heavy jacket
- Warm Hat
- Gloves
- Extra socks

Please Do Not Bring

(If you have any questions regarding what not to bring, please feel free to contact us. Many of these are listed out of safety and/or liability concerns.)

- Food/gum/candy (*contact us regarding any dietary needs/concerns*)
- Radio/electronics/video games
- Excessive cash
- Knife/weapons/fireworks/matches
- Alcohol/drugs
- Pets

Other

- Cell phone

Cell phone rules will be determined by teacher/school.

Directions to Cedar Crest

Address

Cedar Crest Camp
7900 Cedar Crest Camp Road
Lyles, TN 37098

From Nashville

Travel on I-40W and take exit 172 and go south on Highway 46. Stay on TN-46 S for approximately 6 miles. TN-46 S turns into TN-7 once you cross TN-100. Stay on TN-7 for approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Franklin

Travel on either TN-246 S or US-31 S and merge onto I-840 W. Follow I-840 W for close to 45 miles and take exit 7 for TN-100 and head west on TN-100 W for approximately 6 miles. Turn left onto TN-7 and travel approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Clarksville

Travel on TN-48 S and travel for approximately 30 miles. Take the ramp for US-70 E/Henslee Dr. and then turn right onto TN-46 and continue for approximately 11 miles as you pass through Dickson, crossing over I-40 and into Hickman County. TN-46 S turns into TN-7 once you cross TN-100. Stay on TN-7 for approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

From Murfreesboro

Travel on I-24 W and take exit 74A for I-840 W. Follow I-840 W for close to 45 miles and take exit 7 for TN-100 and head west on TN-100 W for approximately 6 miles. Turn left onto TN-7 and travel approximately 2 miles. Following the blue sign for Cedar Crest Camp, take a left onto Middle Lick Creek Road and you will see the sign and entrance of Cedar Crest a half mile down the road on the left.

Student Health/Photo/Release Form

School/Group Name: _____

Date(s) Attending: _____

Name: _____ Gender Identity: _____ Grade: ___ Age: _____

Parent/Guardian Name(s): _____

Address: _____ State: _____ Zip: _____

Emergency Contact Name: _____

Relationship to Student: _____ Emergency Contact Number: _____

The purpose of this form is to have a brief medical history of each participant on hand should an emergency arise. Parents/guardians will be contacted in the event of an emergency. Students must have a signed "Health/Photo/Release Form" in order to attend Cedar Crest EE experiences.

1. Are all immunizations current? _____ Tetanus? _____
2. Allergic to any medications? _____ If yes, what? _____
3. Severely allergic to insect bites? _____ If yes, what? _____
4. Severely allergic to poison ivy/oak (or similar)? _____ If yes, what? _____
5. Any recent surgery? _____ If yes, what kind and when? _____
6. Any physical condition or mobility aids which would prevent full participation in all activities? _____ If yes, what? _____
7. Diabetic? _____ Asthma? _____ Special diet? _____
8. Under a doctor's orders to take medication? _____ If yes, please list all prescription medications your student is bringing to camp: _____
9. Emergency medicines or devices (epi-pens, insulin, inhaler, etc.)? _____ If yes, what? _____
10. Is there anything else our staff needs to know about your student's physical condition?

I, **the undersigned**, give the youth named above permission to attend this Cedar Crest EE experience. I also give the event staff permission to authorize emergency surgery on the participant named above if the participant is in serious danger and the parents/guardians cannot be reached.

I, **the undersigned**, hereby agree to indemnify and hold harmless the Tennessee Western Kentucky Conference of the United Methodist Church and Cedar Crest Camp, its Board of Directors, its officers, employees and staff, from any liability as a result of either intentional acts or negligence, or failure to act on the part of any of the above named entities or persons as a result of the use of the premises while _____ (**student's name**) is participating in any activities while at Cedar Crest.

Parent/Guardian Signature: _____ Date: _____

Photography Release

Photographs are taken throughout Cedar Crest EE classes & programming. These photographs may be taken and used by the camp for promotion and publicity purposes. Cedar Crest Camp needs guardian consent for photographs to be made. Under no circumstances will any photographs be used for any other purposes than is stated above. I give permission for Cedar Crest Camp to take photographs for promotion/publicity purposes of _____ (student's name).

Parent/Guardian Signature: _____ Date: _____

Release of Liability Agreement

I, the undersigned, recognize there are risks, including those of injury and even death, in the activities initiated and carried out under the auspices of Cedar Crest Camp. I freely assume those risks on my own and my child's behalf. I agree to release and hold harmless from liability the workers, and other employees and agents in the event of injury or death of my son(s)/daughter(s) (listed below), resulting from negligence or any other theory of liability while engaging in any camp activity. I agree to not make any claim or file any lawsuit against Cedar Crest Camp, its staff members, volunteer workers, employees and agents, for injuries or damages related to my child's participation in camp activities. [Cedar Crest Camp is accredited by the American Camp Association and puts forth the strongest effort possible to be mindful of best practices in the camping world and how best to keep your camper safe! Your camper's health and safety is our number one priority.]

(Please initial) _____

I understand that this is a legally binding contract and that the camp activities are provided in consideration for this signed Release of Liability Agreement.

(Please initial) _____

I agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Tennessee and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I understand that my camper will be participating in camp activities, which often have a physical nature, thus requiring bodily exertion on a daily basis during the camp experience. I understand that my camper will be involved in these activities, and agree to their participation in respective camp events.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THIS RELEASES CEDAR CREST CAMP, ITS STAFF MEMBERS, VOLUNTEER WORKERS, EMPLOYEES, AND AGENTS, FROM LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

Name of Parent/Guardian (print): _____

Signature of Parent/Guardian: _____ Date _____

Adult Health/Photo/Release Form

School/Group Name: _____

Date(s) Attending: _____

Name: _____ Age: _____ Gender Identity: _____
Address: _____ State: _____ Zip: _____
Emergency Contact Name: _____
Emergency Contact Number: _____

The purpose of this form is to have a brief medical history of each participant on hand should an emergency arise. Emergency contact(s) will be contacted in the event of an emergency. Adults must complete “Health/Photo/Release Form” in order to attend Cedar Crest EE experiences.

1. Are all immunizations current? _____ Tetanus? _____
2. Allergic to any medications? _____ If yes, what? _____
3. Severely allergic to insect bites? _____ If yes, what? _____
4. Severely allergic to poison ivy/oak (or similar)? _____ If yes, what? _____
5. Any recent surgery? _____ If yes, what kind and when? _____
6. Any physical condition or mobility aids which would prevent full participation in all activities? _____
If yes, what? _____
7. Diabetic? _____ Asthma? _____ Special diet? _____
8. Under a doctor’s orders to take medication? _____ If yes, please list all prescription medications you are bringing to camp: _____
9. Emergency medicines or devices (epi-pens, insulin, inhaler, etc.)? _____
If yes, what? _____
10. Is there anything else our staff needs to know about your physical condition?

I, the undersigned, give the event staff permission to authorize emergency surgery on the participant named above if the participant is in serious danger and the emergency contact(s) cannot be reached.

I, the undersigned, hereby agree to indemnify and hold harmless the Tennessee Western Kentucky Conference of the United Methodist Church and Cedar Crest Camp, its Board of Directors, its officers, employees and staff, from any liability as a result of either intentional acts or negligence, or failure to act on the part of any of the above named entities or persons as a result of the use of the premises while _____ (your name) is participating in any activities while at Cedar Crest.

Signature: _____ Date: _____

Photography Release

Photographs are taken throughout Cedar Crest EE classes & programming. These photographs may be taken and used by the camp for promotion and publicity purposes. Cedar Crest Camp needs your consent for photographs to be made. Under no circumstances will any photographs be used for any other purposes than is stated above. I give permission for Cedar Crest Camp to take photographs for promotion/publicity purposes of _____ (your name).

Signature: _____ Date: _____

Release of Liability Agreement

I, the undersigned, recognize there are risks, including those of injury and even death, in the activities initiated and carried out under the auspices of Cedar Crest Camp. I freely assume those risks on my own behalf. I agree to release and hold harmless from liability the workers, and other employees and agents in the event of personal injury or death, resulting from negligence or any other theory of liability while engaging in any camp activity. I agree to not make any claim or file any lawsuit against Cedar Crest Camp, its staff members, volunteer workers, employees and agents, for injuries or damages related to my participation in camp activities. [Cedar Crest Camp is accredited by the American Camp Association and puts forth the strongest effort possible to be mindful of best practices in the camping world and how best to keep your camper safe! Your camper's health and safety is our number one priority.]

(Please initial) _____

I understand that this is a legally binding contract and that the camp activities are provided in consideration for this signed Release of Liability Agreement.

(Please initial) _____

I agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Tennessee and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I understand that I will be participating in camp activities, which often have a physical nature, thus requiring bodily exertion on a daily basis during the camp experience. I understand that I will be involved in these activities, and agree to my participation in respective camp events.

I HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THIS RELEASES CEDAR CREST CAMP, ITS STAFF MEMBERS, VOLUNTEER WORKERS, EMPLOYEES, AND AGENTS, FROM LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

Name (print): _____ Date _____

Signature: _____

High Ropes, Zip Line, & Challenge Experience Release Form

School/Group Name:

Date(s) Attending:

Thank you for choosing Cedar Crest for your Challenge Adventure! Everyone participating in the course must sign a release form. Persons under 18 years must have a parent or legal guardian sign for them.

I, the undersigned, recognize that there are risks, including those of injury and even death, in the activities initiated and carried out at the Cedar Crest Camp low ropes / challenge course. I freely assume those risks on my own and my child's behalf. I agree to release and hold harmless from liability the workers, and other employees and agents in the event of injury or death of myself, my son(s)/ daughter(s)/ youth listed below resulting from any theory of liability while engaging in adventure course or related activities. I agree not to make any claim or file any lawsuit against Cedar Crest Camp, its staff members, volunteer workers; employees and agents, for injuries or damages related to my/ my child's participation in low ropes / challenge course activities. I understand that this is a legally binding contract and that the camp activities are provided in consideration for this signed Release of Liability Agreement. I agree that this release is intended to be as broad and inclusive as permitted by the laws of the State of Tennessee, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.

I have carefully read this release of liability agreement and fully understand its contents. I sign this contract of my own free will.

Name of Participant (please print):

Signature of Participant (if 18 years old) or of Parent/Guardian:

Date:
