

Celebrating One Hundred Years of BC Parks



# STRATHCONA CENTENNIAL EXPEDITION 1910-2010

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in association with



## Logistics Plan, Participant Information, Expedition Schedule & Forms

Here's all the... (well not all, but quite a lot) of information needed to get ready for the Strathcona Centennial Expedition.

The expedition begins in Campbell River on July 21, 2010 with a public event at the Tye Spits and journeys through the heart of Vancouver Island and Strathcona Park to arrive in Port Alberni on August 7, 2010. In all the trek is ~240 km over sixteen days.

**Please read through this information package carefully and complete all the action items.**

This information has been prepared with every participant's safety and comfort in mind and the success of the expedition as a whole. Your attention to detail will go along way toward ensuring we all have a memorable adventure.



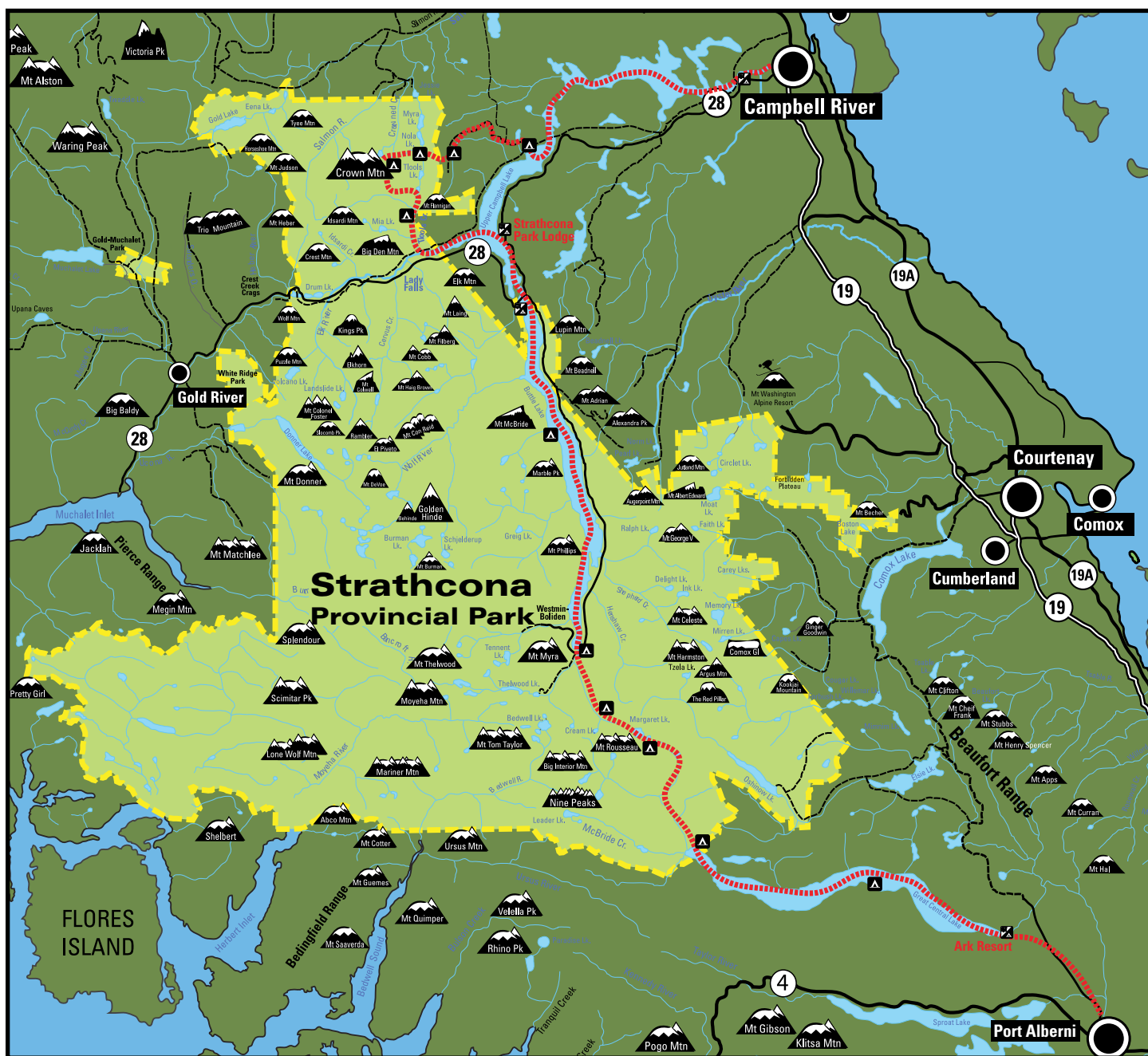


# STRATHCONA CENTENNIAL EXPEDITION 1910-2010

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## The Expedition Route

As far as possible the Strathcona Centennial Expedition will retrace the route taken in 1910 by the Strathcona Discovery Expedition. There have been some significant changes to the landscape in the past one hundred years: the Campbell River now has three dams taming the previously turbulent rapids and forming several large freshwater reservoirs, logging roads criss-cross the hillsides of Mt Evelyn and timber has been harvested from several areas along the route. However, most of the backcountry area around Crown Mountain, Price and Margaret creeks remains pristine and the Centennial Expedition experience will recall Price Ellison's party's highs and lows in much the same way, a hundred years later.





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## **Expedition Schedule Overview**

**Campbell River to Upper Campbell Lake** - July 21-24, 2010. After a public event in Campbell River on July 21 the party leaves Campbell River on foot, hiking the river side trails to John Hart Lake where they will take canoes up the Campbell Lake chain as far as the old Elk River Timber Co. trestle bridge.

**Ascent of Crown Mountain** - July 25-31, 2010. Leaving Upper Campbell Lake on foot the party will travel overland through rugged, mountainous country to Crown Mountain. Aiming for an ascent of Crown Mountain on July 29, 2010, one hundred years exactly from Price Ellison's historic climb.

**Buttle Lake** - August 1-2, 2010. After two celebratory events, one at Strathcona Park Lodge and one at the BC Parks HQ at Buttle Narrows entrance to Strathcona Park, the expedition continues by canoe down Buttle Lake to the south end at the outlet of Price Creek.

**Trek from Buttle Lake to Great Central Lake** - August 3-7, 2010. Following the route of Ellison's expedition the party heads overland, up the Price Creek valley to Price Pass and on to Great Central Lake via Margaret Lake and the famous Della Falls trail.

Meet canoes at the head of Great Central Lake then paddle down the lake with a welcoming party and be escorted to Port Alberni for a community event at the Alberni Valley museum.

**Port Alberni to Victoria** - August 8-9, 2010. Travel by road to Qualicum Beach to meet Via Rail train to Victoria. Breakfast at the Fairmont Empress morning of August 9. Expedition party disbands.



Buttle Lake



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## 2010 Expedition Party

	July 22-24 Campbell Lakes	July 25-31 Crown Mt	August 1-2 Buttle Lake	August 3-6 Price Creek	August 6-7 Great Central
Ron Quilter	✓	✓	✓		
Tawney Lem	✓	✓	✓	✓	✓
Philip Stone	✓	✓	✓	✓	✓
Aaron Black	✓	✓	✓	✓	✓
Jamie Boulding	✓		✓		
NVI Staff	✓	✓	✓	✓	✓
Andy Smith		✓			
Barb Baker			✓		✓
Paul Erickson		✓			
Bill Phipps		✓	✓		
Rory Annett		✓			
Nick Page		✓			
Ryan Stuart		✓			
Sean Anderson				✓	✓
Christelle Mounier Verneuil	✓				
Seamus Mooney		✓			
Mike Blake				✓	✓
Andrew Johnson				✓	✓
Rachel Cohen				✓	✓
Murray Sovereign		✓			
John Young				✓	✓
Chris Kruger	✓	✓	✓	✓	✓
Evan Loveless				✓	✓
Marion Bryan				✓	✓
Gwenda Bryan				✓	✓
Anita Brochoka			✓		
<b>Total</b>	<b>8</b>	<b>14</b>	<b>10</b>	<b>13</b>	<b>14</b>



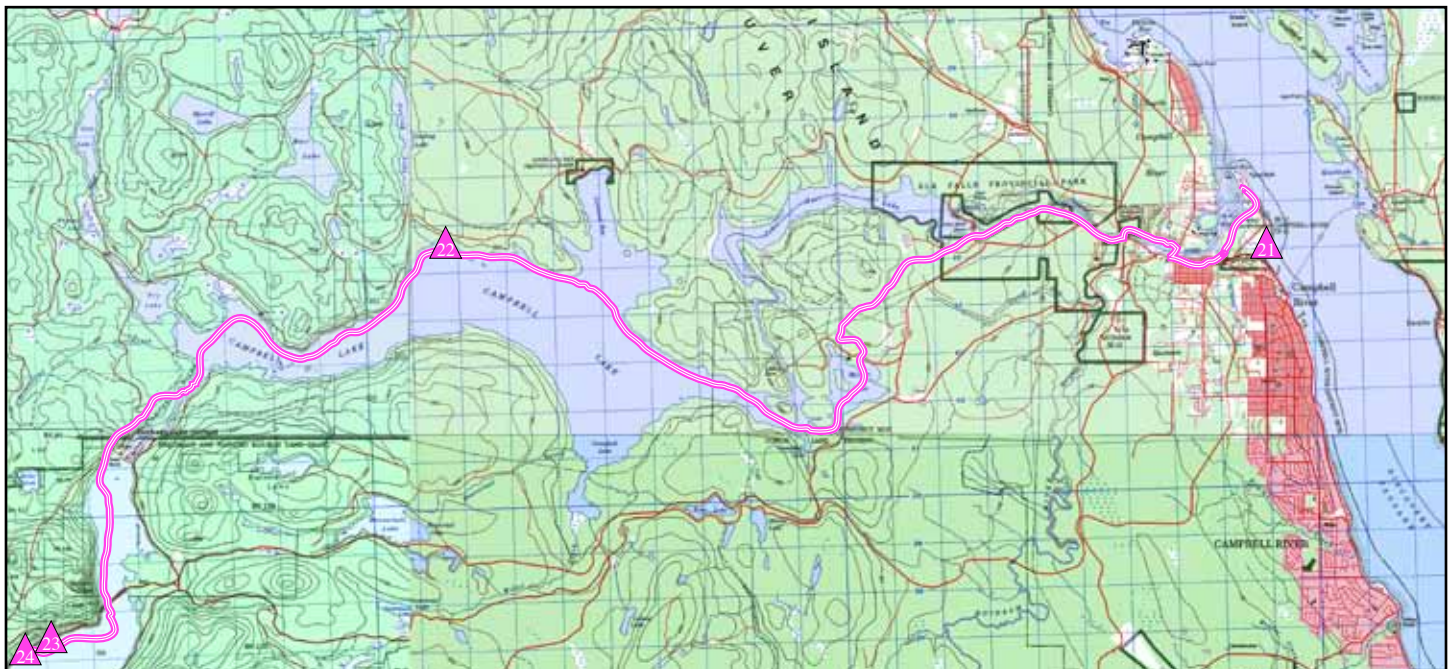


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## Detailed Expedition Plan

### Campbell River to Upper Campbell Lake

- **July 21, Wednesday** - All Expedition Party members are encouraged to gather at a public event at the Tyee Spit, Campbell River at 2 pm. There will be afternoon and early evening activities, exhibitors and perhaps a salmon BBQ. The expedition party will hold a brief pre-trip meeting before dispersing for the evening. Accommodation in Campbell River or nearby Quadra Island to be arranged individually.
- **July 22, Thursday** - Expedition party leaves the Tyee Spit, Campbell River on foot at 11 am, hiking the river side trails via Elk Falls, John Hart Lake and ATV/mountain bike trails to McIvor Lake. Rendezvous with canoes and supplies at main boat launch McIvor Lake for lunch. Paddle out to Lower Campbell Lake and camp at 'bush camp' west of Loveland Bay. Time for fishing and exploring the lake shore.
- **July 23, Friday** - Break camp, photo-opp poling in the Campbell River below Ladore Dam. Meet van & trailer from Strathcona Park Lodge (SPL) at 3 pm. Load canoes and hike past Strathcona Dam to Upper Campbell Lake. Change canoes and paddle to 'bush camp' on west shore of Upper Campbell Lake
- **July 24, Saturday** - Rest, re-crew and resupply day (yes we're only two days in but Ellison's 1920 team spent many days here, so we should at least have one day fishing!) Remainder of the Crown Mountain party should arrive by 4 pm. SPL van & trailer pickup canoes and participants returning to Campbell River (please make arrangements to be picked up at SPL or drive vehicle to SPL in advance on the 22 - maybe an option to then travel to McIvor Lake with van-canoe trailer to meet group)







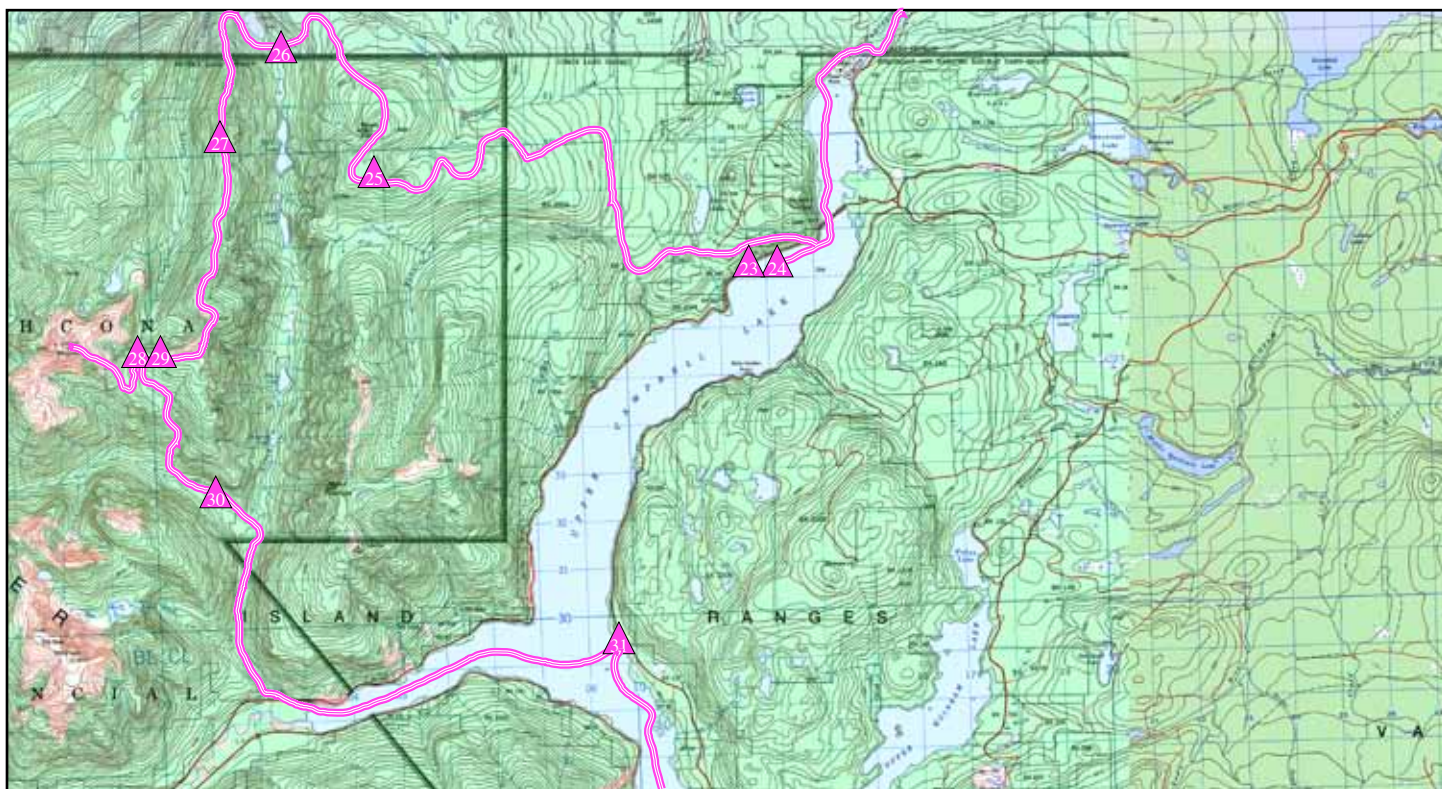
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## Crown Mountain to Strathcona Park Lodge

- **July 25, Sunday** - Crown Mountain party break camp and hike Ranald Creek logging roads via Bacon Lake to Mt Evelyn. Camp at sub-alpine meadows on south end of Evelyn. Will be a long day with heavy packs but on easy terrain/old roads.

- **July 26, Monday** - Continue hiking north over Mt Evelyn then a long descent through the forest down to Jessie Lake. Camp at south end of Jessie Lake. Should be some time for fishing in the lakes and exploring the forest.

- **July 27, Tuesday** - Probably one of the more strenuous days of the whole expedition will be bushwhacking from the old-growth forest inside the Park through second-growth regen to gain the toe of the east divide of Crowned Creek. There's a small heli-logging block to negotiate and then back into Strathcona, the old-growth and a steady, straight-forward climb up to the sub-alpine ridge. Camp on ridge crest between Crowned & Ttools creeks.



- **July 28, Wednesday** - Hike southward following east divide of Crowned Creek to Peak 5016. Camp on or near Peak 5016 with a great view of Crown Mountain.

- **July 29, Thursday** - Centennial ascent of Crown Mountain!!!

- **July 30, Friday** - Break camp and descend into west branch of Ttools Creek, camp in valley

- **July 31, Saturday** - Hike south out of the Ttools Creek valley to Elk River and meet canoes on shore of Upper Campbell Lake. Paddle across Upper Campbell Lake to Strathcona Park Lodge. Stay at SPL, BBQ, re-crew, resupply.



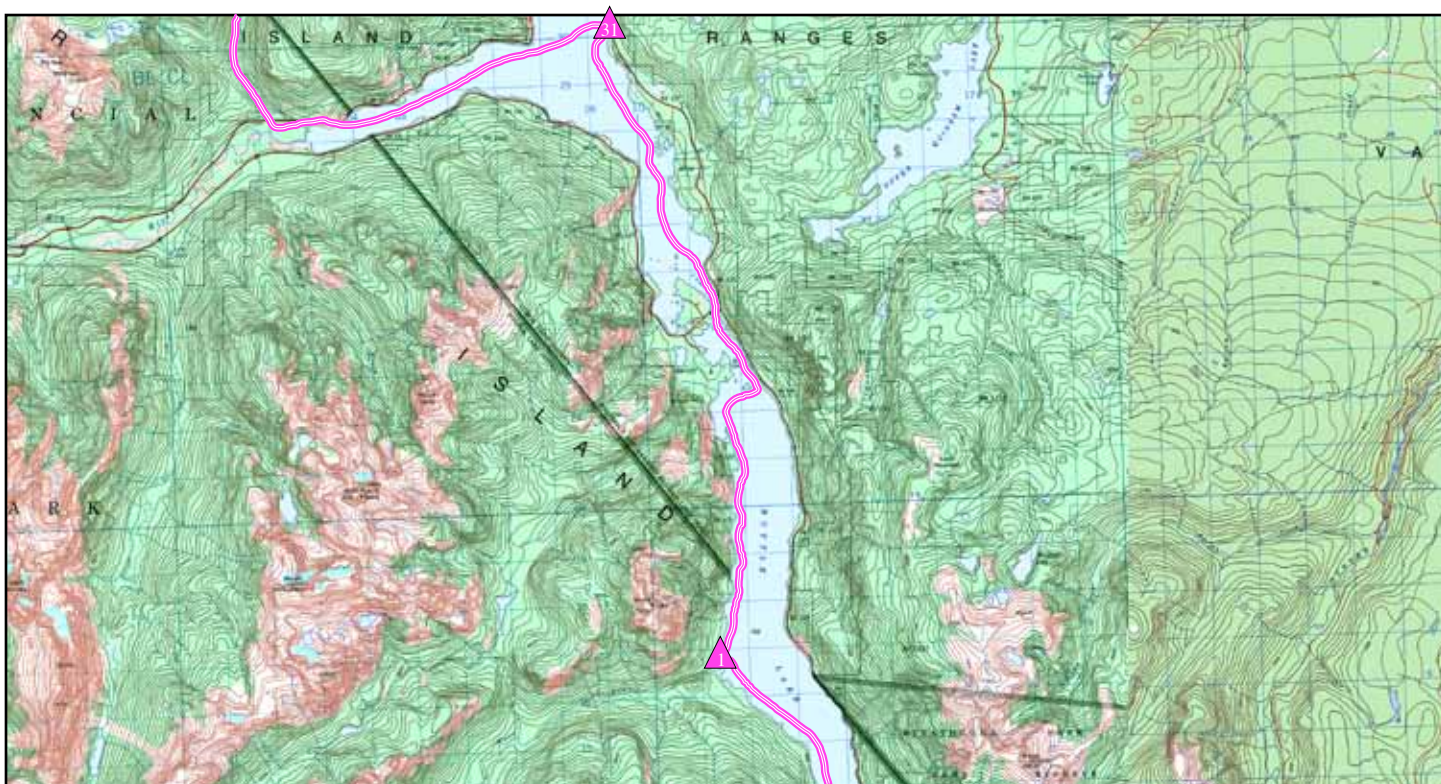


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## Buttle Lake

- **August 1, Sunday** - Expedition party departs SPL by canoe at 8:30 am and paddles south down Upper Campbell Lake to Buttle Narrows for 1 pm. Public/official ceremony at BC Parks HQ. Depart approximately 2:30 pm and paddle south down Buttle Lake to camp at either Mt Titus or Wolf River marine campsite.

- **August 2, Monday** - Continue down Buttle Lake to Thelwood Creek Bridge. Depending on water levels, paddle/pole up Thelwood Creek 1 km to gravel bar camp. Possibly NVI will put on a meal at Thelwood Creek. Arrivals for Price Creek to Alberni can be dropped off after 4 pm at old Price Creek trailhead (east side of Thelwood Creek Bridge) or travel with SPL van-trailer on morning of August 3, be at SPL for 11 am sharp.



## Alberni Party -

- **July 30, Friday to August 2 (or 3)** - A small group of two will depart Great Central Lake retracing Captain Roberts' 1910 survey expedition to chart a trail from Great Central to Buttle Lake. The plan is for this group to meet the main party ideally on the evening of August 2 at Thelwood Creek and then return with the main group to Port Alberni.



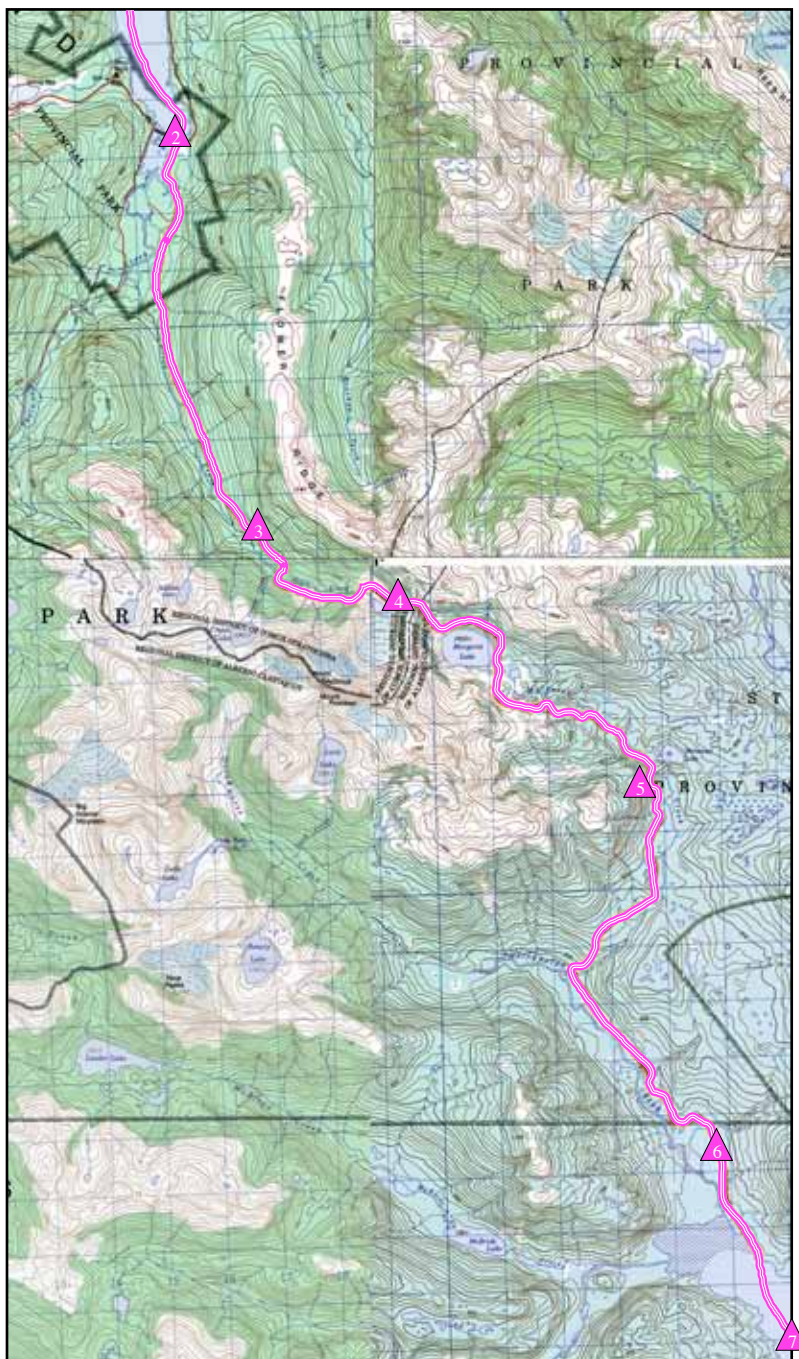


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## Price Creek to Great Central Lake, Port Alberni

- **August 3, Tuesday** - Re-crew and resupply through morning. Van-trailer from SPL will bring food and participants and pickup canoes and departing participants at noon. Hike begins up Price Creek after lunch. Camp at Cream Lake crossing or before.

- **August 4, Wednesday** - Continue hiking up Price Creek valley to Green Lake and up to Price Pass. Depending on weather, camp at Green Lake or up in Price Pass.



- **August 5, Thursday** - From Price Pass, descend to Margaret Lake. Apparently there isn't good camping at the lake. Continue on down Margaret Creek valley and camp in vicinity of Homasum Lake.

- **August 6, Friday** - Hike continues down Margaret Creek valley to join the Drinkwater and Della Falls trail.

- **August 7, Saturday** - Meet welcoming party and paddle down Great Central Lake to Ark Resort for 3 pm. Travel by vehicle to Port Alberni. Community event at the Alberni Valley museum. Night at Port Alberni.

### - Port Alberni to Victoria

- **August 8, Sunday** - Travel by road to Qualicum Beach to meet 4 pm Via Rail train to Victoria, arriving at 8 pm. Brunch at the Empress next morning, August 9 and disband.



Climbing up to Price Pass





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## Personal Equipment List

There's a wide range in the experience of the expedition participants, some relatively new to camping and others, seasoned outdoors people. The Strathcona Centennial Expedition will be a fairly unique undertaking and to be as successful as it deserves to be, will take a team effort. Simple as it may seem, packing and preparing for the trip with the greater group in mind will go a long way to ensuring our collective comfort and safety.

The team will need to be very efficient with food, fuel, group and personal equipment. Everything should be optimized to avoid overweight packs, promote team camaraderie and safety. Here is a list of required personal equipment. Anything not on this list will be covered under group equipment.

### Each person should bring:

- 1 sleeping mat /ThermaRest™
- 1 sleeping bag rated at least to approximately 0° C
- 1 waterproof jacket and 1 pair of pants of durable quality - breathable fabrics eg" GoreTex™ advised
- 1 mid to heavy weight synthetic fleece or wool sweater
- 1 pair of mid to heavy weight synthetic fleece or wool pants
- 1 set of thermal underwear top and bottom
- 2 or 3 pairs of mid weight socks
- a light toque, light gloves, sunhat, sunglasses and sunscreen, a few bandaids & tape for blister care
- unbreakable lightweight bowl, mug, spoon, pocketknife, flashlight/headlamp, waterbottle/bladder
- 3 durable garbage bags to line backpacks and especially to waterproof sleeping bag stuffsacks
- minimal toilet and wash products, water purification system of your choice.

### Optional

- bug repellent, camera

### SPECIAL - CANOE LEGS

- suitable footwear - for canoe legs: water sandals and old running shoes will do.
  - dry bags for packing, if you don't have dry bags then use two heavy grade garbage bags.
- Electronics are brought at your own risk. Canoes, paddles & PFDs will be provided, please advise the team leaders if you plan to bring your own paddles and/or PFDs

### SPECIAL - HIKING LEGS

- suitable footwear for hiking legs: well-fitted, mid to heavy weight hiking boots with at least a half shank and good ankle support are essential
- 1 pair of adjustable/collapsible trekking poles are advised
- snow gaiters optional, ice axe if you have one and are familiar with its use.

### PLEASE DO NOT BRING

cooksets, stoves, surplus tents, meat or fish of any kind, perfumed products,

Arrangements will be made for participants to have a small tote/bag of clean clothes, spare batteries etc.. transported to each trailhead. Space is limited so please pack sparingly.



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## Getting Ready

The Strathcona Centennial Expedition is not a 'guided' trip. Although none of us are likely to know all the other participants, we are joining together basically as a group of friends on this adventure. Having said that, there is, amongst the group, a strong depth of backcountry guiding/trip-leading experience. Significant effort is going into the planning of this adventure to ensure a safe and enjoyable experience for everyone.

Traditionally on a guided trip and often for club-type activities there are **two essential forms** that each participant needs to complete: a liability waiver and a medical disclosure form. Following are copies of both that should be **completed and returned as soon as possible**. The information will be kept private and confidential, shared only with the trip leaders who do need to know and understand your details, for your own safety and comfort.

### Preparing for the trip

For those joining the Strathcona Centennial Expedition for the canoe legs no special preparation is needed other than to be in good overall health and at a moderate level of fitness.

But for those taking part in the two hiking, mountain sections it is **strongly recommended** that over the next month leading up to the expedition that each participant does put some effort into bringing up their level of fitness with **some training hikes**.

We will be hiking off-trail, at times along gentle valley bottoms, but we will also be hiking up and down steep hillsides. In places the terrain will be steep enough that we'll be pulling on bushes for assistance and scrambling on short bluffs. There will be some bushwhacking through overgrown avalanche paths and second growth forest. In general the terrain is not technical and could be described as 'strenuous hiking' country.

**Each person will be expected to carry their own personal gear along with a portion of the food and group equipment.** Packs will likely be in the range of 40-50 lbs. Please pay close attention to the supplied equipment list and **be careful not to overpack**.

One of the best things each participant can do in preparation, is to **do several training hikes**. At least two of these hikes should be in the last ten days leading up to your departure (July 25 for Crown Mountain, and August 3 for Price Pass) and should **involve an ascent of around 3,500 ft**. The Flower Ridge, Phillips Ridge, Crest Mountain and King's Peak trails are perfect options. Take a day pack and put a few extra items in, carry plenty of food and a full water bottle is one easy way to add useful training weight.

A little advance effort will go a long way to making the expedition hike(s) a more pleasurable and comfortable experience. **Ski/trekking poles are strongly advised**. They don't need to be fancy or collapsible, in fact sturdy, old-school ski poles are perfect for thrashing around in the Strathcona bush.

Please ensure you read, understand and respond as needed to the following SAFETY PLAN





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## Safety Plan

The Strathcona Centennial Expedition participants, Strathcona Park Public Advisory Committee and BC Parks all acknowledge that Safety is the first priority and will abide by this safety plan. All safety issues should be reported immediately to a designated Volunteer Safety Coordinator (Ron Quilter for legs 1, 2 and 3, and Tawney Lem for legs 4 and 5). Safety issues will be addressed appropriately in a timely manner. This SAFETY PLAN, must be reviewed by all participants prior to commencing the expedition to get clarification on any items listed or identify and get more information on concerns not listed.

### □ Participant Requirements - General

- Assign and identify a Volunteer Safety Coordinator to oversee the safety of participants
- Ensure there is at least one individual with Level 1 First Aid certification (Level 3 Preferred)
- Mandatory review of this safety plan as a group prior to the start of the Expedition
- Orient all participants to location, terrain, potential hazards, safety equipment and where to get emergency help and emergency numbers.
- No participants to trek independently
- Check in/out procedure required to ensure all volunteers are accounted for at set times

### □ Equipment

- Appropriate first aid kit/supplies
- Satellite phone and radios
- Potable Water
- SPOT Beacon

## ACCIDENT AND EMERGENCY PROCEDURES

### 1. In the case of MEDICAL EMERGENCIES with participants (please see attached procedure)

- Provide any care you are trained to administer
- Contact the Volunteer Safety Coordinator immediately to call 911 if evacuation is expected
- Arrange evacuation if needed - 911 dispatch will connect you to EHS or to air Emergencies
- Contact B.C. Parks

### 2. In the case of Lost Participants (please see attached procedure)

- Ensure all other participants are accounted for (must sign in and out)
- Initiate quick search, coordinate all participants to ensure no others get lost.
- If needed contact Volunteer Safety Coordinator to contact Search and Rescue
- Contact B.C. Parks

### 3. Communication

- Who to contact? When to contact? How to contact (numbers/phones/radios) (see attached emergency call list and frequency guide)
- The Volunteer Safety Coordinator will carry a satellite phone for the duration of the trip. The phone will be used for emergency purposes only. Training will be provided for key participants to use the phone in case it is needed for Medical Emergencies or Lost Participants
- Two, two way radios will be carried on the trip in case of situations where the group separates so contact can be made between the two groups, or work with helicopter companies in case of an emergency.



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#### 4. Check in

Each participant will check in with the volunteer Safety Coordinator at the start of each day of each leg and check in with the Volunteer Safety coordinator at the end of each day of each leg. The Volunteer Safety coordinator will log each participant in and out each day. Participants leaving at any time outside their pre-arranged time will notify the volunteer Safety coordinator prior to leaving.

### Trip Particulars

#### Canoe Legs

All participants will adhere to all boat safety instructions. PFD's (provided) will be worn at all times while in the canoes. Participants will notify the trip leader if they have any trepidation of the weather, local conditions or other safety related issues.

#### Hiking Legs

All participants will follow the direction of the trip leader. All participants must ensure they have all appropriate gear for the particular leg they are participating in. The trip leader will determine the route that all participants must follow. Participants will notify the trip leader if they have any trepidation about the weather, route, local conditions or other safety related issues.

#### Safety Meeting

All participants will review this safety plan with the volunteer Safety Coordinator prior to the start of their part of the journey. All participants should voice any safety issues or concerns to the volunteer Safety coordinator immediately or at any time.

**IN ALL EMERGENCY SITUATIONS CONTACT APPROPRIATE HELP AND NOTIFY B.C. PARKS STAFF**

### Potential Safety Issues

Terrain - Rock, snow, bushwacking, rockfall, steepness  
Weather  
Wild Animals  
Personal fitness

### Emergency Numbers

Port Alberni West Coast General	723-2135
Campbell River General Hospital	287-7111
Gold River Medical Center PR Office	283-2626
Medical evacuation - (direct)	1-800-561-8011
Medieval	911
PEP Emergency Line-earthquake/flood/tsunami/spills	1-800-663-3456
Air or Marine Emergency	1-800-567-5111 or cell #16
Forest Fire Reporting Only	1-800-663-5555
Strathcona Park Lodge	250 286-3122
Western Forest Products – Gold River	283-2221
Vancouver Island Helicopters – Campbell River	923-3133
Vancouver Island Helicopters – Gold River	283-7616
West Coast Helicopters – Campbell River	286-8863





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COMMUNITY	RCMP	FIRE	AMBULANCE
Campbell River	286-6221	286-6266	286-1155
Comox	338-1321	339-2432	338-7471
Courtenay	338-1321	334-2513	338-7471
Gold River	283-2227	283-2522	1-800-461-9911
Port Alberni	723-2424		723-2444

## -5 MEDIVAC PROCEDURE (AIR AMBULANCE)

### A-5.1

Air evacuation should be utilized in cases of suspected life-threatening injury or illness, or where minor injury or illness may prevent safe travel out of the backcountry/park. Ehs (air ambulance) should be called when the air evacuation does not entail specialized rescue skills or helicopter work (see Section A-6 mountain rescue).

#### PROCEDURES:

1. Make safe, provide first aid to the best of your ability.
2. Phone 911, identify yourself, location, request an air evacuation. Provide information. Provide radio frequency and call signs, telephone #, location by lat/long or UTM grid reference, sat phone # - keep phone on (see section a-13 communications). Do not contact the rescue coordination centre directly. RCMP will contact them.
3. Complete a medivac information sheet (copies carried by trip leaders and Volunteer Safety coordinator)
4. Contact: your local office or any receiving station and advise of emergency. Consider the office/station, making your calls for you or at least fielding the follow-up from agencies.
5. On Scene: secure landing site (keep bystanders out of area, secure all loose gear, take tents down, etc.) and signals (i.e., lights/flares/smoke, etc.). Prepare transfer information of patient. (medical information/reports, etc). Make alternate plans for ground evacuation if medivac cannot attend due to weather and/or light conditions? Monitor and record all communications. Ensure helpers, etc., know what is happening, what will happen when chopper arrives (see Section A-10 Incident Reporting).



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**A-6 MOUNTAIN RESCUE (AIR RESCUE)**

A-6.1

Air Rescue, unlike Medivac, requires specialized helicopter and rescue personnel to safely effect the mission specifically request an “air rescue” providing enough detail so that RCMP, along with the Rescue Co-ordination Centre, can begin to arrange for the suitable aircraft and personnel. BC Parks does not have a mandate to perform rescues but will assist or initially respond, if in the locale and prepared to safely become involved.

PROCEDURES:

1. Make sure the area is safe. Provide first aid. See Section A-5 Medivac, for additional ideas.
2. Contact - 911: Inform your local BC Park’s office of the above information. Provide information, location info, etc., from Mountain Rescue (Air Rescue) Information sheet. Provide a contact, name, telephone #, SAT phone # - give them radio frequency and request a confirmation of time and aircraft type to be used.
3. Review the situation and decide if alternate plans for ground evacuation or over night stay are prudent? Discuss with office or agency. Shelter nearby - ranger cabin, etc.
4. Assemble suitable personnel and rescue equipment and prepare to assist or effect options for ground evacuation or over night stay (Remember safety first and know your limitations).
5. Designate a radio operator, SAT phone, record log. Keep office and agencies informed, have them make calls and assist you if need be. Document all actions and contacts.
6. Resources: To be mobilised by the RCMP, not BC Parks staff.  
442 Rescue Squadron  
PEP Emergency Operation Center  
Resorts in area.  
Companies in area.  
Park visitors (ID sign up, screen carefully, and do not use minors).
7. See Section A-10, Incident Reporting.





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## Liability Release & Acknowledgment of Risk

**Please make sure to sign, date and have witnessed.**

Please mail or fax at your earliest convenience:

Box 280 Quathiaski Cove B.C., V0P-1N0 Canada or Fax 1 250 285 2236

In acknowledgment of participating in the Strathcona Centennial Expedition, I hereby agree to release and discharge the Strathcona Centennial Expedition organizing committee and trip leaders, BC Parks, the Strathcona Park Public Advisory Committee and all associated sponsors and patrons on behalf of myself, my family members, my heirs, my assigns, personal representative and estate for the following:

- I acknowledge that the activities of canoeing and hiking involves foreseeable and unforeseeable risks that could result in personal injury, illness, paralysis, drowning, death, damage to personal property, and/or loss to personal property. These risks include but are not limited to, the hazards of canoe tripping, backcountry hiking and wilderness travel, weather, mountain and water conditions, hazardous terrain, sharing the roads with motor vehicles and vessels, inadequate instructions or first aid by trip leaders and or participants, or negligence or error committed by leaders, organizers and participants of the Strathcona Centennial Expedition.
- I acknowledge the consequence of delayed medical attention, as these activities takes place in an area where rescue services may not reach us in a timely manner.
- I have read, understand and agree to abide by the Strathcona Centennial Expedition SAFETY PLAN
- I willingly acknowledge and accept all the risks involved in canoeing, hiking and associated activities without being limited to the risks mentioned above, and my participation is purely voluntary.
- I hereby voluntarily release, forever discharge and agree to indemnify Strathcona Centennial Expedition, BC Parks, the Strathcona Park Public Advisory Committee and all associated sponsors and patrons, its employees, directors, agents or anyone acting on their behalf, from any legal action brought upon them by me, and should Strathcona Centennial Expedition or BC Parks be required to incur any legal costs as a result of legal action brought upon by me, I agree to indemnify them for all such costs.
- I declare that I have sufficient insurance to cover the costs of any injury or damage I may cause or suffer, while participating in these activities, if not, I acknowledge and agree to bear all costs required relating to medical, rescue and evacuation procedures that may arise. By signing this document I confirm that I have read, understood, and agree to be bound by its terms, acknowledging that I have waived all rights for any lawsuits against Strathcona Centennial Expedition and/or anyone acting on their behalf.

NAME OF PARTICIPANT: \_\_\_\_\_ Signature: \_\_\_\_\_

Date signed: \_\_\_\_\_

NAME OF WITNESS: \_\_\_\_\_ Signature: \_\_\_\_\_

\*If participant is under 19 yrs of age a parent or guardian of at least 19 yrs must sign this waiver.

Signature of Parent/Guardian: \_\_\_\_\_



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## Medical Form and Personal Information

**Please complete this form in entirety and return it promptly to:**

Box 280 Quathiaski Cove B.C., V0P-1N0 Canada or Fax 1 250 285 2236

To assist us, and to ensure that you have a safe and enjoyable experience participating in the Strathcona Centennial Expedition, please complete the following information. Please be honest with your level of experience. Disclosures made on this form and all information is completely confidential.

**Your Contact Information:**

Name: \_\_\_\_\_ Cell/Mobile Phone: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ Address: \_\_\_\_\_  
 Facsimile: \_\_\_\_\_  
 Email: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

**Contact Person in Case of an Emergency:**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Address: \_\_\_\_\_ Relationship to you: \_\_\_\_\_  
 Doctors Name: \_\_\_\_\_  
 Telephone: \_\_\_\_\_

**Travel / Medical Insurance Details:**

Name of company providing plan: \_\_\_\_\_ Phone number: \_\_\_\_\_  
 Name of plan: \_\_\_\_\_ Medical number: \_\_\_\_\_

**Personal Information:**

Date of birth: \_\_\_\_\_ (D/M/Y)  
 Sex: Male Female  
 Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Your level of fitness:**

Not active    1    2    3    4    5    6    7    Olympic Class

**Outdoor Experience:**

Canoeing    None   1-4 days    5-10 days    10+days  
 Hiking    None   1-4 days    5-10 days    10+days  
 Your swimming ability:    Can't swim   1    2    3    4    5

Please turn over.....



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**General Health:**

(Please provide as much detail as possible in regards to any medical conditions or health or physical concerns that you have)

Do you have any personal concerns

(eg. fear of water, seasickness, physical limitations etc.)? No Yes (please detail)

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Do you have any recurring injuries or ongoing/underlying medical conditions? No Yes (please detail)

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Known allergies or sensitivities: (anaphylactic to bees, wasps, food, etc) No Yes (please detail severity and date of past reactions) \_\_\_\_\_

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Do you carry an Epi-pen and/or antihistamines? No / Yes  
(if your allergies are severe you should have one)

Is your tetanus inoculation current? No / Yes Give date? Month: \_\_\_\_\_ Year: \_\_\_\_\_

(You need to have had a tetanus shot within the last 10 years.)

Have you been under a doctor's care in past 12 months? No Yes (please detail)

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Do you wear glasses or use a hearing aid? No Yes (If you wear glasses make sure you have straps)

Are you currently taking any medications? No Yes (please detail medication and reason taken)

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If you are bringing medication please ensure that:

1. The name and expiry date of drug is on container
2. You have the detailed instructions of dosage and frequency.
3. Pack in water and sun proof container.

Please turn over.....





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**Dietary:**

Do you have any food allergies or dietary restrictions?

We make our best effort to cater to those with food allergies and special diets. Please note that for those with severe allergies we cannot guarantee that our kitchen will be %100 trace free of the item you are allergic to. We can accommodate diets such as vegetarian, vegan, non-seafood, wheat free, and dairy but may not be able to accommodate other special diets where you are on a strict menu plan. You may want to bring some of your own snacks. Feel free to call us if you have any concerns. If you do have special dietary needs please also fill out our more detailed form.

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Do you eat FISH? \_\_\_\_\_

Do you follow a VEGETARIAN diet? \_\_\_\_\_

Do you eat OTHER SEAFOOD? \_\_\_\_\_

Do you follow a VEGAN (no meat or dairy) diet? \_\_\_\_\_

Name of PARTICIPANT: \_\_\_\_\_

Signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

Name of WITNESS: \_\_\_\_\_ Signature: \_\_\_\_\_

If participant is under the age of 19, or under the age of responsibility elsewhere.

\_\_\_\_\_  
(Name of parent or guardian) ( Signature )

**IMPORTANT:** Please return this form as soon as possible.

# Model Release

For Consideration herein acknowledged as received, and by signing this release I hereby give the Photographer / Filmmaker and Assigns my permission to license the Content and to use the Content in any Media for any purpose (except pornographic or defamatory) which may include, among others, advertising, promotion, marketing and packaging for any product or service. I agree that the Content may be combined with other images, text, graphics, film, audio, audio-visual works; and may be cropped, altered or modified. I acknowledge and agree that I have consented to publication of my ethnicity(ies) as indicated below, but understand that other ethnicities may be associated with me by the Photographer / Filmmaker and / or Assigns for descriptive purposes.

I agree that I have no rights to the Content, and all rights to the Content belong to the Photographer / Filmmaker and Assigns. I acknowledge and agree that I have no further right to additional consideration or accounting, and that I will make no further claim for any reason to Photographer / Filmmaker and / or Assigns. I acknowledge and agree that this release is binding upon my heirs and assigns. I agree that this release is irrevocable, worldwide and perpetual, and will be governed by the laws (excluding the law of conflicts) of the country/state from the following list that is nearest to the address of the Model (or Parent\*) given opposite: New York, Alberta, England, Australia and New Zealand.

It is agreed that my personal information will not be made publicly available but may only be used directly in relation to the licensing of the Content where necessary (e.g. to defend claims, protect rights or notify trade unions) and may be retained as long as necessary to fulfill this purpose, including by being shared with sub-licensees / assignees of the Photographer / Filmmaker and transferred to countries with differing data protection and privacy laws where it may be stored, accessed and used. I represent and warrant that I am at least 18 years of age and have the full legal capacity to execute this release.

**Definitions:** "ASSIGNS" means a person or any company to whom Photographer/Filmmaker has assigned or licensed rights under this release as well as the licensees of any such person or company. "CONSIDERATION" means \$1 or something else of value I have received in exchange for the rights granted by me in this release. "CONTENT" means all photographs, film, audio, or other recording, still or moving, taken of me as part of the Shoot. "MEDIA" means all media including digital, electronic, print, television, film, radio and other media now known or to be invented. "MODEL" means me and includes my appearance, likeness and voice. "PARENT" means the parent and/or legal guardian of the Model. Parent and Model are referred to together as "I" and "me" in this release, as the context dictates. "PHOTOGRAPHER / FILMMAKER" means photographer, illustrator, filmmaker or cinematographer, or any other person or entity photographing or recording me. "SHOOT" means the photographic, film or recording session described in this form.

## Photographer/Filmmaker Information

Name (print) \_\_\_\_\_  
Signature \_\_\_\_\_  
Date signed (DD/MM/YEAR) \_\_\_\_\_  
Shoot Date \_\_\_\_\_  
Shoot Country & Region/State \_\_\_\_\_  
Shoot Description/Ref. (if applicable) \_\_\_\_\_

## Attach Visual Reference of Model here:

(Aligned to top right-hand corner if larger than box.)

For example, Polaroid, drivers license, print, photocopy, etc.

## Model Information

Name (print) \_\_\_\_\_

Date of Birth (DD/MM/YEAR) \_\_\_\_\_

Gender: male  female

## Model (or Parent\*) Information

Residence Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_\_

Country \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

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

Signature \_\_\_\_\_

Date signed (DD/MM/YEAR) \_\_\_\_\_

\*If Model is a minor or lacks capacity in the jurisdiction of residence, Parent warrants and represents that Parent is the legal guardian of Model, and has the full legal capacity to consent to the Shoot and to execute this release OF ALL RIGHTS IN MODEL'S CONTENT. If you are signing in this capacity, please enter your details above and your name below.

Parent Name: \_\_\_\_\_  
if applicable.

## Additional information to be completed by Model: (Optional)

Ethnicity information is requested for descriptive purposes only, and serves as a means of providing more accuracy in assigning search words.

\_\_\_ Asian - circle all that applies to you:  
(Chinese, Japanese, Korean, Indian, other)  
\_\_\_ Caucasian, White \_\_\_ Hispanic, Latin  
\_\_\_ Middle Eastern \_\_\_ Native American \_\_\_ Pacific Islander  
\_\_\_ Black \_\_\_ Mixed Race \_\_\_ African American  
Other: \_\_\_\_\_

**Witness** (NOTE: All persons signing and witnessing must be of legal age and capacity in the area in which this Release is signed. A person cannot witness their own release)

Name (print) \_\_\_\_\_

Signature \_\_\_\_\_

Date signed (DD/MM/YEAR) \_\_\_\_\_



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## Action Items

- **Read this information package through, thoroughly!**
- **Check the expedition team schedule on page 4. Advise trip leaders of any changes to your plan and/or ask any questions you need for clarification.**
- **Make sure you understand and make all the travel arrangements needed to get you to and from the start and finish of your expedition leg(s)**
- **Write a short one or two paragraph introduction and circulate to the expedition email list**
- **Read and respond as necessary to the enclosed Safety Plan. Agreement to abide by the procedures and practices detailed in the Safety Plan is a condition of participation.**
- **Read carefully through the liability waiver, medical and model release form. Complete all three forms accurately and entirely and return them as requested along with payment for food (\$25 per day per person, cheques can be made payable to Strathcona Park Lodge). Participation is only possible after these forms are completed and submitted. If you do not wish to be included in the video or photographs please advise the organizing committee directly to discuss.**
- **Make and undertake a training routine in the lead up to your departure see page 10**
- **Read carefully through the equipment list and ensure you have, or can borrow, rent or buy any items you need.**