

# **UVA OR**

## **UNIVERSITY OF VIRGINIA • OUTDOOR RECREATION**

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

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### **Cavalier Outdoor Adventure Retreat (COAR)**

#### **Meet and get to know other first year students on a backcountry trip to Shenandoah National Park.**

You'll hike to waterfalls, enjoy scenic mountain views, and stay in a primitive PATC cabin in a backcountry setting. Not an experienced outdoors person? That's ok! We provide all necessary camping/backpacking equipment. We just ask that you be in moderate to good physical condition to hike with your pack to the cabin and enjoy the day hikes that range from 3-8 miles. The last page contains a list of clothing and personal items to bring so you can come prepared to hike, make new friends, and enjoy the great outdoors.

COAR is a program run by the **UVA Outdoor Recreation Program with support from the Orientation Office**. We began COAR in the summer of 2015 as a pilot program with three trips. After a successful summer, we doubled our number of trip offerings in 2016! If you are unable to attend one of our trips due to a limited number of spots, you can still get involved with Outdoor Recreation through many other programs we offer throughout the school year. Program activity schedules are posted on UVA's outdoor recreation website about a month prior to each semester.

#### **Program Purpose:**

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

**Trip Cost: \$180 (Food, Equipment, and Transportation are all included).**

#### **Registration:**

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

#### **Refund Policy:**

- Participants may receive a full refund up to 30 days prior to first day of their trip
- 50% refund up to 10 days prior to first day of the trip
- NO REFUND less than 10 days prior to the first day of the trip

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### **UVA Department of Intramural – Recreational Sports**

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

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### **FAQs**

#### **1. Which COAR Trip can I register for?**

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

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

Food, Equipment, and Transportation are all provided. Outdoor Recreation will provide group camping gear and can provide some personal equipment as well (as indicated on the packing list). Keep in mind that for the hike into the cabin you will be hauling ALL of your personal gear and your share of the group gear in a pack. You will only be staying 2 nights at the cabin (the first night you'll be staying at Slaughter Recreation Center), so we suggest traveling as light as possible.

#### **3. What should I expect?**

For most of you, the COAR trip will be a new experience, with many exciting challenges along the way. For some, the physical exertion of hiking up to 8 miles may be a challenge. For others, the challenge will be living in the close quarters of a primitive cabin with 10 other people.

#### **4. Who is leading the COAR Trips?**

The COAR trips are led by student leaders with prior backpacking experience, formal Wilderness First Aid training, and training by the Director for Outdoor Recreation. Most of the activities are day hikes and the primitive cabins are a relatively short hike from skyline drive (.5 to 1.4 miles depending on which Cabin your group will be staying at). A map of where Doyles River Cabin is located in relation to Charlottesville can be found [here](#).

#### **5. What should I do to be physically prepared?**

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

#### **Physical conditioning:**

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

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**6. What should I do to be mentally prepared?**

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

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

Registered participants will need to submit the **Statement of Understanding** and **Medical History Form** (page 4) to UVA Outdoor Recreation within two weeks of completing registration. **Minors will need their parent/guardian signature on the bottom of BOTH forms.**

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

Yes, transfer students may register for COAR 5, COAR 6, or COAR 7 which occur after the transfer student orientations. Since these trips begin several days after transfer orientation ends, you may need to arrange transportation back to Charlottesville to attend one of those.

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### PACKING LIST

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

#### Feet

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

#### Legs

- Nylon Shell pants (wind/rain)
- Nylon hiking shorts or athletic shorts
- Swim trunks/ Shorts & swim suit (for swimming in creek). Sports Bras are OK (**No bikinis**)

#### Torso

- Lightweight synthetic long underwear tops (non-cotton)
- Nylon mesh/syn. t-shirt (No tank tops)
- Lightweight / Medium weight fleece top
- Shell jacket w/ hood (wind/rain)

#### Head & Hands

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

#### Miscellaneous

- 2 x 1 Qt. water bottles (non-leaking)
- Cup, Bowl, spoon, and fork
- Personal Hygiene (keep it minimal & small)
- Backpack (internal or external frame) \*
- Mummy style sleeping bag (synthetic only) \*
- Small bedsheet (for over cabin mattress)
- Daypack
- 3 heavyweight trash bags (33 gal. size)
- Whistle w/ lanyard
- Pillow
- Extra money for lunch on the last day

#### Optional

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

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

If you have any further questions about the trips, you may contact John McCall, Director for Outdoor Recreation, at 434-924-6115, or by e-mail at [jwm3g@virginia.edu](mailto:jwm3g@virginia.edu)

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

UVA Outdoor Recreation  
PO Box 400317  
Charlottesville, VA 22904

*\*You can also e-mail these forms to [jwm3g@virginia.edu](mailto:jwm3g@virginia.edu). Make sure to sign and date where prompted (minors need a parent or guardian signature)*

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

### **STATEMENT OF UNDERSTANDING**

The undersigned hereby acknowledges and agrees that:

1. \_\_\_\_\_ (\*herein referred to as “participant”\*) expects and intends to participate in one or more Intramural-Recreational Sports Outdoor Recreation Program activities during the academic year, following the execution of this statement of understanding.
2. In consideration of the University’s sponsorship and direction of this Intramural-Recreational Sports Outdoor Recreation Program activity, the Participant hereby states that he/she has read and understands the terms and conditions of this statement of understanding and specifically agrees to be bound thereby.
3. The participant understands and acknowledges that there are specific risks of injury to a person and/or property that are associated with Intramural-Recreational Sports activities. Participant specifically agrees to and voluntarily assumes the risk of such injuries, and hereby certifies and represents that participant will have appropriate personal accident/health insurance coverage during the period of each such activity.
4. The participant understands and acknowledges that the University of Virginia assumes no liability for personal injuries or property damages to participants or to third persons arising out of Intramural-Recreational Sports Outdoor Recreation Program Activities, except to the extent that such liability is imposed by law. Participant agrees to indemnify and save the University of Virginia harmless from any liability arising out of the acts or omissions of participant during any such Intramural-Recreational Sports Outdoor Recreation Program activity, subject to any limitations or restrictions against such indemnification that are imposed by law. Participant will abide by all state and federal law and University policy including the non-use of alcohol or controlled substances.

**SIGNATURE AND DATE:**

\_\_\_\_\_

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

**SIGNATURE AND DATE:**

\_\_\_\_\_

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### MEDICAL HISTORY FORM

Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_  
First MI Last

Address: \_\_\_\_\_  
City State Zip

E-mail: \_\_\_\_\_ Telephone: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_

Date of birth \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_ Gender: ☐ Male ☐ Female

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Name of insurance company: \_\_\_\_\_

Policy or certificate number: \_\_\_\_\_

• Special Diet Considerations: \_\_\_\_\_

• List Known Allergies: \_\_\_\_\_ • Required Medications: \_\_\_\_\_

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

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

Diabetes ☐

Asthma ☐

Epilepsy ☐

Drug Reactions ☐

Chest Pains ☐

Angina ☐

High Blood Pressure ☐

Heart Murmur ☐

Back, shoulder, knee or other joint problems ☐

• Are you pregnant? \_\_\_\_\_

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

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

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

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

The information provided above is a complete and accurate statement of the physical and psychological factors that may affect my participation in a program. I realize that failure to disclose information could result in serious harm to me and other participants. I agree to hold UVA Outdoor Recreation, the Department of Intramural – Recreational Sports, and the University of Virginia harmless from any liability, claim or expense resulting, directly or indirectly, from my failure to disclose relevant information. This information will be kept confidential except in case of emergency. In case of emergency, I consent to the release of medical records and accident report forms to insurance companies, my employer, or any agency deemed appropriate.

Signature (if under 18, parent / guardian signature required below)

Date

Parent / Guardian Signature

Date

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