

Notice To Visitors Of Bear Claw Valley



In order for your stay here to be a success, it needs your help with the following:

BE THOUGHTFUL

Please don't litter.
Even pick up things you didn't throw down
Don't leave the soap or water in the hand basins
"If you sprinkle when you tinkle, be a sweetie and wipe the seatie!"

KITCHEN MANNERS

Please stay out of the kitchen unless you are assigned there. PARENTS! PLEASE! PLEASE! PLEASE! Don't let your little ones in the kitchen. You can't imagine how many little hands have been burnt on the hot grill and hot stove. These appliances are NOT electric, and the propane flames heat the whole area up. PLEASE BE VERY CAREFUL YOURSELF.

GET YOUR REST

When you're tired, you don't seem to function nearly as well as when you have a good night's rest. Slumber parties may be all right at someone's house where you may return soon to your own home and make up for your needed rest. But, keeping yourself and others awake at camp is a far different story. Bear Claw Valley, over the years, have witnessed the following day many negative aspects of this slumber-less night before. Please be respectful to others who are trying to sleep.

NO SHORTS OR SANDALS

Please don't wear shorts, sandal or open-toed shoes at Bear Claw Valley. You will have less chance of mosquitoes, biting flies, ticks, bees, hornets, ants, stinging nettle, and spiders. Rosebush scratches, scrapes, bumps, dirt will be lessened. Perhaps you have heard of the 30-year study of those who have been attacked by mountain lions, bobcats, bears, wolves, and even wolverines. Nearly 75% of the victims wore shorts or open-toed shoes and all fatalities were wearing both, and we have all these animals living in Argyle Canyon!

HIKING

Never hike alone. Always tell someone if you are going hiking. A lot of private property should not be trespassed on, check with someone in charge. Tell them who is going with you, where you are going, and when you expect to get back. It is better to have at least three people in case of injury. One to stay with the injured person and one to go for help. Be alert of your surroundings, so you can return. When you pause or rest, look where you have just come from. Things look a lot different when you try to return if you don't. People do get lost! If you do encounter a bear or mountain lion, they will most likely "turn tail" and be gone in a flash. If by chance they don't run away, be sure you don't "turn tail" and run. This is the worst thing you can do. No use of running, a mountain lion can cover 100 yards in just three seconds. Be sure to take water with you. It is better to carry water inside you than carry it in your canteen all day before you drink it. The first signs of dehydration are dry lips and they start to chap. Chapped lips are not from the sun or wind, BUT FROM DEHYDRATION. Drink plenty of water. When you get back to camp, report in so everyone will relax that you are safe. The quieter you move in the mountains, the more wildlife you'll see. Whisper when communicating, and please don't litter!

READ THIS AND REMEMBER

Please, Please, Please, don't sit on tables and put your feet where you sit. Don't put your shoes on any bed if you lie down. Don't pick up cement stools and move them. If it becomes the matter of "life or death" situation and you need to move them, then tip them a bit and roll them to the new spot. Don't pick them up by the seat; they just might come off in your hands. When you hear the bell ring "One-Two", "One-Two", "One-Two", come a running to Flap-Jack Hill, time to eat. NO FOOD, DRINK (water okay), OR GUM AND CANDY ALLOWED IN ANY BUILDING. If you think a chance in drinking water may affect you then bring your own drinking water with you. Our spring water is pure with no filtration.

Bear Claw Valley Individual Release Waiver



I, _____, ask that I may participate in all group and/or individual activities. As a condition of participation, I certify that I acknowledge that it is my responsibility to provide health and accident insurance for myself either personally or through my parent's policy. I expressly release Bear Claw Valley, its owners, the sponsoring institutions and adult leadership from any claim or liability resulting from my participation in any and all activities here at Bear Claw Valley. In the event of an accident or illness in the course of such activities, I request that appropriate measure to be taken with out delay if I am not able to make those decisions myself. I understand that any damage to property or equipment at Bear Claw Valley by myself will be restored expeditiously at my expense.

Signed _____ Date _____
Participant

Signed _____ Date _____
Parent or Guardian

Address _____

City _____ State _____ Zip Code _____

Telephone (home) _____ (work) _____

List limitations of participant (if any).

We will retain this on file for future use and visits

Bear Claw Valley Family Release Waiver



I, _____, as head of our family, ask that we may participate in all group and/or individual activities. As a condition of participation, I certify and acknowledge that it is my responsibility to provide health and accident insurance for myself and family. I expressly release Bear Claw Valley, its owners, and adult leadership from any claim or liability resulting from our participation in any and all activities here at Bear Claw Valley. In the event of an accident or illness in the course of such activities, I request that appropriate measure to be taken with out delay if I am not able to make those decisions myself. I understand that any damage to property or equipment at Bear Claw Valley by myself, or a member of my family, will be restored expeditiously at my expense.

Signed _____ Date _____
Head of Family

Address _____

City _____ State _____ Zip Code _____

Telephone (home) _____ (work) _____

List family members name, age, and limitations.

	Age	Limitations (if any)
Father	_____	_____
Mother	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____
Child	_____	_____

We will retain this on file for future use and visits