



## 2021 Explore the Rock Registration

In the interest of maintaining safe social distancing practices, KANA will implement the Explore the Rock hiking program virtually for the summer of 2021. This will enable us to keep the program focused on encouraging parents and/or guardians to take their children on the hikes. As the situation and health mandates change, we may reevaluate our ability to lead hikes and will provide updates as able.

While facilitating this virtual hiking program, we will be utilizing two different websites/phone apps; [www.alltrails.com](http://www.alltrails.com) and [www.geocaching.com](http://www.geocaching.com). Both are free to create an account and use, you are not required to purchase any add-ons. Since cell phone service on Kodiak can be unreliable at times, we ask that you screenshot and/or download trail information in advance of hiking.

Staff will be using the KANA Prevention Programs Facebook page as our primary outlet for information. We can be reached through Facebook Messenger or for those who prefer email we can also be reached at [prevention@kodiakhealthcare.org](mailto:prevention@kodiakhealthcare.org).

To participate in this summer's hiking program, read this registration packet and fill out the Student Information, Hold Harmless Agreement and Photo/Video Release form before turning those sections in via email.

There is no deadline for registration, but participants must submit a completed registration form to be eligible for prizes and Explore the Rock gear. **ANYONE IS WELCOME TO PARTICIPATE, BUT ONLY STUDENTS ENTERING GRADES 3-12 ARE ELIGIBLE FOR PRIZES/GEAR AT THIS TIME.**

### 2021 Structure

- Staff will record two hiking routes of different difficulty levels using the Alltrails mobile app and post it to the Prevention Facebook page. The Low Intensity Hikes will be posted by 10am Monday, and the High Intensity Hikes will be posted by 10am Thursday. Each route will be "live" for one week from the time of being posted. If not completed during the "live" week the only other time to earn completion will be during the July holiday/makeup week.
- Staff will post the coordinates/route to a geocache for each trail unless otherwise noted. Some of the geocaches will have prizes that can be traded out (see details below). Use the Geocaching app to see the trail caches with directions. Staff will provide written direction to caches where cell phone signal is limited.
- Staff will also be hiding 2-4 painted rocks along each trail for participants to find. These rocks will have "ETR 2021" on them as well as directions to complete a special task. These directions can be filmed/photographed as they are completed by participants and submitted to the KANA Prevention team for an extra point that will help earn you more swag! Once you've completed the task, rehide the rock somewhere along the same trail.



- Once the routes are posted, participants will have one week to hike at least one of the routes and submit proof that the hike was completed. Proof can include Alltrails recordings or photos of participants on the trail in their ETR 2021 gear, found rocks, or found caches.
- Participants will earn a vinyl sticker each week they submit proof of completing one or more of that week's hikes.
- Participants can also earn other prizes based on the number of hikes they complete throughout the summer (see below for details).
- Swag bags with all accumulated prizes will be given out at the end of the program.

To submit proof of a completed hike, found cache or a found rock, post it on the KANA Prevention Programs Facebook page or email us at [Prevention@kodiakhealthcare.org](mailto:Prevention@kodiakhealthcare.org)

**IF YOU DO NOT SUBMIT PROOF YOU COMPLETED THE HIKE, YOU CANNOT WIN PRIZES FOR IT.**

### **What is Geocaching?**

Geocaching is like a universal treasure hunting game. All around the world, there are geocaches ranging from tiny little micro caches that barely have room enough for a roll of paper and other massive caches full of trinkets and treasures. We will be using the app/website [www.geocaching.com](http://www.geocaching.com). On this app, you can look up the name of a geocache and find the GPS coordinates and sometimes waypoints to its location. Sometimes they are large metal boxes the size of a toaster, other times they are small like a film canister. When you find a cache, write your name and the date in the log book. Some caches are so small that a pen won't fit inside, so be sure to bring your own. Some caches will have treasure inside too, but if you want to take something out, the rule is that you have to replace it with something of your own. Be sure to bring a few small trinkets in case you decide you want to trade at the cache. Once you are done, close the cache up tight (don't want anything to get wet) and put it back exactly where and how you found it for the next person.

### **Participation Prize Tiers**

- 1) Rambler:** Complete any 5 hikes during the week they are posted.
- 2) Explorer:** Complete any 12 hikes in the week they are posted.
- 3) Mountaineer:** Complete all 18 hikes throughout the summer for a prize AND an entry into the Final Drawing.

A participant who completes every hike throughout the summer and accumulates 10 points from the task rocks can win a maximum of 9 vinyl stickers, a Rambler prize, an Explorer prize, a Mountaineer prize, one specialty prize (for the task rocks), and an entry for the Final Drawing.



## Participant Gear and Prize Pick Up

**Please remain in your vehicle when you arrive. Just let us know the name of the registered student(s) and we will hand you their items.** If one of these times does not work for you, please contact us via email or the Facebook Messenger app.

KANA will provide backpacks with hydration bladders and t-shirts for participants on a first-come, first-serve basis. Due to social distancing requirements, registered participants will need to pick up their materials during one of our distribution windows. A drive-through will be set up in the parking lot of the KANA Wellness Center (3400 Rezanof Drive East) on the following days and times:

Day	Time
Tuesday, May 25	10am until 1pm
Wednesday, May 26	12pm until 3pm
Thursday, May 27	4pm until 6pm

At the end of the program, all accumulated prizes will be bagged with the participants name on it and can be picked up from the KANA Wellness Center on the following days. Times are subject to change.

Day	Time
Tuesday, August 17	10am until 1pm
Wednesday, August 18	12pm until 3pm
Thursday, August 19	4pm until 6pm

## Health/Safety Recommendations

Families are encouraged to research the proper use of bear spray, bear bells, and/or other techniques and items for preventing and responding to bear encounters.

Program staff also strongly encourage parents/guardians and participants to adhere to the following suggestions:

- Bring plenty of water and weather appropriate clothing.
- Tell someone where and when you are going, and when to expect you back.
- Make sure your phone is fully charged, especially if you are recording your hike via a mobile app.
- Print out maps and bring them along in the event of a technical difficulty.
- Ensure that people responsible for picking up or placing a vehicle at the other end of a trail are aware of timing and capacity requirements.
- Please be bear aware. Be sure to make noise while on the trails, pay attention to your surroundings, carry appropriate bear deterrent IF proficiently trained in safe usage, and educate your group ahead of time in the correct response to a bear encounter.



In addition, please consider the following in regards to COVID19:

- Though it is safer to hike in a group, we recommend limiting activity to small groups, with at least 6-10 feet of distance between members of different households. Only carpool with members of your household.
- If you are in a group with people outside of your household, it is recommended that all parties involved wear a mask or cloth face covering.
- Proper hygiene, including use of hand sanitizer, washing hands upon returning home, not sharing food/drink with others, and so on is strongly encouraged.

### HIKE SCHEDULE\*

Date	Lower Intensity Hike	Date	Higher Intensity Hike**
May 31 <sup>st</sup>	Holiday, No Hike	June 3 <sup>rd</sup>	North Sister
June 7 <sup>th</sup>	Burma Loop	June 10 <sup>th</sup>	Pyramid
June 14 <sup>th</sup>	Abercrombie	June 17 <sup>th</sup>	Barometer
June 21 <sup>st</sup>	Heitman Lake	June 24 <sup>th</sup>	Kashaveroff
June 28 <sup>th</sup>	Near Island	July 1 <sup>st</sup>	Old Woman's Flag
July 5 <sup>th</sup>	<b>Makeup Week</b>	July 8 <sup>th</sup>	<b>Makeup Week</b>
July 12 <sup>th</sup>	Pillar	July 15 <sup>th</sup>	Monashka
July 19 <sup>th</sup>	Three Pillar Point	July 22 <sup>nd</sup>	Heitman Peak
July 26 <sup>th</sup>	Spruce Cape Trail	July 29 <sup>th</sup>	Termination Loop
August 2 <sup>nd</sup>	Swampy Loop	August 5 <sup>th</sup>	Shelly Lake
August 9 <sup>th</sup>	Boyscout Lake	Close	

\*All hikes are subject to change. \*\*Not all hikes may be achievable by all participants. Please consider each individual's abilities before and while attempting these hikes.

### STUDENT INFORMATION

These activity programs are funded by several State and Federal grants, and we hope to include students of all backgrounds. Your demographic information is only to inform our funders who our programs are reaching and to improve our programs to reach a wider audience.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

*\*Please click on lines to type or print and hand write*

Date of Birth: \_\_\_\_\_ Male:  Female:  Other:

**Race(s):** *Check all that apply*

- Alaska Native       Caucasian  
 American Indian       Native Hawaiian  
 Asian       Pacific Islander  
 Black/African American       Other

**Ethnicity:** *Check one*

- Not Spanish/Hispanic/Latino  
 Spanish/Hispanic/Latino

What grade will you be in during the 2020-2021 school year? \_\_\_\_\_

T-shirt Size (XS-XXL): \_\_\_\_\_ Hat Size:      Medium/Large:       Large/XL:



## HOLD HARMLESS AGREEMENT

I understand that the Kodiak Area Native Association (KANA) or KANA employees and volunteers will not be responsible for any accidents or injuries which may occur during the duration of the program, of any individual who chooses to participate. Participation in this program is voluntary and done at the sole discretion of the participants and their parents/guardians.

I understand that the activities associated with the Explore the Rock programs have a certain degree of risk. I give my consent for my child to participate in the program.

I affirm that I am the legal guardian of the child whose name appears on the form and have the legal right to sign this agreement.

Name of Minor: \_\_\_\_\_ Date: \_\_\_\_\_  
Please Print

Parent/Guardian's Signature: \_\_\_\_\_  
(Parent/Guardian must sign if Participant is under 18 years of age)

## PHOTO/VIDEO RELEASE

I hereby authorize KANA or their designated agents to use the photographs, video, recordings, and/or any other record of these events taken of me, or submitted to KANA through any medium, for use in printed and/or online publications. I am aware that these publications will be used to show the success and outcomes of KANA programs. I acknowledge that since my participation in KANA publications is voluntary, I will receive no financial compensation. I may at any time withdraw permission for photos or video footage of me to be used in any publications.

Name of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
*\*Please click on lines to type or hand write*

Participant's Signature: \_\_\_\_\_  
(Parent/Guardian must sign if Participant is under 18 years of age)

**Registration packets should be emailed to**  
**[Prevention@kodiakhealthcare.org](mailto:Prevention@kodiakhealthcare.org)**  
**For help registering or for other questions, please contact Tori Frank at 907-486-7389 or message**  
**KANA Prevention Programs on Facebook.**