

Take Home Packet

Please print the following pages and make a copy for each of your students and chaperones.

There are five forms in total.

These three forms need to be filled out and signed by guardians. Please do not staple.

- 1. Health Questionnaire**
- 2. Risk Release Form**
- 3. Photo Release Form**

These two pages should be sent home for informational purposes. They do not need to be returned.

- 4. Parent Letter**
- 5. Equipment List**

Once you have collected all completed forms from home...

1. Get copies of the health questionnaires to your program coordinator by no later than 14 days before the program. Fax, email/scan, or mail copies. Please do not mail original forms.
2. Divide all forms into groups with the group lists on the front. Please do not staple. Bring these packets with you on the first day of the program.

Thank you!

Mailing Addresses for Health Forms:

Pinkham Notch or Huts:

Mike Dufilho
PO Box 298
Gorham, NH 03581
Fax: (603) 466-2720

Highland Center or Cardigan Lodge

Heidi Magario
Highland Center - General Delivery
Rte 302.
Bretton Woods, NH 03575
Fax: (603) 278-4434

**Appalachian Mountain Club – A Mountain Classroom
Confidential Health Questionnaire (two-page form)**

Participant Name: _____ Course Start Date: _____

School/Organization Name: _____

Age at Course Start: _____ Height: _____ Weight: _____ DOB: _____

Home Address: _____

Emergency Contact: _____ Relationship: _____

Phone Number: (day) _____ (eve): _____ (cell): _____

2nd Emergency Contact: _____ Relationship: _____

Phone Number: (day) _____ (eve): _____ (cell): _____

Medical Insurance # _____ Policy # _____ Carrier's Name _____

SEVEN-QUESTION HEALTH QUESTIONNAIRE

Parent or legal guardian should complete this form for their minor child participating in an AMC activity.

- | | | |
|--|--------------------------|--------------------------|
| | Yes | No |
| 1. Have you/Has your child experienced an asthma attack at any time in your/their life? (Asthma can potentially be affected by exercising at altitude, in dry air, extreme cold, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Have you/Has your child ever been diagnosed with type I or type II diabetes? (A diabetic can easily become dehydrated in backcountry environments. Further, long, arduous days/hikes can lead to hypoglycemia, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Have you/Has your child ever visited a medical professional for a serious allergic reaction, or have you/has your child ever been given a shot of epinephrine for an allergy or anaphylaxis? (Some people are allergic to stinging insects; nut products or other food products, which a co-participant might be carrying or may be included in a meal prepared by AMC staff; iodine, which might be used to treat drinking water and/or clean wounds, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Have you/Has your child ever received medical treatment for angina, a heart attack, or any type of heart disorder/disease? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Have you/Has your child ever been diagnosed with or are you/is your child currently being treated for high blood pressure? (The environment and workload associated with AMC courses can sometimes affect BP and/or the efficiency of some BP medications.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Have you/Has your child ever seen a medical professional following a seizure, or are you/your child currently being treated for any type of seizure disorder? (Some seizures are triggered by fatigue and dehydration [which can occur following a long hike], significant change in diet, stress, etc.) | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Is there anything else you think we should know about your/your child's medical background? (i.e., anything that could affect your safety or ability to participate fully?) | <input type="checkbox"/> | <input type="checkbox"/> |

Yes	No

DIETARY RESTRICTIONS: Please be specific (vegetarian, no red meat, vegan, lactose intolerant, food allergies, etc.) _____

If you answered **YES** to **ANY** of the previous questions please answer the following as well:

- I/my child was diagnosed with _____ in the last year.
- I have/my child has visited the emergency room in the last year due to _____.
- I have/my child has had to use epinephrine following an asthma attack/allergies or anaphylaxis in the last year. _____
 - Will you/your child be bringing/carrying epinephrine on the outing? _____
 - What are you/your child allergic to? _____
- How often do you/your child use an inhaler to treat your/their asthma or wheezing?

- Do you/Does your child have poor circulation due to diabetes? _____
- Will you/your child be carrying insulin or wearing an insulin pump during this outing? _____
- Are you/your child able to exert yourself/themselves for more than 30 minutes without experiencing angina (chest) pain? _____
- Are you/your child currently taking medication for your/their seizures? _____
- Have you/Has your child experienced a seizure within the past year? _____
- Is your/your child's blood pressure currently under control (i.e., systolic under 140 and diastolic between 60 and 100)? _____

If there is anything else you think we should know about your/your child's medical background, please explain here. Attach a separate sheet if necessary.

PLEASE READ CAREFULLY! Participants (and parents/guardians, if appropriate) must read and sign below.

Participant acknowledgement of accuracy and understanding. By signing this form, I am declaring that, to the best of my knowledge, I have completed the questionnaire accurately. I also understand that by knowingly filling out the form inaccurately, or by withholding pertinent information about my health, I could potentially be increasing the risk to myself or others.

Consent to accept aid. By signing this form, I am giving consent and permission for AMC staff, volunteers, representatives, or contractors to provide medical care to me or to my child, to transport me or my child to a medical facility, or to seek the aid of emergency medical services as deemed appropriate. I further authorize AMC staff, volunteers, representatives, or contractors to render whatever treatment they consider necessary for my or my child's health, and I agree to pay all costs associated with that care and transportation.

Participant's name (printed)

Participant's signature

Signature of parent/guardian (if applicant is under 18)

Date

APPALACHIAN MOUNTAIN CLUB PARTICIPANT
ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AND INDEMNITY AGREEMENT

INTRODUCTION

PLEASE READ THIS ENTIRE TWO-PAGE DOCUMENT (hereafter 'Document') **CAREFULLY BEFORE SIGNING**. All participants must sign this Document. For participants under 18 yrs. of age (hereafter sometimes 'minor' or 'child'), one or both parent/s or guardian/s (hereafter collectively 'parent/s') must also sign. In consideration of the services of the Appalachian Mountain Club, Inc., a charitable, not-for-profit corporation, organized and existing under the laws of Massachusetts, and its chapters, including all officers, directors, employees, representatives, agents, independent contractors, volunteers (including leaders and co-leaders), members and all other persons or entities associated with it (collectively referred to in this Document as 'AMC'), I (participant and parent/s of a minor participant), **acknowledge and agree as follows:**

Appalachian Mountain Club contracts with individuals or organizations that are independent contractors (not employees or agents of Appalachian Mountain Club) to conduct some of the activities participants may engage in. Although the Appalachian Mountain Club has made efforts to locate responsible contractors, it does not supervise or control these contractors and is not responsible for their conduct. Participant (and parent/s) acknowledge that they may independently investigate and assess these organizations and activities, if they choose to do so. **Further, Appalachian Mountain Club uses volunteers to assist with, and sometimes lead activities, workshops or programs. These individuals are not paid professional guides or leaders. In all activities, all participants share in the responsibility for their own safety and the safety of the group.**

ACKNOWLEDGMENT & ASSUMPTION OF RISKS

AMC instructional, educational and/or adventure activities (which may be scheduled or unscheduled, supervised or unsupervised and/or occur during free time) include, but are not limited to hiking, backpacking, camping, biking, skiing, snowboarding, snowshoeing, high and low ropes courses, trail work, maintenance of facilities, mountaineering, rock and ice climbing, canoeing, kayaking, sailing, swimming, environmental education, wilderness emergency medical training, first aid and rescue, participation in volunteer service projects, use of AMC huts or other facilities and transportation or travel to and from activities (referred to in this Document as 'activities' or 'these activities'). **These activities include inherent and other risks, hazards and dangers** (referred to in this Document as 'risks') **that can cause or lead to injury, damage, death or other loss to participant or others. The following includes some, but not all of those risks:**

Risks present in an outdoor, mountainous or wilderness environment on land or water, both on and off trail. Travel can be subject to storms, strong winds, avalanches, currents, waves, whitewater, lightning, rapidly moving rivers or other water bodies, difficult stream crossings, snow or ice, extremely hot, humid or cold weather or water, steep terrain, falling rock, stinging or disease carrying animals or insects, wild animals and other natural or human-made hazards and dangers. Hazards may not be marked and weather is unpredictable year-round.

Risks in decision making, including, without limitation, the risk that AMC may misjudge a participant's capabilities, health or fitness level, or misjudge some aspect of instruction, medical treatment, weather, terrain, water level, or route location.

Personal health and participation risks. The risk that a participant's mental, physical or emotional condition (disclosed or undisclosed, known or unknown) combined with participation in these activities could result in injury, damage, death or other loss.

The risk that equipment used in an activity may be misused, or may break, fail or malfunction.

AMC activities may take place in remote places, several hours or days from any medical facility, causing potential delays or difficulties with communication, transportation, evacuation and medical care.

Risks connected with meals and/or cooking and camping chores. Meals may include exposure to food allergens. Risks also include gas explosion, scalding or other burns associated with cooking over a gas stove or open fire, and water contamination from natural water sources. All water may be contaminated and should be disinfected, filtered or boiled before use.

Risks associated with AMC facilities and premises, including boulders, ruts, slippery walkways, ponds or other water sources, uneven ground or other conditions.

Risks associated with transportation. Travel can be on foot or by vehicle, bicycle, boat or other means and can be over rough and unpredictable terrain or via oceans or rivers, with wind, rain, or other adverse weather conditions.

Volunteer community service. Risks associated with activities such as (but not limited to) building, digging and trail maintenance, painting, construction and clean-up projects. Projects can include the use of tools and equipment (i.e. drills, saws, power tools) that can cause injury resulting from use, misuse or malfunction.

Risks regarding conduct, including the potential that the participant, or other participants or third parties (e.g. general public, rescue squad, medical facility) may act carelessly or recklessly.

Participants may have limited, unsupervised time during, before or after the start of an AMC program. This may include periods of free time, or periods of time alone while engaged in backcountry travel. **During both supervised and unsupervised activities, all participants share in the responsibility for their own safety and the safety of the group.**

Other risks that are generally associated with instructional, educational and/or adventure activities.

These and other risks may result in participants falling, being struck, colliding with objects or people, experiencing vehicle or boat collision or capsizing, drowning, reacting to weather conditions or increased exertion, suffering gastro-intestinal complications or allergic reactions, becoming lost or disoriented, or experiencing other problems. These and other circumstances may cause hyperthermia, hypothermia, frostbite, dehydration, burns, heart or lung complications, broken bones, concussions, paralysis, mental or emotional trauma, or other injury, damage, death or loss.

2/23/10 RMT

I (participant and parent/s of a minor participant) agree:

- To accurately complete all required forms (which may include, but is not limited to the AMC application, registration and medical forms), abide by the terms of those documents, and obey all AMC rules, regulations and policies;
- If participant has any mental, physical or emotional conditions or limitations that might affect his/her ability to participate I agree to disclose those to AMC, and represent that participant is fully capable of participating without causing harm to him/herself or others;
- AMC is, and has been available, should I have further questions about these activities and the associated risks;
- AMC cannot assure participant's safety or eliminate any of these risks.

Participant is voluntarily participating with knowledge of the risks. Therefore, participant (and parent/s of minors) assume and accept full responsibility for the inherent and other risks (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant (and parent/s of minors), resulting from those risks and/or resulting from participant's negligence or other misconduct.

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. I (adult participant, or parent/s for themselves and for and on behalf of their participating minor child) agree as follows:

- (1) **to release and agree not to sue AMC**, with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim/s') for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment, facilities or premises. **I understand I agree here to waive all claim/s I or my child may have against AMC, and agree that neither I, my child, or anyone acting on my or my child's behalf, will make a claim against AMC, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **to defend and indemnify** ('indemnify' meaning protect by reimbursement or payment) **AMC** with respect to any and all claim/s brought by or on behalf of me, my child or a family member for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment, facilities or premises.

This Release and Indemnity Agreement includes claim/s resulting from AMC's negligence (but not its gross negligence or intentional or reckless misconduct), and includes claim/s for personal injury or wrongful death (including claim/s related to emergency or medical response, assessment or treatment), property damage, breach of contract or any other claim.

CONCLUSION

I (participant and parent/s of a minor participant) agree that the substantive laws of Massachusetts govern this Document, any dispute I have with AMC and all other aspects of my relationship with AMC, and that any mediation, suit, or other proceeding must be filed or entered into only in Massachusetts.

AMC reserves the right to remove any participant from the program who staff or leaders believe, in their discretion, presents a safety concern or medical risk, is disruptive, or acts in any manner detrimental to the program. If participant is dismissed or departs for any reason, participant (and his/her family) are responsible for all costs of early departure whether for medical reasons, dismissal, personal emergencies or otherwise. These costs include, but are not limited to medical evacuation and costs, plane, train or taxi fare, accommodations, and costs and compensation for staff accompanying participant.

This Document is intended to be interpreted and enforced to the fullest extent allowed by law. Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions, and those remaining provisions shall continue in full force and effect.

Participant and parent/s of a minor participant agree: I have carefully read, understand and voluntarily sign this two-page Document and acknowledge that it shall be effective and binding upon me, my minor children and other family members, and my heirs, executors, representatives and estate. *One or both parent/s must sign below for any participating minor (those under 18 years of age).*

Participant Signature

Date

Print name here

Parent or Guardian Signature

Date

Print name here

Parent or Guardian Signature

Date

Print name here

PHOTO & MEDIA RELEASE

Your signature on the consent form below is greatly appreciated, as it will allow us to photograph and/or interview student or adult participants during this program. Photographs and interviews may be used by members of the media to tell the story of the Appalachian Mountain Club's "A Mountain Classroom" program. A photograph or an interview may be used by the AMC in the future for informational, press, and/or marketing materials.



I hereby authorize the Appalachian Mountain Club (AMC) and/or parties designated by the AMC to photograph and interview me/my child. I authorize the use of my/my child's photograph or interview (whether it is included in periodicals, other printed materials, electronic media, or other medium) for the purposes of press coverage, marketing, display, or exhibition.

Child's Name _____

Parent's Name _____

Parent Signature _____ Date _____

Address _____ City _____

State _____ Zip Code _____ Email address _____

- I do not want my/my child's photo to be used.
- I do not want my/my child to be quoted.
- I do not want my/my child's photo or quotes to be used.
- The "A Mountain Classroom" coordinator may wish to contact you via email during or after your child's program to update you on what your child's group has been seeing and learning and to ask for you and/or your child to provide feedback about the A Mountain Classroom experience. Please check here if you would prefer not to be contacted by the program coordinator.
- From time to time, AMC communicates important information about its educational programming opportunities (including our wilderness summer camp program for Teens and family programs), lodging discounts, and member benefits to groups and individuals with whom it works closely. Please check here if you would prefer not to receive such information.



Dear Parent/Guardian,

Welcome to *A Mountain Classroom*, the Appalachian Mountain Club's residential school program. In operation since 1990, we currently serve nearly three thousand students per year with our hands-on, environmental education curriculum. Our programs are based out of AMC facilities throughout the White Mountains and in the Lakes Region of New Hampshire. All are in spectacular locations that provide plentiful opportunities to explore the natural world and experience the challenges of hiking.

Our experienced instructors lead hikes, lessons, and activities designed to engage students in the natural world, increase environmental literacy, and facilitate personal growth and foster a sense of community. Your child's teacher will also choose curriculum themes to compliment what students are learning in the classroom; these can include watershed studies, forest ecology, geology, climate and meteorology, and map and compass. Instructors are certified in first aid and trained to manage their groups in wilderness situations.

Your child will be hiking and/or backpacking on the trip. This is a physically demanding but incredibly rewarding experience, and our instructors are committed to helping all students succeed. The weather in the mountains can be very unpredictable and sometimes winter conditions occur in the spring and fall. Our lessons are geared to the outdoors regardless of the weather. We have included an equipment list of required items for your child to bring. Many can be borrowed from friends or family members, or the AMC can provide some items such as backpacks or sleeping bags (see the equipment list for details). If your child will need equipment, please discuss this with the teacher in charge of the trip and they will contact us. Hiking boots may well be the most important item on the clothing list. Students will be hiking on rocky and potentially wet or snowy trails, which may ascend or descend steeply. Your child's teacher should explain the trip itinerary. Please read below for descriptions of our facilities.

Joe Dodge Lodge at the Pinkham Notch Visitor Center (located on Route 16 in Gorham, NH), **The Highland Center** (located on Rt. 302 in Twin Mountain, NH), and **Cardigan Lodge** (located on the Shem Valley Road in Alexandria, NH) have heated bunkrooms with two to six bunks and bathrooms with showers located in each hall. Meals are served family style and lunches may be eaten on the trail. Classrooms are located throughout the facilities. If your child is staying at one of these facilities only, he/she will be going for day hikes.

The AMC Huts are remote facilities located throughout the White Mountains between 1.5 miles to 4.5 miles from the road, depending on the hut. They are rustic and have no electricity and, in cold seasons, no running water (huts do have indoor composting toilets). The sleeping areas are in unheated bunkrooms with pillows provided on each bed. A sleeping bag (20 degree or below) is required for some of these trips depending on the season (see clothing list). In many cases, students will be carrying their own food (provided by the AMC) to the hut and will, under supervision, help prepare the food for the group. This is a backpacking experience.

You have received Medical/Release, Acknowledgment of Risk, and Photo/Media Release forms. **It is absolutely necessary for you to complete these forms for your child to attend.** Please return them to the organizing teacher as soon as possible. Although injuries are rare, there is an inherent risk to outdoor activities. Should a medical emergency arise we will need the information on these forms. Also, please be advised that your child will be away from immediate hospital access and wilderness evacuations may take hours. If you have any questions about the equipment list or forms, direct them to your organizing teacher who will forward them to us if necessary.

We look forward to making your child's trip an exciting and memorable learning experience!

Sincerely,

Andrea K. M. Muller

North Country Youth Education Director

Mike Dufilho

Program Coordinator, Pinkham Notch & Huts

Heidi Magario

Program Coordinator, Highland Center and Cardigan Lodge

Cary Rhodes

Coos County Program Coordinator

Main office • Five Joy Street, Boston, MA 02108-1490 617-523-0655

Pinkham Notch Visitor Center • Route 16, Box 298, Gorham, NH 03581-0298 603-466-2721

Highland Center at Crawford Notch • General Delivery, Route 302, Bretton Woods, NH 03575-9999 603-278-4453

www.outdoors.org



A Mountain Classroom Equipment List for Spring/Fall Programs at AMC Roadside Lodges

In order for to make the most of the *A Mountain Classroom* experience, proper clothing and equipment are essential! Weather in the White Mountains and the Maine Highlands tends to be **colder, wetter, and windier** than at lower elevations. The White Mountains have received snow in every month of the year, with winter-like conditions occurring in the spring and fall. Insuring that your child is well-prepared will help make the trip both more comfortable and a more enjoyable learning experience! We do **NOT** expect participants to go out and purchase all of the items on the clothing list. **Items with an * can be borrowed from the AMC in most cases; please speak to your child's teacher about your specific needs so gear can be arranged ahead of time. Thank you for your attention to preparedness!**

For clothing, we use a layering system. The first layer is the **wicking layer**; a thinner, tighter fitting layer of polypropylene, wool, or other synthetic material, which pulls moisture away from the body. The second layer is the **insulating layer**, usually fleece or wool, which keeps the body warm. Finally, the **waterproof layer**, is a water-proof jacket and pants. With this system, layers can be added or removed depending on conditions. Synthetic or wool fabrics work best in the outdoors because they hold less moisture, dry rapidly, and hold body heat better than other fabrics. **Cotton does not insulate! It is heavy and loses up to 80% of its insulating ability when wet. Wet cotton clothing can cause hypothermia, a potentially dangerous situation. Cotton is fine for indoor use, but is NOT adequate for protection in a cold and wet environment. Please check the tags on clothing!**

Students must have the following clothing/gear

- * Fully waterproof jacket with hood and pants No ponchos!
- * Hiking boots/shoes with a sturdy sole and ankle support (sneakers ok if you don't have boots)
- * Warm hat
- * Gloves or mittens
- * 1 warm wool sweater, fleece, or insulated jacket
- Long underwear: polypropylene/polyester, long-sleeved shirt and pants (no cotton!)
- 2 T-shirts for hiking (cotton ok)
- Lightweight pants for hiking (nylon or polyester athletic pants; no jeans or sweatpants)
- Synthetic or wool hiking socks, 1 pair per day
- * Day pack (school backpacks work fine!)
- 2 quart or liter sized water bottles (re-used soda or plastic juice bottles are great)
- 1 pair of pants for indoors (jeans or sweatpants are fine)
- 1-2 extra shirts for indoors
- Extra socks and underwear
- Pajamas or sleeping clothes
- Toiletries (shampoo, soap, toothbrush, toothpaste; Towel and washcloth
- Sneakers or comfortable shoes for around the lodge and free time
- Sleeping bag (for Cardigan Lodge and Little Lyford Pond Camps programs only!)
- **Bagged lunch for the first day!**

For programs in April/November:

- * Insulated winter boots (students may be hiking in the snow)
- *Fleece pants

Optional items

- Compass
- Camera (in plastic bag to protect it from rain)
- Binoculars
- Sunglasses
- Sunscreen
- Bug repellent (30% or less DEET is plenty)
- Bandana
- Flashlight/headlamp with batteries

Things that should stay home (some may be okay for the bus ride with teacher permission)

- Cell phones
- iPods/MP3 Players
- Portable video game systems
- Lighters/matches
- Knives
- Food other than lunch for the first day
- Make-up, hairspray, and cologne