



COTTONWOOD INSTITUTE

"Changing the world, one adventure at a time!"

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

WINTER SURVIVAL SKILLS REGISTRATION PACKET

Thank you for registering for the Cottonwood Institute Winter Survival Skills course! This course information packet is designed to answer all of your questions about your course, but if you have additional questions, feel free to call us anytime at **303.916.6081** or via email at **april@cottonwoodinstitute.org**. Please make sure you read through your registration packet cover to cover before contacting us with questions. In this course information packet, you will find everything you need to have a successful course, including:

Information About the Course:	2
Nuts and Bolts:.....	2
Course Itinerary:.....	2
Payment, Cancellation, and Transfer Policy:	2
Transportation and Lodging Logistics:	3
Additional Expenses:.....	3
Food and Diet:.....	3
Physical Conditioning:.....	3
Cell Phones and Electronics:	3
Alcohol and Drug Policy:.....	3
Safety Concerns:.....	4
Emergency Communication:	4
Important Phone Numbers:	4
Equipment List:	4
Rental Equipment List and Price Sheet:.....	5
Personal Information: (For internal use only)	7
Acknowledgement of Risk and Release.....	8
Medical and Health History	10
Transportation Guidelines Form.....	12

Also included in this registration packet are some important forms that you will need to fill out as completely and accurately as possible and send back to us within 2 weeks of receipt in order to confirm your enrollment in your course. In this packet, you will find:

- *** Registration Form: If you have not already submitted this when you registered**
- *** Assumption of Risk and Release Form**
- *** Medical and Health History Form**
- *** Transportation Guidelines Form: If you plan on driving your personal vehicle and other participants**

* In order to confirm your enrollment in your course, you must complete these forms and return them within 2 weeks of receipt by mailing them to:

Cottonwood Institute
PO Box 7067
Denver, CO 80207

PLEASE NOTE: If you do not turn in your course paperwork on time or pay your tuition balance on time, you will be placed on a Waiting List, which may jeopardize your enrollment in your course. Please fill out all of the required information as completely as possible and return your final payment for your course tuition on time to make sure your enrollment is secure!

INFORMATION ABOUT THE COURSE:

The Cottonwood Institute is excited to offer a one-day Winter Survival Skills course to practice the critical skills that will keep you alive during a short-term winter survival situation. Whether you are an experienced winter camping guru, snowboarder or skier, casual snowshoer, or a beginner, this Winter Survival Skills course could save your life.

During this course you will participate in an interactive winter survival scenario, learn about winter survival priorities, tips, strategies, and techniques, learn how to make emergency snow shelters, learn modern fire making techniques, learn how to make a winter survival kit, and you will practice a winter medical scenario. This day will be action packed, so dress in your warmest outdoor gear and get ready to learn how to survive in the winter!

NUTS AND BOLTS:

- Course Name: Winter Survival Skills
- Course Code: WSS-4
- Partners: None
- Course start/finish location: Chautauqua Park Ranger Cottage, Boulder, Colorado.
- Course start date and time: Saturday, March 27, 2010 at 8:00am sharp!
- Course end date and time: Saturday, March 27, 2010 at approximately 5:00pm.
- Course Texts: *The Winter Wilderness Companion*, by Garret and Alexandra Conover and *Bush Craft*, by Mors Kochanski

COURSE ITINERARY:

Saturday, March 27, 2010 –

- Meet in front of the Ranger Cottage at Chautauqua Park in Boulder at 8:00am. Chautauqua Park is located one block past 9th street off of Baseline Street. Turn left off of Baseline and the Ranger Cottage is located next to the first parking lot on your right as you enter Chautauqua Park.
- Check/issue gear
- Load gear and carpool to base camp location outside of Ward, CO
- Review safety issues and tips on staying warm
- Snow shoe to base camp location
- Winter survival scenario, debrief the scenario, go over survival priorities.
- Quinzhee Snow Shelters
- Medical Scenario
- Lunch
- Snow trench emergency snow shelter
- Modern fire methods
- Winter water procurement
- Rescue methods and techniques
- Winter survival kits
- Break down base camp
- Complete course by 5:00pm

PAYMENT, CANCELLATION, AND TRANSFER POLICY:

Please review the attached invoice to find your course tuition balance and payment due date. **All course payments must be made payable to Cottonwood Institute** in the form of personal check or money order and sent to: PO Box 7067, Denver, CO 80207. The course tuition includes professional instruction, group equipment and course materials, transportation during your course, and all meals during your course. *The course tuition does not include airfare, airport shuttles, taxicabs, lodging fees, personal equipment, and food before and after your course.*

In the event that you have to cancel your course more than 30 days before your course start date, you will be refunded your course tuition less a \$25 non-refundable deposit. If you cancel your course between 29 and 14 days before your course start date, you will be refunded 50% of your course tuition. If you have to cancel your course 13 days or less before your course start date, we will unfortunately be unable to refund any of your course tuition due to unrecoverable costs to prepare for your course. We highly recommend getting trip cancellation insurance from Travel Guard to protect your course investment if you have to unexpectedly cancel your course at the last minute or if you miss your flight before your course starts. Once a course starts in the field, it will not be possible to join the course once it is in progress. Please call (800) 826-1300 for more information about trip cancellation insurance.

If you would like to transfer to another course 30 days or more from your original course start date, you will be charged a \$50 transfer fee to cover administrative costs. If you transfer to another course 29 days or less from your original course start date, the cancellation and refund policies listed above will apply.

TRANSPORTATION AND LODGING LOGISTICS:

You are responsible for coordinating your transportation and travel logistics for this course. We will meet at the course start location to check in, have a quick introduction, and then carpool to our base camp location together. Cottonwood Institute instructors will be able to drive 3 participants.

ADDITIONAL EXPENSES:

We recommend that you bring extra money for additional expenses before, during, and after your course. You may need money for gas, meals, and drinks while traveling, cab rides and shuttles, souvenirs, or for picking up any last minute equipment you may have forgotten on your list.

FOOD AND DIET:

You will be responsible for your own meals before and after your course, but the Cottonwood Institute will provide lunch. If you have any special dietary restrictions or allergies that we need to know about during your course, please indicate this information on your Medical and Health History Form and we will make sure that we accommodate you to the best of our ability. While we can make certain dietary accommodations for people with legitimate medical concerns, we may not be able to cater to individual cravings and food preferences. If you are addicted to caffeine (coffee, soft drinks, etc.) or sugar and candy, please try to wean yourself off of caffeine and sugar before your course because caffeine and candy will not be available during your course. Caffeine is a diuretic and will dehydrate you and is not recommended in the field. This will also be a smoke-free course, so if you are addicted to nicotine (cigarettes, chewing tobacco, etc.) please try to quit before your course starts or talk to your doctor about prescribing the patch.

PHYSICAL CONDITIONING:

During this course, you should expect to be at altitudes between 5,280 feet and 10,000 feet. The better physical condition you are in when you arrive, the better experience you will have during your course. We recommend beginning an exercise routine a few months before your course starts. Any cardiovascular activity, such as brisk walking, jogging, biking, or swimming, is highly recommended. Staying hydrated before, during, and after your course is essential. Staying hydrated helps prevent altitude sickness and hypothermia and helps your body function like a well-oiled machine. If you notice a headache coming on, if you are feeling sluggish, tired, and have noticed you are in a bad mood, chug water because you are most likely dehydrated. You should be drinking at least 1 gallon (4 quarts) and going to the bathroom every 1-2 hours; otherwise, you are not drinking enough water!

CELL PHONES AND ELECTRONICS:

Cell phones, pagers, iPods, palm pilots, and other electronic devices (except cameras) are prohibited during your course. You may need these items to communicate with the outside world before and after your course, but they will not be aloud in the field. We will be in remote areas of Colorado and cell reception is unlikely. One of our objectives during this course is to tune into the natural world and enjoy the present moment, quiet, and solitude. We will temporarily leave our normal lives, our hectic schedule, meetings, appointments, phone calls, emails, faxes, and to-do lists and relax into the wilderness!

ALCOHOL AND DRUG POLICY:

Alcohol and drug abuse by participants, volunteers, parents/guardians, is strictly prohibited during Cottonwood Institute programs and activities. Abuse of alcohol or drugs during a Cottonwood Institute program or activity may result in the immediate removal of that participant from the field. The Cottonwood Institute also reserves the right to search the belongings and/or person of any participant or volunteer who is suspected of violating the Drug and Alcohol Policy during a course. The Cottonwood Institute is not responsible for costs associated with removing a participant from the field while a course is in progress.

SAFETY CONCERNS:

Getting lost, dehydration, altitude sickness, hypothermia, frostbite, and wildlife encounters, although unlikely, are our biggest safety considerations during this course. In order to prevent injuries during our course, we will stay together and look out for ourselves and each other. Having the right equipment is essential for having a safe and enjoyable trip. It is also very important to drink lots of water even when you are not thirsty and to eat high calorie meals and snacks throughout the day. We will talk about how to prevent specific safety concerns when our course begins, so stay tuned for a more thorough safety briefing before we go into the field.

EMERGENCY COMMUNICATION:

If there is an emergency situation at home and you need to be contacted while we are in the field, please have your loved ones call Ford Church, Executive Director, on his cell at 303.881.9958 or Jessica Church, Medical Advisor on her cell at 303.517.0323. These numbers should only be used for emergencies and may not be used to check up on students in the field. We may not have day-to-day communication with Instructors in the field, so please tell your loved ones that no sign is a good sign while we are in the field! Your Instructors are trained in wilderness medicine and are prepared to handle backcountry emergencies. If there is an emergency while we are at our backcountry base camp, your instructors will make sure the scene is safe, will stabilize the patient, and will call Emergency Medical Professionals to secure medical treatment and coordinate an evacuation if necessary. In the event of an emergency the Cottonwood Institute will call the emergency contacts listed on your course paperwork.

IMPORTANT PHONE NUMBERS:

- Cottonwood Institute – 303.447.1076
- April Pishna, Adventure Coordinator – 303.916.6081 (c)
- Ford Church, Executive Director – 303.881.9958 (c)
- Jessica Church, Medical Advisor – 303.517.0323 (c)
- Super Shuttle – 303.227.0000
- Hotel Phone Number - _____ [Please fill in once you have made reservations]
- Yellow Cab - 303.777.7777

EQUIPMENT LIST:

In order to participate in this course, you will need to purchase, rent, or borrow the following equipment. Having the proper gear will make for a much more comfortable experience, so please ask us if you have any questions. Please note that you are responsible for carrying your own personal equipment during our course, so pack light. If something is not on the equipment list, you do not need it during our course. Personal items you need before and after your course will be stored in our locked gear trailer, but will not be accessible once our course begins. You do not need to buy the most expensive gear to come on this trip.

If you plan on purchasing equipment for this course, you can buy gear online through REI and support the Cottonwood Institute's Jason F. Griffith Scholarship Fund! Please visit the Cottonwood Institute Store at: <http://www.cottonwoodinstitute.org/store/stores-for-students/> for more information. Please plan ahead if you are anticipating buying gear online to make sure that it will arrive well before you leave for your course.

If you need financial assistance acquiring the gear you need for your course, please contact us. The Cottonwood Institute has limited gear available for rental (see below). If you need advice about what clothing or equipment to get for this course or if you would like to reserve rental equipment gear, please call us at 303.447.1076 or email us at ford@cottonwoodinstitute.org and we will be happy to assist you.

Please bring the following personal gear:

- Snow shoes
- Snow shovel
- Avalanche probe (optional)
- Avalanche beacon (optional)
- Insulated winter boots
- Gaiters
- Wool socks
- Long underwear bottoms (Wool or fleece preferred, no cotton)
- Long underwear tops (Wool or fleece preferred, no cotton)

- ❑ Wool or fleece pants (No cotton blue jeans or pants on this trip!)
- ❑ Sweater or pull over (Wool or fleece preferred, no cotton)
- ❑ Winter coat or down jacket (Down jacket preferred)
- ❑ Ski/snowboard jacket and pants (Rain gear tops and bottoms will work, but make sure it has a hood)
- ❑ Thick winter gloves or mittens
- ❑ Waterproof mitten shell (Highly recommended, but optional)
- ❑ Wool hat (Balaclava is preferred because it covers the head and neck)
- ❑ Neck gaiter or scarf (optional)
- ❑ Crazy creek chair to sit on in the snow (You may use a closed cell foam sleeping pad)
- ❑ High calorie snacks for the day (Lunch is provided)
- ❑ 4 full 32 ounce water bottles
- ❑ Insulated water bottle covers (Highly recommended, but optional. You can put thick socks over you water bottles to help prevent them from freezing)
- ❑ Small daypack or book bag to carry extra layers
- ❑ Bandana
- ❑ Toilet paper and 2 zip lock bags
- ❑ Sunglasses or ski/snowboard goggles (Mandatory – to prevent snow blindness)
- ❑ Sunscreen
- ❑ Chapstick with sunscreen
- ❑ Headlamp or flashlight
- ❑ Journal to take notes
- ❑ Personal medications, contact supplies (if applicable)
- ❑ Camera (optional)
- ❑ Cottonwood Institute Survival Kit (optional) - Each survival kit includes: A Survival Kit Manual describing how to use each item, a custom embroidered survival kit nylon hip pack, a 4.5” Frosts Mora survival knife (a \$20 value), a heavy duty contractor trash bag, an emergency blanket, 25-feet of parachute cord, a lighter, strike anywhere matches, a fire striker, petroleum cotton balls, a metal cup, water purification tablets, a whistle, a carabiner, and a signal mirror. To order your official Cottonwood Institute Survival Kit, go to: <http://www.cottonwoodinstitute.org/store/stores-for-students/>. **All proceeds from the sale of our Survival Kits go to support our Jason F. Griffith Scholarship Fund.**
- ❑ Knife – Our courses will require the use of a carving knife. You will need a 2” – 4” fixed blade knife with sheath for this course. Serrated blades are popular in the stores but are not recommended because they are for cutting rope, not for carving wood. We recommend the knives from Frosts Mora, which can be purchased online at: <http://www.cottonwoodinstitute.org/store/stores-for-students/>. **All proceeds from the sale of our Survival Kits go to support our Jason F. Griffith Scholarship Fund.** If you bring a folding blade, the blade must lock for safety. This means no Swiss Army Knives unless the blade locks. **DISCLAIMER: If you are traveling to an airport, your knife must be packed in your checked baggage. Do not bring your knife in your carry on bags or you will get into trouble with local and Federal authorities.**

RENTAL EQUIPMENT LIST AND PRICE SHEET:

The Cottonwood Institute has the following gear available for rental. To rent equipment for your course, please contact us at 303.916.6081 as soon as possible. We take equipment rental reservations on a first come/first serve basis based on availability and we require payment in advance. If you are receiving a scholarship for your course, the following equipment is available free of charge thanks to a generous donation from REI.

- **Backpack:** \$10 per day
- **Ski/Snowboard Jacket and Pant Set:** \$10 per day
- **Winter Clothing:** \$3 per day per item
- **Insulated Boots:** \$10 per day
- **Snow Shoes:** \$10 per day
- **Snow Shovel:** \$5 per day
- **The Whole Shebang:** If you need more than three of the items listed above, we charge a flat rate of \$30 per day.



COTTONWOOD INSTITUTE

"Changing the world, one adventure at a time!"

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

ACKNOWLEDGEMENT OF RISK AND RELEASE

I: INTRODUCTION

It is important to understand that the Cottonwood Institute and its officers, directors, instructors, staff, volunteers, agents, medical advisors, independent contractors and all other persons or entities associated with it (hereinafter collectively referred to as "Cottonwood Institute") is not offering a risk-free experience to participants, parents, guardians, or volunteers who participate in its educational programs and activities. If you have questions regarding this document, the physical and mental demands of Cottonwood Institute programs or activities, or the potential risks associated with participating in any Cottonwood Institute program or activity, please contact the Cottonwood Institute.

II: POTENTIAL HAZARDS AND INJURIES

Leading trips into the community, into the frontcountry (areas within an hour of definitive medical care), and into the backcountry (areas more than an hour from definitive medical care) can be difficult due to the fact that the natural world can be unpredictable. While Cottonwood Institute instructors and staff are well educated and trained, and they seek to safeguard our students, they are not infallible. Students also are expected to behave in a generally responsible manner and to not act in a manner that exposes them or students or staff to clear dangers. I understand that there may be times before, during, and after the start of a Cottonwood Institute program or activity where I/my child will not be supervised by a Cottonwood Institute representative. I understand that unsupervised time may include, but is not limited to, free time, and periods of time when I/my child is on a solo ("solo" meaning time where the participant is stationary and alone in the field, possibly overnight depending on the program or activity). Our trips expose students to some level of risk, including without limitation:

A: Potential Environmental Hazards: Potential environmental hazards students may encounter include but are not limited to:

- | | | |
|--------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Falling rocks and trees | <input type="checkbox"/> Wild animals | <input type="checkbox"/> Water hazards |
| <input type="checkbox"/> Flash floods | <input type="checkbox"/> Avalanches | <input type="checkbox"/> Potential Misjudgments of Instructors or Staff |
| <input type="checkbox"/> Lightning | <input type="checkbox"/> Strong winds | |
| <input type="checkbox"/> Stinging insects | <input type="checkbox"/> Extremely hot or cold weather | |
| <input type="checkbox"/> Hazardous plants | <input type="checkbox"/> Snow and Ice | |

B: Potential Injuries: Potential injuries students could sustain while on this course could include but are not limited to:

- | | | |
|------------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------|
| <input type="checkbox"/> Auto accidents | <input type="checkbox"/> Becoming lost | <input type="checkbox"/> Tick related illnesses and diseases |
| <input type="checkbox"/> Hypothermia and cold related illnesses | <input type="checkbox"/> Blisters | <input type="checkbox"/> Emotional issues |
| <input type="checkbox"/> Snow blindness | <input type="checkbox"/> Burns | <input type="checkbox"/> Ankle and knee injuries |
| <input type="checkbox"/> Frostbite | <input type="checkbox"/> Slipping and falling | <input type="checkbox"/> Cuts and lacerations |
| <input type="checkbox"/> Hyperthermia and heat related illnesses | <input type="checkbox"/> Improper lifting and carrying | <input type="checkbox"/> Drowning |
| <input type="checkbox"/> Sunburn | <input type="checkbox"/> Fractures; Head injuries | <input type="checkbox"/> Fatality |
| <input type="checkbox"/> Dehydration | <input type="checkbox"/> Water born illnesses and diseases | |
| | <input type="checkbox"/> West Nile Virus | |

III: ASSUMPTION OF RISK

I hereby acknowledge that the Cottonwood Institute programs and activities involve inherent and other risks, hazards, and dangers that can cause injury, property damage, illness, mental or emotional trauma, disability, or death, to volunteers, participants, or others. I have read the description of the program and the information provided by the Cottonwood Institute to prepare for this program or activity and I understand the nature of the program and the risks involved. I assume full responsibility for myself/my child for the inherent or other risks (both known and unknown) from my/my child's participation in the Cottonwood Institute's programs and activities, and for any bodily injury, death, loss of property, and any expenses suffered by myself/my child resulting from those risks.

III: MEDICAL PROVISIONS; PERMISSION TO TREAT

Cottonwood Institute uses participant screening to help ensure proper alignment between the participant and the activity, not as a medical or psychological diagnostic process. I understand that the even though the Cottonwood Institute has reviewed my/my child's health information as I/my child reported in the Medical and Health History Form, the Cottonwood Institute cannot anticipate or eliminate all risks or complications posed by a my/my child's pre-existing or unknown mental, physical, or emotional conditions. The Cottonwood Institute strongly recommends that all participants in its programs or activities have adequate insurance ("adequate insurance" meaning insurance which covers all expenses due to personal injury and illness, and evacuation from the field due to such injury or illness). If a participant needs to purchase adequate insurance, Travel Guard is a company that offers temporary Health & Accident Insurance policies for the duration of your trip. Please contact Travel Guard at (800) 826-1300 for more information. By signing this document, I (adult participants, or parent(s) for themselves and for and on behalf of their participating minor child) agree to assume responsibility for payment of all expenses resulting from an illness or injury to myself/my child. These expenses include, but are not limited to, the cost of emergency evacuation, transportation to and from medical facilities, operations, hospitalization costs, rehabilitation, and medications

dispersed for my/my child's treatment. In the event of an emergency, I understand that the Cottonwood Institute will make an effort to secure proper treatment for me/my child. I hereby authorize and give permission for the Cottonwood Institute to obtain transportation for me/my child to a medical facility, to secure proper treatment for, order routine tests and treatment for, or to hospitalize me/my child in the event that I/we cannot give consent.

IV: RELEASE AND INDEMNITY AGREEMENT

I (for myself, or parent(s) for themselves and for and on behalf of their participating minor child) hereby voluntarily release from any legal liability and agree not to sue, the Cottonwood Institute with respect to any and all claims, liabilities, suits or expenses (hereinafter "claim" or "claims"), for any injury, damage, death, or other loss, in any way connected with my/my child's enrollment or participation in the Cottonwood Institute's programs or activities, or use of the Cottonwood Institute's equipment or facilities. I understand that in signing this document, I/my child and anyone acting on my/my child's behalf surrender our respective rights to make a claim against the Cottonwood Institute as a result of any injury, damage, death or other loss suffered by me/my child while participating in, or being transported to or from, the programs or activities offered by the Cottonwood Institute. I agree to defend and indemnify ("indemnify" meaning protect by reimbursement or payment) the Cottonwood Institute, with respect to any and all claims brought by or on behalf of me or a family member for any injury, damage, death, or loss in any way connected with my/my child's enrollment or participation in the Cottonwood Institute's programs or activities, or use of the Cottonwood Institute's equipment or facilities; and/or brought by a co-participant or other person for any injury, damage, death, or loss in any way connected with my/my child's enrollment or participation in the Cottonwood Institute's programs or activities, or use of the Cottonwood Institute's equipment or facilities. I authorize the Cottonwood Institute to use my/my child's photo, digital, or video reproduction in any manner, both real or imagined. I agree that the Cottonwood Institute owns the copyright to these images, including negatives, and I hereby waive any claims I/my child may have based on any usage of the photographs or works derived therefrom.

V: STANDARDS OF BEHAVIOR

Alcohol and drug abuse by participants, volunteers, parents/guardians, is strictly prohibited during Cottonwood Institute programs and activities. I agree to adhere to this Drug and Alcohol Policy. In addition, I agree that the Cottonwood Institute reserves the right to send home, at the Cottonwood Institute's discretion, any participant who violates the Drug and Alcohol Policy, that presents a safety concern, a medical risk, is disruptive, or otherwise conducts him/herself in a manner detrimental to the program. The Cottonwood Institute also reserves the right to search the belongings and/or person of any participant or volunteer who is suspected of violating the Drug and Alcohol Policy during a course or Cottonwood Institute event. I agree to pay any costs, including but not limited to transportation and housing costs, due to my/my child's dismissal from a Cottonwood Institute program or activity.

VI: LIMITATION OF LIABILITY; DISPUTE RESOLUTION; AMENDMENTS

IN NO EVENT SHALL COTTONWOOD INSTITUTE BE LIABLE FOR ANY INCIDENTAL, CONSEQUENTIAL, SPECIAL OR PUNITIVE DAMAGES OF ANY KIND OR NATURE ARISING OUT OF THIS AGREEMENT OR THE STUDENT'S ACTIVITIES IN THIS COURSE, WHETHER SUCH LIABILITY IS ASSERTED ON THE BASIS OF CONTRACT, TORT (INCLUDING THE POSSIBILITY OF NEGLIGENCE OR STRICT LIABILITY), OR OTHERWISE, EVEN IF THE PARTY HAS BEEN WARNED OF THE POSSIBILITY OF ANY SUCH LOSS OR DAMAGE. I agree that if a dispute or controversy arises between myself/my child and the Cottonwood Institute, which we cannot resolve ourselves, we will resolve the dispute through a single, mutually acceptable, mediator in the state of Colorado. In the event this mediation is not successful we agree to submit any dispute to binding arbitration before a mutually acceptable arbitrator in Denver Colorado according to the rules of the American Arbitration Association ("AAA") or if we cannot agree on an arbitrator, then AAA shall appoint an arbitrator. **THE PARTIES HEREBY KNOWINGLY AND VOLUNTARILY, AND HAVING HAD AN OPPORTUNITY TO CONSULT WITH COUNSEL, WAIVE ALL RIGHTS TO TRIAL BY JURY, AND AGREE THAT ANY AND ALL MATTERS SHALL BE DECIDED BY AN ARBITRATOR WITHOUT A JURY TO THE FULLEST EXTENT PERMISSIBLE UNDER APPLICABLE LAW.** I agree that Colorado State Law (without regard to its conflict of laws rules) governs this document. No amendment of the terms of this Acknowledgement and Assumption of Risk and Release shall be binding on Cottonwood Institute unless agreed to in writing.

I have carefully read, understand, and voluntarily sign this 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.

Participant/Volunteer Signature:

Date:

Print Name Here:

Parent's or guardian's signature required of students under 18 years of age

I certify that I am the parent or legal guardian of the above named participant and have the power to make these decisions on my child's behalf. I hereby join in each and every part of this document (including such parts as may subject me to personal financial responsibility) and certify that I have read this document in its entirety and understand the contents and obligations which it imposes upon me and/or my child or my ward. To the extent permitted by law, I hereby relinquish any claim that I may have against Cottonwood Institute, both in my own behalf and in my capacity as parent or legal guardian of the participant.

Parent or Guardian Signature:

Date:

Print Name Here:



COTTONWOOD INSTITUTE

"Changing the world, one adventure at a time!"

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

MEDICAL AND HEALTH HISTORY

Participant Name	Program/Course Number	Date of Birth	Age	Height	Weight

Please check the following boxes if the student has any of the following problems:

- | | | |
|----------------------------------------------|------------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Head injuries | <input type="checkbox"/> Asthma or respiratory problems | <input type="checkbox"/> Dehydration |
| <input type="checkbox"/> Seizures | <input type="checkbox"/> Smoker | <input type="checkbox"/> Psychological illnesses |
| <input type="checkbox"/> Hearing problems | <input type="checkbox"/> Abdominal/internal organ problems | <input type="checkbox"/> Obesity |
| <input type="checkbox"/> Vision problems | <input type="checkbox"/> Altitude sickness | <input type="checkbox"/> Hypoglycemia |
| <input type="checkbox"/> Heart trouble | <input type="checkbox"/> Skin problems or reactions | <input type="checkbox"/> Urinary tract infections |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Frostbite or hypothermia | <input type="checkbox"/> Lactose Intolerant |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Heat exhaustion or heat stroke | |
| <input type="checkbox"/> Diabetes | | <i>Female students only:</i> |
| <input type="checkbox"/> Jaundice | | <input type="checkbox"/> History of menstrual problems |
| <input type="checkbox"/> HIV/AIDS | | <input type="checkbox"/> Pregnancy |

Please list all life threatening illnesses and/or special medical concerns:

Please describe allergies to medications, foods, insects, pollens, etc.	Severity (High/Low)

List all prescriptions and/or over-the-counter medications	Frequency and dosage of medication	Reason for use	Known/Potential side-effects

Please list all dietary restrictions and concerns:

Please include any additional information that would help us ensure the safety of your son/daughter in the backcountry:

INSURANCE/PHYSICIAN INFORMATION

Do you have medical insurance?	Medical Insurance Carrier	Policy #	Insurance Phone #
Primary Physician Name	Primary Physician Phone #	Secondary Physician Name	Secondary Physician Phone #

EMERGENCY CONTACT INFORMATION

Emergency Contact Name #1	Relationship to Participant	Home Phone	Work/Cell Phone	Email Address
Emergency Contact Name #2	Relationship to Participant	Home Phone	Work/Cell Phone	Email Address

- By signing below, I/we attest that the information on this Medical Health History Form is correct to the best of my/our knowledge.
- In the event of an emergency, I understand that efforts will be made to secure proper treatment. I hereby authorize and give permission for the Cottonwood Institute to obtain transportation for me/my child to a medical facility, to secure proper treatment for, order routine tests and treatment for, or to hospitalize me/my child in the event that I/we cannot give consent.
- I/we understand that the Cottonwood Institute and its officers, directors, Instructors, staff, volunteers, medical advisor, sub contractors, independent contractors, or agents are not responsible for administering prescription or over-the-counter medications to participants or volunteers.
- The undersigned hereby agrees to release the Cottonwood Institute and its officers, directors, Instructors, staff, volunteers, medical advisor, sub contractors, independent contractors, or agents from any legal claim(s) which they now have or may hereafter have arising out of the administration of (or failure to administer) the above mentioned prescribed or over-the-counter medication(s) to the participant.
- I/we give permission to discuss my/my child's medical history and information presented on this Medical and Health History Form with my/my child's Physician, Health-Care Practitioner, and Cottonwood Institute Staff.

Signature of Participant/Volunteer Signature:

Date:

Print Name Here:

Signature of Parent or Guardian: (If participant is under 18 yrs. old)

Date:

Print Name Here:



COTTONWOOD INSTITUTE

"Changing the world, one adventure at a time!"

PO Box 7067, Denver, CO 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

TRANSPORTATION GUIDELINES FORM

Individuals may transport students during Cottonwood Institute ("Cottonwood") Field Trips, Weekend Overnight Camping Trips, and other programs and activities. Before transporting participants in Cottonwood programs, drivers must read, understand and agree to be bound by the terms set forth below.

Driver Name	Driver's License #	Model/Year of Car	# of Seatbelts	Total # of Passengers
-------------	--------------------	-------------------	----------------	-----------------------

Insurance Coverage:

- Persons are not permitted to transport participants until they provide Cottonwood the following information:
 - Proof of insurance coverage that at a minimum includes the following policy limits:
 - \$100,000/\$300,000 Liability
 - \$50,000 Property Damage
 - \$25,000/\$50,000 Uninsured Motorist
 - A copy of their valid driver's license

Safety Considerations:

- Before persons transport participants, drivers are required to conduct a reasonable inspection of the vehicle, including but not limited to a review of the following vehicle safety specifications:
 - Check that the vehicle, including the horn, all external lights, including headlights, brake lights, turning signals and hazards, works properly. Check the operation of the windshield wipers, and confirm that the vehicle has enough wiper fluid, especially in the winter.
 - Require and confirm that all passengers, including the driver, wear seatbelts at all times when the vehicle is in operation.
 - Drivers should not be distracted while the vehicle is in operation. Drivers are not permitted to use cell phones, blackberries or any other handheld electronic devices, and are not permitted to operate the radio or sound system, look at maps, or otherwise engage in any distracting activity while the vehicle is in operation. If the driver must use a cell phone, blackberry or any other handheld electronic device, operate the radio or sound system, look at maps, or otherwise engage in any distracting activity, then they are only permitted to do so when the vehicle is safely pulled over and the ignition to the vehicle is in an "off" position.

General Provisions:

- I certify that the driver is at least 21 years old.
- I have attached a copy of my valid driver's license.
- I have attached proof of my vehicle insurance coverage.
- I have reviewed the Transportation Guidelines set forth herein, I understand my responsibilities and duties as a driver for Cottonwood, and I agree to comply with all the guidelines set forth herein whenever I serve as a driver for Cottonwood. I have had the opportunity to ask questions of, and receive answers from, Cottonwood regarding these Transportation Guidelines.
- I understand that Cottonwood does NOT provide insurance for any accidents, nor does it provide any insurance for any person who drives any individual(s) who participates in the Cottonwood programs.
- I understand that I am personally responsible for any accident or injury that occurs while transporting participants on behalf of Cottonwood.

I have carefully read these Transportation Guidelines, and I understand all of the terms and policies set forth herein. I voluntarily sign this 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 in connection with any transport of any Cottonwood participant at any time.

Driver Signature:

Date:

Print Name Here: