



COTTONWOOD INSTITUTE

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

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

ENDANGERED WOLVES AND ANIMAL TRACKING REGISTRATION PACKET

Thank you for registering for the Cottonwood Institute Endangered Wolves and Animal Tracking course! By registering for this course you have taken an important step towards developing the essential camping and wilderness survival skills, while gaining the tools and resources necessary to tackle important environmental issues to help change the world. 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:

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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:

- *** Assumption of Risk and Release Form**
- *** Medical and Health History Form**
- *** Health Care Practitioner Approval Form**
- **Course tuition made payable to Cottonwood Institute**

* In order to confirm your enrollment in your course, you must complete these forms and bring your course tuition payment to your pre-trip meeting (more info below).

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 our Endangered Wolves and Animal Tracking course. We are collaborating with Mission Wolf, a wolf sanctuary in Gardner, Colorado, that hosts a group of 40 wolves born into captivity. We will spend the week learning about the world of wolves, the importance of predators in an ecosystem, animal tracking and awareness skills, wolf recovery efforts, as well as the natural and cultural history of our new environment. We will spend the week caring for wolves and their habitat in a peaceful refuge while learning how to support wild wolf recovery in Colorado and throughout the United States. While the days will be action packed, there will be plenty of time in the evenings for relaxing around the fire, hanging out, and philosophizing. You will be able to work on projects at your own pace, so make this experience as mild or as wild as you want.

After completing this course, you will:

- Take a break from school this summer for an unforgettable adventure.
- Sleep under the stars in a remote backcountry setting.
- Learn about wild wolves and the benefits predators have in an ecosystem.
- Care for captive wolves and their habitat in a wolf sanctuary.
- Learn how to reduce your ecological footprint in this modern age.

NUTS AND BOLTS:

- Course Name: Endangered Wolves and Animal Tracking
- Course Code: EW-5
- Course Tuition: \$750
- Partners: Mission Wolf
- Course start/finish location: Foothills Academy
4725 Miller Street
Wheatridge, CO 80033
[Click here for map.](#)
- Course start date and time: Tuesday, July 6th, 2010 at 8:00am sharp!
- Course end date and time: Monday, July 12th, 2010 at approximately 5:00pm.
- Course Texts: *Scats and Tracks of the Rocky Mountains*, by Jim Halfpenny and *Vicious: Wolves and Men in America*, by Jon Coleman.

COURSE ITINERARY:

Tuesday, July 6th, 2010 –

- Eat an early breakfast and meet at the course start location at 8:00am sharp!
- We will check through your gear to make sure you have everything on the equipment list, to make sure you are prepared.
- Load the vans and travel to Mission Wolf in South Central Colorado (near Gardner).
- Set up camp, get to know each other, learn how to minimize our impact our new environment, and begin to practice essential camping skills.

Wednesday, July 7, 2010 -

- In the morning we will be greeted by staff from Mission: Wolf and we will go on a day hike to explore the preserve and learn about wolves and their habitat.
- In the afternoon, we practice our map and compass skills as we go on a hike to explore a nearby peak, we will identify about local edible and medicinal plants, and we will observe wolves from a distance to begin to understand their behavior.
- In the evenings, we will go on night hikes, participate in fireside discussions about how to change the world, and spend time strummin' on the guitar around the fire.

Thursday, July 8 – Saturday, July 10, 2010 –

- During each Cottonwood Institute course, we will complete an Action Project to address a local environmental issue, to walk our talk, and to give back to the land. Mission: Wolf relies heavily on volunteers to help care for the wolves and their 200+ acre sanctuary. Mission Wolf needs help with a variety of Action Projects, but we will decide as a group which projects we will help out with during the week. Action Projects may include, but are not limited to food preparation for the wolves, butchering animals that have been donated to the wolves,

feeding the wolves, maintaining fences, landscaping, building maintenance and construction projects, and gathering firewood.

- During the afternoons, we will practice wilderness survival skills, including: survival scenarios, survival kits, water location and procurement, natural shelters, primitive and modern fire making methods, and rescue techniques.
- After dinner, we will have fireside discussions to discuss endangered wolves, environmental sustainability, the importance of service, how to reduce our environmental footprint, and how to change the world.
- We will pick a night to have a movie night to learn more about endangered wolves and what is being done to reintroduce them to their natural habitat in the lower 48 states. If the conditions permit, we may also embark on a night hike or two.

Sunday, July 11, 2010 –

- We will break up into small groups and complete a survival challenge together to apply some of the skills we have learned throughout the week. We won't tell you too much about this challenge ahead of time, but take comfort in the fact that you will have the support of your teammates and you will have access to your gear and supplies if you need it. The survival challenge is a fun and memorable part of your Cottonwood Institute experience and will consist of a series of survival activities and you will be rewarded after completing each task.

Monday, July 12, 2010 –

- We will spend our last full day together and have a final celebration with the staff at Mission Wolf as we reflect on all that we have learned and accomplished during the week.
- Students will set the intention to bring the skills and knowledge of being environmental stewards to their own communities. Students will also learn how to reduce their environmental footprint in the backcountry and how to apply this to their daily lives.
- Pack up our gear, final clean up, and depart.
- Meet parents at course finish location at approximately 5:00pm for final course dismissal.

PAYMENT, CANCELLATION, AND TRANSFER POLICY:

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 the \$100 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.

ADDITIONAL EXPENSES:

We recommend that you bring extra money for additional expenses before, during, and after your course. You may need money for meals and drinks while traveling, 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 all meals will be covered during your course. 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. We will put together a great menu during our course and you will have an opportunity to try your hand at mastering the art of backcountry cooking. 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. Smoking is also a safety concern in terms of potentially starting wildfires, so smoking is not allowed.

PHYSICAL CONDITIONING:

During this course, you should expect to be at altitudes between 5,280 feet and 9,300 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, drama, homework, 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, lightning strikes, 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 April Pishna, Adventure Coordinator on her cell at 303.916.6081. 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
- Ford Church, Cottonwood Institute Executive Director – 303.881.9958 (c)
- April Pishna, Cottonwood Institute Adventure Coordinator - 303.916.6081 (c)
- Jessica Church, Cottonwood Institute Medical Advisor – 303.517.0323 (c)

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:

- ❑ 1 large duffel bag or backpack to carry your gear. We will not be backpacking on this course, so either will work.
- ❑ 1 day pack or book bag to carry basic items we will need to set out for day hikes and activities during the day.
- ❑ 1 three-season tent with rain fly – If you do not have a tent, you can rent one from us. Space is limited where we will be camping, so please try to share a tent!
- ❑ 50-feet of 3mm nylon parachute/rigging cord – This will be used for friction fires and for other wilderness skills. Do not get the kind of cord that stretches and steer clear of polypropylene rope. Durable parachute cord can be found at most outdoor or army surplus stores.
- ❑ 1 - 5 x 7 tarp to use as a ground tarp to sleep on – Optional.
- ❑ 1 sleeping pad – Must be closed cell foam pad or an inflatable sleeping pad for backpacking. The closed cell foam pads are lighter and more durable, but not as comfortable as the inflatable sleeping pads. The inflatable sleeping pads are more comfortable, but can pop. If you bring an inflatable pad, you must bring a repair kit.
- ❑ 1 twenty-degree backpacking sleeping bag - Anything rated above 20 degrees may be chilly. Do not bring the kind of sleeping bags that roll, you will need a backpacking sleeping bag that will stuff into a small stuff sack. Also do not bring cotton sleeping bags – leave the 1980 Star Wars or Snoopy sleeping bag at home. Your sleeping bag should be synthetic or down filled.
- ❑ 1 crazy creek camp chair to sit on – This is optional, but highly recommended for lounging around camp after a hard day. If you do not want to buy a camp chair, you can use your sleeping pad propped up on a log or rock that will do the trick.
- ❑ 1 pair sturdy boots or shoes – It is important to break in your boots before your course. If you show up with new boots on your course, blisters are inevitable.
- ❑ 2 pair of wool socks.
- ❑ 2 pair of sock liners.
- ❑ 1 long underwear bottoms - No cotton.
- ❑ 1 long underwear tops - No cotton.
- ❑ 2 pair of Cotton underwear.
- ❑ 1 sports bra/athletic top – Women only.

- ❑ 1 sturdy long pants – You will need to wear long pants for our service work. Carhartt pants or Army fatigues are preferred, but jeans will work.
- ❑ 1 belt.
- ❑ 1 long sleeved cotton t-shirts - Long sleeve shirts are preferred for building shelters, but short sleeves will work.
- ❑ 1 light sweater, pull over, or light jacket - Wool is preferred, but fleece will work. No cotton.
- ❑ Rain gear tops and bottoms – Avoid cheap plastic raingear that will tear or shred. Breathable fabrics like Gore-Tex are preferred, but can be expensive. Other lightweight, breathable, waterproof nylon fabrics will work.
- ❑ 1 pair leather work gloves or gardening gloves.
- ❑ 1 hat with brim – A baseball hat or sun hat will work fine.
- ❑ 1 wool/fleece hat – A balaclava is preferred because it covers the head and neck.
- ❑ 2-3 wide-mouth 32-ounce water bottles – Staying hydrated is key, so bring water bottles. You may also bring a Camelbak if you prefer, but bring a 32oz water bottle for back up just incase something happens to your Camelbak.
- ❑ Plastic bowl and spoon
- ❑ Insulated mug
- ❑ 2 Bandanas
- ❑ Sunglasses
- ❑ Eyeglasses if needed – We do not recommend bringing contacts. We may not have access to running water and putting dirty fingers in your eyes is not recommended while camping out. Your contacts can also get dirty/sandy and can be a problem dealing with in the backcountry. Don't worry - nobody will care what you look like with glasses!
- ❑ Toothbrush & toothpaste
- ❑ Sunscreen
- ❑ Chapstick with sunscreen
- ❑ Bug repellent – Bugs can be heavy on our courses, so we recommend insect repellent with DEET that repel ticks as well. Use herbal bug repellents at your own risk. Personally, we have found that the herbal bug repellents don't work very well if the bugs are bad.
- ❑ Mosquito head net – Optional, but highly recommended if the bugs are bad.
- ❑ Headlamp or flashlight and extra batteries.
- ❑ Antibacterial hand sanitizing gel.
- ❑ 2 oz bottle of biodegradable soap.
- ❑ Personal blister/first aid kit: Mole Skin, Mole Foam, Band Aids, and athletic tape.
- ❑ Personal medications, feminine hygiene products - If applicable.
- ❑ 1 small extra bag or backpack to keep a towel, toiletries, change clothes, and items you will not need while you are in the field, such as electronics. This will be kept in our locked van, but will not be accessible during our course.
- ❑ Journal and pen/pencil.
- ❑ Camera and film - Optional.
- ❑ Course recommended book or course related book.
- ❑ Small musical instruments such as a harmonica, small guitar, or drum – Optional. Just remember you have to carry your own gear to our base camp site, so you may want to leave your grand piano at home and pack light!
- ❑ 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 knives 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 303.447.1076 or 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
- **Tent:** \$10 per day
- **Sleeping Bag:** \$10 per day
- **Sleeping Pad:** \$5 per day
- **Rain Gear Tops and Bottoms:** \$5 per day
- **Water Bottles:** \$2 per day
- **Clothing:** \$3 per day
- **Gardening Gloves:** \$2 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.



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COTTONWOOD INSTITUTE REGISTRATION FORM

Please take a moment to complete this Registration Form to tell us a little bit about yourself and your background. This information is for internal use only and will be treated confidentially. This information will help our instructors get to know you before we head out into the field together, but it will also help us apply for local, state, and federal grants to fund our programs, so please complete this as accurately and honestly as possible. **Please complete this Registration Form and return it with your course tuition asap to: Cottonwood Institute, PO Box 7067, Denver, CO 80207.**

PARTICIPANT PHOTO:

PLEASE ATTACH A CURRENT PHOTO HERE

PARTICIPANT INFORMATION: (For internal use only)

Participant Name	Course Name	Course Code EW-5
Mailing Address	City/State	Zip Code
Daytime Phone	Evening Phone	Cell Phone
Email Address	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Financial Information (Optional) Check below if you: <input type="checkbox"/> Applied to receive a financial scholarship to attend this course. <input type="checkbox"/> Receive financial assistance from your school. <input type="checkbox"/> Are eligible to receive free and reduced lunch from your school.
Parent Occupation	Parent Employer	How did you first learn about the Cottonwood Institute?
Ethnic Origin (Optional)		
<input type="checkbox"/> African-American <input type="checkbox"/> Asian <input type="checkbox"/> Caucasian <input type="checkbox"/> Hispanic <input type="checkbox"/> Pacific Islander <input type="checkbox"/> Other		

PARTICIPANT BACKGROUND INFORMATION: (Please attach additional pages if necessary)

1. Please briefly describe your camping experience and whether or not you have been overnight camping before? Please briefly describe your relevant camping experiences and if you have map and compass and navigation skill, if you attended other camps, wilderness courses, survival courses, or similar programs. Please indicate when and where you last attended these programs.

2. Cottonwood Institute courses may challenge you physically at times, but we encourage students to go at their own pace. However, the better physical condition you are in the easier this course will be for you. Please describe your current level of fitness, what type of exercises you do regularly, what types of sports you play regularly, and how frequently you exercise. If you do not exercise regularly, please describe how you plan to physically prepare for this course.

3. Please tell us why you registered for this course. What are you hoping to gain or learn from this experience? What are you hoping to accomplish?



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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 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: