



# COTTONWOOD INSTITUTE

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

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

## OPERATION: MILITARY KIDS FAMILY SURVIVAL SKILLS OVERNIGHT APPLICATION PACKET

Thank you for registering for the Operation: Military Kids Family Survival Skills overnight! The Cottonwood Institute is a 501(c)3 non-profit organization based in Denver, Colorado and we put together courses for schools and youth organizations that are designed to encourage students to explore the outdoors through our engaging environmental education and service-learning programs. For more information about the Cottonwood Institute, go to: <http://www.CottonwoodInstitute.org>.

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 **turn the forms in along with a refundable \$25 deposit to:**

**Cottonwood Institute**  
**P.O. Box 7067**  
**Denver, CO 80207**

**These forms and the deposit are due postmarked by July 1, 2011.**

In this packet, you will find:

- **Application Form**
- **Acknowledgement of Risk and Release Form**
- **Medical and Health History Form**

## **INFORMATION ABOUT THE COURSE:**

Cottonwood Institute is excited to collaborate with Operation: Military Kids Colorado Springs to offer our two-day Essential Survival Skills Overnight course for your students this spring break. During this course, students will learn about survival priorities, tips, strategies, and techniques, practice making survival shelters, primitive and modern fires, participate in an interactive survival challenge, learn how to make a survival kit, and complete an Action Project to help give back to the land.

After completing this course, students will practice survival skills, including:

- Survival scenarios
- Survival priorities
- Survival shelters
- Primitive and modern fire making skills
- Survival kits

This course will be action packed, so get ready to learn how to survive!

## **NUTS AND BOLTS:**

- Course Name: Operation: Military Kids Family Survival Skills Overnight
- Course Code: MK-4
- Course Location: Colorado Lion's Camp near Woodland Park, CO
- Course start/finish location: Garden of the Gods Visitor Center Main Entrance  
1805 North 30<sup>th</sup> Street at Gateway Road, Colorado Springs
- Course start date and time: Saturday, July 16, 2011 at 8:00am sharp!
- Course end date and time: Sunday, July 17, 2011 at approximately 4:00pm.

## **COURSE ITINERARY:**

Day 1: July 16, 2011:

- Introduction, Essential Camping Skills, Introduction to Wilderness Survival - We will meet at Garden of the Gods Visitor Center Main Entrance for quick introductions, to check our gear and equipment, and to head to the mountains. We will hike in a short hike to our base camp where we will set up camp, practice nature awareness skills, and learn minimum impact camping skills. We have an introduction to wilderness survival skills, learn from real survival stories, and cover survival priorities, basics of natural shelters, primitive and modern fire methods, and survival kits.
- Shelter and Fire - We will dive in deep in the afternoon spending our time building natural shelters, such as the pine needle bed, a lean-to survival shelter, and the classic debris shelter. We will also work on primitive and modern fire methods such as 1-match fires, magnesium striker/petroleum cotton ball fires, and friction fire methods including the bow-drill, hand-drill, and fire plow methods. We will also demonstrate and give suggestions on how to set up a survival camp.

Day 2: July 17, 2011:

- In the morning we will debrief our survival scenario, take a tour of our survival shelters, discuss long-term survival considerations, break down our camp and complete a mini environmental service project to give back to the land.

## **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 April Pishna, Program Director, on her cell at 303.916.6081 or Ford Church, Executive Director, on his cell at 303.881.9958. This number 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, Cottonwood Institute Program Director - 303.916.6081 (c)
- Ford Church, Cottonwood Institute Executive Director – 303.881.9958 (c)
- Madeline Bachner, Cottonwood Institute Adventure Coordinator – 307.413.8029 (c)
- Jessica Church, Cottonwood Institute Medical Advisor – 303.517.0323 (c)
- Shauna Woods, Operation: Military Kids Program Coordinator– 970.988.6104

## **EQUIPMENT LIST:**

In order to participate in this course, you will need the following equipment. The Cottonwood Institute will supply you with the gear you need at no cost to you. **Simply check the box next to the item that you need, return a copy of this equipment list with your application packet, and we will provide you with that gear for your course.** If you have any questions, please call us at 307.413.8029 or 303.447.1076 or email us at madeline@cottonwoodinstitute.org and we will be happy to assist you.

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.

Please bring the following personal gear:

- Backpack to carry gear (Internal or external frame backpack will work)
- 1 three-season tent with rain fly – Space is limited where we will be camping, so please try to share a tent!
- 1 sleeping pad
- 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 (optional)
- 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. (size if needed \_\_\_\_\_)
- 2 pair of wool socks.
- 1 long underwear bottoms - No cotton.
- 1 long underwear tops - No cotton.
- 2 pair of Cotton underwear.
- 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 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.
- ❑ Personal medications, feminine hygiene products - If applicable.
- ❑ Journal and pen/pencil.
- ❑ Camera (Optional)



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## COTTONWOOD INSTITUTE APPLICATION 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 the following forms and return them and your \$25 deposit to Cottonwood Institute, postmarked no later than July 1, 2011.**

### PARTICIPANT PHOTO:

PLEASE ATTACH A CURRENT PHOTO HERE

### PARTICIPANT INFORMATION: (For internal use only)

Participant Name	Course Name	Course Code <b>MK-4</b>
Mailing Address	City/State	Zip Code
Daytime Phone	Evening Phone	Cell Phone
Email Address	Gender  <input type="checkbox"/> Male <input type="checkbox"/> Female	<b>Financial Information (Optional)</b> 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 Name and Occupation/Employer	Parent Address (if different from above)	Parent Phone Numbers
<b>Ethnic Origin (Optional)</b>		
<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.

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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.

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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:

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**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:



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## MEDICAL AND HEALTH HISTORY

Participant Name	Program/Course Number	Date of Birth	Age	Height	Weight
	<b>MK-4</b>				

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**

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

**EMERGENCY CONTACT INFORMATION**

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

- 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: