



# COTTONWOOD INSTITUTE

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

PO Box 7067, Denver, Colorado 80207

303.447.1076, info@cottonwoodinstitute.org, CottonwoodInstitute.org

## MOUNT EVANS VOLUNTEER PROJECT REGISTRATION PACKET

Thank you for registering for the Mount Evans Volunteer Project in collaboration with the Cottonwood Institute and the Colorado Fourteeners Initiative! By registering for this project you have taken an important step towards protecting and preserving Colorado's 14,000-foot peaks. 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:

- **General Information for Adopt-a-Peak Volunteer Projects**
- **\* Cottonwood Institute Registration Form**
- **\* Cottonwood Institute Assumption of Risk and Release Form**
- **\* Cottonwood Institute Transportation Guidelines Form**
- **\* Colorado Fourteeners Initiative Release Form**
- **\* Colorado Fourteeners Initiative Health Form**

\* 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, 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 paperwork on time to make sure your enrollment is secure!**

### **INFORMATION ABOUT THE COURSE:**

Towering 14,240 feet above sea level, Mount Evans is the closest 14,000-foot peak in the Denver area. 14,000-foot peaks, or 14ers as they are commonly referred, have been calling mountain climbers and outdoor enthusiasts for over a century, causing a considerable impact to this fragile ecosystem. This volunteer opportunity is for adventurous folks who want to blend their passion for climbing these awesome peaks and who feel compelled to heed the call to help restore and protect them. We will hike our gear in a few miles and spend the weekend in a remote backcountry campsite on Mt. Evans with the Colorado Fourteeners Initiative (CFI). For more information, please visit: CFI Adopt-a-Peak Program.

During this course we will help complete much needed trail maintenance and ecological restoration projects through CFI's Adopt-a-Peak program. While the days will be action packed, there will be plenty of time in the afternoons and evenings for relaxing at our base camp, 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:

- Get out of the home/office this summer for an unforgettable adventure.
- Learn about alpine ecology and the environmental issues impacting this fragile ecosystem.
- Practice trail maintenance and ecological restoration techniques in the high country.
- Experience the beauty of ecosystems above tree line.

### **NUTS AND BOLTS:**

- Course Name: Mount Evans Volunteer Project
- Course Code: ME-6
- Partners: Colorado Fourteeners Initiative
- Course Meeting Location: See directions below
- Course Start Date: Friday, August 12, 2011
- Course End Date: Sunday, August 14, 2011
- Recommended Book: *Land Above the Trees: A Guide to American Alpine Tundra*, by Ann H. Zwinger and Beatrice E. Willard

### **FOOD, WATER, AND CAMPING EQUIPMENT:**

You are responsible for bringing your own food, water, water purification device or chemicals, and camping equipment for the duration of this project. We will camp next to a stream, so we do have access to water. CFI will provide trail maintenance equipment, but please refer to the "General Information for Adopt-a-Peak Volunteer Projects" section below for more information about what to bring.

### **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 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.

- Backpack:** \$10 per day
- Tent:** \$10 per day
- Sleeping Bag:** \$10 per day
- Sleeping Pad:** \$5 per day
- Raingear tops and bottoms:** \$5 per day
- Water bottles:** \$2 per day
- Clothing Layers:** \$3 per day per item
- 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.

## **PROJECT ITINERARY:**

*Friday, August 12, 2011:*

- After work on Friday, we will meet at the Mount Evans Echo Lake Campground. Please try your best to arrive by 8:00pm.
- We will go over introductions, learn more about the Colorado Fourteeners Initiative and how the Cottonwood Institute is “changing the world, one adventure at a time,” and we will be briefed about our project for the weekend.
- We will set up camp for the night, hang out around the fire, get to know each other, and prepare for our upcoming project.

*Saturday, August 13 - Sunday, August 14, 2011:*

- We will wake up early, complete a brief safety training, and embark on a hike to our work site. On our hike, we will learn about alpine ecology, plant identification, the natural and cultural history of the area, etc. Once we arrive at our work site, we will spend the next two days completing much needed restoration projects on Mount Evans.
- Trail maintenance projects may involve building soil stabilization structures out of rock to prevent soil erosion, including check dams, French drains, and other structures. Restoration projects may involve transplanting “plugs” of vegetation from dense areas of vegetation to heavily impacted areas. In the afternoons, we will rest our tired bones, eat dinner, have discussions about how to change the world, and pick on the guitar around the fire.
- On our final day, we will break down our backcountry campsite and complete small maintenance projects during our hike out. We will have a final debrief to celebrate the work we accomplished and wrap up the course. We will depart by 3pm to head back to the Boulder/Denver area.

## **DIRECTIONS TO THE MT. EVANS ECHO LAKE CAMPGROUND:**

*From Denver: (Approximately 2 1/2 hours)*

- Take I-70 West to Idaho Springs.
- Take Idaho Springs Exit #240.
- Turn Left onto Highway 103.
- Drive approximately 15 miles to Echo Lake.
- Take the first right after the lake and you will see a mini parking area.
- Once you turn into the mini parking lot, take an immediate left and park.
- Look for Cottonwood Institute and Colorado Fourteeners Initiative logos and banners to find our reserved camping spots.

*From Boulder: (Approximately 2 1/2 hours)*

- Take CO-93 / Broadway Street South and continue to follow CO-93 S to Golden.
- Follow signs to I-70 West and take I-70 West to Idaho Springs.
- Take Idaho Springs Exit #240.
- Turn Left onto Highway 103.
- Drive approximately 15 miles to Echo Lake.
- Take the first right after the lake and you will see a mini parking area.
- Once you turn into the mini parking lot, take an immediate left and park.
- Look for Cottonwood Institute and Colorado Fourteeners Initiative logos and banners to find our reserved camping spots.

## **SUPPORT THE COTTONWOOD INSTITUTE:**

This volunteer opportunity is free (as the word "volunteer" implies), but the Cottonwood Institute is also using this as a fundraising opportunity to help underwrite the educational programs we provide to public schools in the Boulder/Denver area. We are encouraging folks who sign up for this volunteer project to make a tax-deductible contribution to the Cottonwood Institute (any amount within your budget would be very much appreciated), but this is by no means a requirement. If you can make a financial contribution, please send a check or money order made payable to the Cottonwood Institute and send to PO Box 7067, Denver, CO 80207. Also, check to see if your employer has a matching gift program and double your contribution to the Cottonwood Institute! For more information

about making a donation to the Cottonwood Institute, please visit our website at:

<http://www.cottonwoodinstitute.org/donate/>

You can also support the Cottonwood Institute by “Shopping with a Conscience” at the Cottonwood Institute Store at: <http://www.cottonwoodinstitute.org/category/store/> You can buy books through **Book Sense**, make travel arrangements through **Orbitz.com**, and by all of the gear you need for your course at **REI.com**. By clicking on the links on the Cottonwood Institute Store website and making a purchase, the Cottonwood Institute will receive a commission. All proceeds will go to our Griffith Scholarship Fund to benefit students who otherwise would not be able to participate in our courses.

### **SUPPORT THE COLORADO FOURTEENERS INITIATIVE:**

The Colorado Fourteeners Initiative puts a lot of time, energy, and resources into creating volunteer projects like the Mt. Evans Volunteer Project. CFI is also seeking tax-deductible donations to support their work protecting and preserving Colorado’s 14,000-foot peaks. For more information about how to donate to CFI, please visit their website at: <http://www.14ers.org/contribute.php>.

### **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!

### **PHYSICAL CONDITIONING:**

During this course, you should expect to be at altitudes between 10,600 feet – 14,000 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! 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.

### **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:**

It is important to understand that the Cottonwood Institute and the Colorado Fourteeners Initiative are not offering a risk-free experience. Trail maintenance and ecological restoration work in the backcountry on 14,000-foot peaks has its risks. John F. Kennedy once said, “there are risks and costs to a program of action. But they are far less than the long-range risks and costs of comfortable inaction.” Please refer to the attached “General Information for Adopt-a-Peak Volunteer Projects” for more information. 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 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, Cottonwood Institute Program Director - 303.916.6081 (c)
- Madeline Bachner, Cottonwood Institute Adventure Coordinator 307.413.8029 (c)
- Ford Church, Cottonwood Institute Executive Director – 303.881.9958 (c)
- Jessica Church, Cottonwood Institute Medical Advisor – 303.517.0323 (c)
- Greg Seabloom, Colorado Fourteeners Initiative - (303) 519-2441 (c)

### **GENERAL INFORMATION FOR ADOPT-A-PEAK PROJECTS:**

Thank you for choosing to participate in a Colorado Fourteeners Initiative (CFI) Adopt-a-Peak volunteer project! Your participation is a valuable contribution to the critical effort to preserve and protect Colorado's high peaks. CFI volunteer projects are a wonderful opportunity for you to experience the beauty of our mountains and the personal reward of knowing that you are making a difference.

#### **What to Bring**

Most mountain hikers and climbers know what to bring for a trip to the high peaks. However, even the most experienced among us find lists useful. Please review the following items.

#### **Mandatory**

- **FOOD.** The CFI basecamp is not available for this project. Given this backcountry situation, it is necessary for volunteers to provide their own food and water. Bring vegetarian-based, non-perishable or dehydrated food if possible. Remember, you will be in bear country. We will follow proper precautions to deter bears from getting to food by using bear hangs near the camping area or storing food in secure vehicles. Please keep in mind that your body will need more calories (i.e. eat more food) and water than normal since you will be working at altitude. Planning a nutritious and hearty menu will provide you with the energy you need and make this project more enjoyable. Note: occasionally CFI will provide food for the duration of the project. Please check with your Group Leader before planning your meals.
- **Water.** Bring enough water for at least 2 liters per day.
- **Cooking supplies.** Cooking stove, pot/pan, plate or bowl, silverware, mug; any car camping cooking supplies to make your meals. CFI will provide a 2 burner camp stove for your use if you do not have a stove and will have extra utensils and plates at your disposal.
- **Sturdy hiking or work boots.** Leather boots are recommended.
- **Leather work gloves.**
- **Work clothes.** Durable clothes that will protect you from abrasion, and that you won't mind getting damaged. Long pants are required. **Non cotton** clothing is ideal for this type of work where the physical environment can be unpredictable.
- **Warm clothing!** Mountain weather is notoriously changeable, and it can snow any month of the summer. Bring an entire change of clothes that are **not cotton**. This includes long underwear tops and bottoms, pants, warm hat, gloves, and several upper-body layers (wool, silk, or synthetic).
- **Rain jacket and pants.** These must be waterproof. Coated nylon or rubberized fabrics will work. Most people find Gore-Tex and other high quality waterproof-breathable clothing more comfortable.

- **Sleeping bag and sleeping pad (if your project is more than one day).** Your sleeping bag should be rated to around 20 degrees F. However, depending on your physiology you may need a warmer bag, or may be comfortable in a lighter bag.
- **Sun protection.** Sunscreen and lip protection, hat or cap and bandanna, and sunglasses.
- **Water bottles/reservoirs.** Enough to be able to carry three liters to the worksite.
- **Backpack.** Some projects require a backpack in to the basecamp. A daypack large enough to carry lunch, water, and extra clothes to the worksite are recommended for all projects.
- **Flashlight or headlamp,** with extra batteries and bulb.
- **Tent with rainfly (if your project is more than one day).** Please note that you may be required to share a tent if there are a large number of volunteers and a limited number of basecamp sites.

### Optional

- **Alarm Clock.** Wake up times can come early!
- **Small personal first-aid/toiletries kit.** Small quantity of soap, oral care items, aspirin or ibuprofen, insect repellent, band-aids, etc. CFI has first aid kits on site.
- **Water purification** device or chemicals.
- **Camp chair.**
- **Favorite mug or camping items.**

### Dogs

CFI practices a NO DOGS policy on all CFI volunteer projects.

### Peak Climbs

Due to the nature of our programs, we are not able to support peak climbs during projects from both logistical and liability standpoints. Volunteers are requested to abide by this policy. We recommend that if you want to climb a peak that you plan on doing so the day before or after the project.

### Leave No Trace:

At CFI we recognize that impacts can occur when bringing large groups into the mountains, for whatever purpose. CFI is a partner in Leave No Trace, Inc.'s educational efforts, and utilizes Leave No Trace principles, skills and ethics in our programs. We request your assistance in these efforts.

### Seven Principles of Leave No Trace:

1. Plan Ahead and Prepare
2. Camp and Travel on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors.

### Please Remember!

All CFI Projects are in a remote, backcountry setting. Most volunteers find the experience very rewarding. Most will also agree that the work can be very demanding. Please follow safety briefings and take the work seriously. We encourage you to be aware of how you feel as you are working, and work within your own strengths and weaknesses. **Our goal is to produce quality work, safely. Quantity of work done is secondary to the health and safety of staff and volunteers!**

**If at any time you find that you will be unable to attend the project you have signed up for, please immediately contact your group leader.**

### CFI Safety Concerns:

#### High Altitude

Altitude affects everyone differently. Be aware of signs of altitude sickness, drink plenty of water and avoid any alcohol consumption. If you begin to experience symptoms of high altitude sickness, inform crew leaders immediately so steps can be taken to assure your safety.

**Lightning**

While working above tree line, you will be the tallest object around and you'll be using metal tools. Lightning is a serious threat. If you're working above tree line and you suspect a storm is brewing, get off the mountain and seek shelter below the work site or head back to camp. If a crew leader calls for moving the crew off the mountain, you must comply with those instructions immediately. Your failure to do so may endanger your safety and that of others. Because of their responsibilities to others, crew leaders will not be able to remain with you if you do not begin to descend immediately and you will no longer be considered a participant on the project.

**Sun**

Sunburn is more likely to occur at higher altitudes. Make sure you are adequately protected with sun block, sunglasses and a wide-brimmed hat.

**Hypothermia**

Come to the project adequately prepared with warm clothing. Warm-when-wet materials such as wool and thermax are some of the best types of clothing. Be sure to carry to the work site several layers (including a warm hat and gloves), rain gear and a complete set of dry clothing. It is not uncommon to have snowstorms in the area during any month of the year.

**Rock Slides**

You may be working on steep talus slopes. Natural rockfalls are common. Heavy, sturdy, lug-sole boots are a must for preventing ankle and foot injury due to falling rocks.

**Snowfields**

The Fourteeners have some beautiful year-round snowfields. Although beautiful, they can be dangerous. If any new snow falls, they are apt to slide. Take precautions and consult a crew leader if you have to cross a snowfield.

**Giardia**

Perhaps one of the most common yet avoidable backcountry threats is Giardia. Giardia is a parasite found in most lakes, streams and rivers of Colorado. Your best protection is not to drink water from these sources. If you plan to drink this water, however, use a water filter or iodine tablets for all your drinking water. Or bring the water to a rolling boil for at least five minutes to insure all the parasites have been killed.

**Wildlife Encounters**

Make sure your presence is known in the backcountry to avoid surprising wildlife. Store food, garbage and toiletries properly. If you are hypersensitive to insect stings, be sure to inform your crew leader and carry medication if your physician recommends it. Wear insect repellent and check clothes frequently in tick country.



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## COTTONWOOD INSTITUTE REGISTRATION FORM

Thank you for registering for this course! 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 as possible. **Please complete this Registration Form and submit it to:**

**Cottonwood Institute**  
**PO Box 7067,**  
**Denver, CO 80207**

### PERSONAL INFORMATION: (FOR INTERNAL USE ONLY)

Participant Name	Program/Course Code	Birth Date
	<b>ME-6</b>	
Mailing Address	City/State	Zip Code
Daytime Phone	Evening Phone	Cell Phone
Participant Email Address	Gender	
	<input type="checkbox"/> Male <input type="checkbox"/> Female	
Employer	Occupation	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		

Please tell us a little about yourself. Why did you register for this course? What are you hoping to gain or learn from this experience?

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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/Volunteer 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:



# COTTONWOOD INSTITUTE

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

PO Box 7067, Denver, Colorado 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
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### Insurance Coverage:

- Persons are not permitted to transport participants until they provide Cottonwood the following information:
  1. 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
  2. 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:
  1. 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.
  2. Require and confirm that all passengers, including the driver, wear seatbelts at all times when the vehicle is in operation.
  3. 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:



## **HEALTH STATEMENT**

This project involves participation in outdoor activities that are, by their nature, physically demanding. Therefore, all participants must be free of medical or physical conditions that might create undue risk to themselves or to others who depend upon them. In addition to being more exposed than usual to weather extremes, you may travel long distances in mountainous environments. Furthermore, medical facilities may be several hours away in case of an emergency.

Name: Last \_\_\_\_\_ First \_\_\_\_\_ M.I. \_\_\_\_\_  
Mailing Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ E-mail \_\_\_\_\_

### **EMERGENCY CONTACT**

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Relationship \_\_\_\_\_ Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Do you carry health insurance?  Yes  No

### **MEDICAL INFORMATION**

Sex \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Do you have any allergies?  Yes  No If yes, please list: \_\_\_\_\_  
\_\_\_\_\_

Have you ever had serious complications with these allergies?  Yes  No

Do you regularly experience mild altitude sickness (headache, nausea) or have you ever experienced severe altitude sickness (HAPE, HACE)?  Yes  No If yes, please list frequency and severity of symptoms experienced: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please describe any injuries or medical conditions that could give you some discomfort while engaged in strenuous physical activity (e.g. heavy lifting, hiking over uneven terrain, hiking up to 8 miles/day, etc.) above 9,000 feet elevation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you had a tetanus shot or booster within the last 10 years?  Yes  No If not, please consult a physician before coming on the project.

Are you currently using any medication that your Crew Leader should know about?  Yes  No  
If yes, please explain the reason for use and any symptoms resulting from under-dosage or over-dosage: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_