



## Wilderness First Aid Registration Form

**IMPORTANT:** Please return this completed form along with your course tuition payment, and all Landmark Learning Releases at least **30-days prior to your course**. This information is confidential and will be used in the event that we need to contact you with questions, course changes or cancellations, and other related information. **Registration is not final until all paperwork and payment is submitted.**

**Course Dates:** February 25-February 26, 2023

**Course Tuition:** \$250.00

Name (first & last): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Are you Recertifying a NOLS Wilderness Medicine Wilderness First Responder Certification?** \_\_\_ YES \_\_\_ NO

**Method of Payment Enclosed:**

- Check (make payable to UNCG Recreation and Wellness)
- Credit card (complete payment section below)
- Paid over the phone by credit card (this form must still be submitted with all other registration forms)

**Credit Card Information:** We can ONLY accept VISA OR MasterCard

Credit Card # \_\_\_\_\_ Expiration (MM / YY): \_\_\_\_\_ / \_\_\_\_\_

Cardholder Signature (required): \_\_\_\_\_

Billing address (if different from above): \_\_\_\_\_

**Cancellation/Refund Policy:**

- Full course payment is required at registration to secure a spot on the course roster
- Any cancellation within 30 days prior to the course start date will **NOT** be eligible for a refund
- If the course cancels due to low enrollment, funds paid are 100% refundable

**Student Agreement:**

I have read, understand, and agree to abide by all facility and course policies while I am enrolled in the UNCG WFA course.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

*\*If under 18 years of age, this agreement must be signed on behalf of the student by a parent or legal guardian.*

**Please mail, fax, or scan and email this registration form and all other course paperwork to:**

UNCG Outdoor Adventures  
Attn: Alex Hauer  
P.O. Box 26170  
Greensboro, NC 27402  
Fax: 336-256-1026  
Email: uncg\_oa@uncg.edu

# NOLS Wilderness Medicine COVID-19 Disclosure, Practices and Expectations for Students



The emergence of the COVID-19 pandemic raises questions about health and risk management while attending wilderness medicine courses. We want to ensure you are aware of how we're responding to the coronavirus pandemic, so you can make an informed decision about participation. These practices have been developed in consultation with federal, state, and local public health experts, peer organizations, and medical advisors and will continue to evolve as more information becomes known.

This document describes our expectations including COVID-19 vaccination requirements, testing, risk mitigation strategies, and NOLS' planned response in the event of illness during the course. Your choice to participate in a NOLS Wilderness Medicine course should be made based on your understanding of and agreement with these practices.

Wilderness medicine courses are designed to train responders to provide medical aid. Close physical contact is an inherent part of our courses. We interact with and touch each other when we practice the skills of wilderness medicine such as splinting, patient movement, bleeding control, basic life support and when we practice patient care with scenario based learning. NOLS Wilderness Medicine has always had curriculum and practices in place to educate students and to reduce the risk of disease transmission. We have implemented additional strategies to further reduce the risk of disease transmission associated with physical proximity, but we cannot eliminate it.

People who are at higher risk for severe illness from COVID-19 as defined by the Centers for Disease Control (CDC) should carefully consider, in conjunction with their health care provider, whether to attend a wilderness medicine course at this time.

Our ability to reduce risk to all participants relies on your commitment to choosing behaviors prior to and during your course that support the health and well being of everyone involved in your course.

NOLS reserves the right to cancel any course at any time based on changing information or restrictions that affect our ability or willingness to operate at a given location. We will notify students as soon as possible if this occurs.

## **Vaccination Policy**

All students are required to be fully vaccinated against COVID-19 on all U.S.-based NOLS Wilderness Medicine courses, and on select international courses, beginning in November 2021. Fully vaccinated means to be two weeks or more past receiving the final vaccine dose prior to arrival at the course. Any COVID-19 vaccine approved by the [World Health Organization \(WHO\)](#) is an acceptable vaccine for the purposes of this policy. We strongly recommend that students who are eligible should also receive a COVID-19 booster shot.

Wilderness Medicine instructors will review student vaccination cards at the start of the course.

Exemption requests in the categories noted below will be reviewed.

## Exemptions

- Disability or documented medical contraindications to vaccines may allow an individual to be exempt from this requirement. Please see the procedure section below.
- Sincerely held religious beliefs, practices or observances that preclude vaccination may allow an individual to be exempt from this requirement. Please see the procedure section below.
- No exemption will be granted for students on WEMT courses due to healthcare facility requirements.
- All Exemption Requests are granted only for the specified course and associated dates. Each course requires a separate exemption request.

If granted an exemption, students will need to submit a negative PCR or antigen test taken within 72 hours of the course start, and students will be required to wear a KN95 mask at all times during the course. On Wilderness Medicine classroom courses longer than five days, students will need to obtain and submit a rapid COVID-19 test taken on day 6. NOLS will not provide these tests.

Please see [Appendix A](#) at the end of this document for the Exemption Request Procedure.

### ***What do you mean by “within 72 hours of the course start date”?***

Earliest Test Day	Course Start Day
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday
Monday	Thursday
Tuesday	Friday
Wednesday	Saturday
Thursday	Sunday

### ***What if I have already had COVID-19, do I still need to get vaccinated?***

Yes. Though having had COVID-19 in the past conveys limited protection, NOLS still requires students to be fully vaccinated prior to their course start date.

### ***Will I be required to take COVID-19 tests during the course?***

Students on Wilderness EMT courses will take additional COVID-19 tests during their course.

### **COVID-19 Risk Mitigation Strategy**

In addition to requiring vaccinations, NOLS has instituted a 5-component strategy to decrease the risk of infectious disease spread in our classrooms. These practices reflect our assumption that every person is a potential carrier of the SARS-CoV-2 virus. We will model and describe them all in greater detail at the beginning of your course. You should also review [this video](#) to visualize our practices.

All participants are expected to participate fully in this strategy. Your actions directly affect the health and well being of all course participants.

**Screening:** We will monitor and assess all participants daily. You will be expected to check in each morning, answer questions regarding symptoms, and have your temperature checked, as appropriate.

If you have any of the following, you should not attend class:

- Cough, shortness of breath or difficulty breathing, fever, chills, headache, fatigue, nasal congestion or sneezing (different from pre-existing allergies), abdominal discomfort (nausea/diarrhea), muscle pain, sore throat, new loss of taste or smell.
- A temperature of over 100.4F/38C.
- If you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. Fully vaccinated is to be two weeks or more past receiving the final vaccine dose. Fully vaccinated people should get tested 5-7 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 10 days following exposure or until their test result is negative.

**Hygiene:** We will provide the resources to practice heightened classroom hygiene. You will be expected to:

- Wash or sanitize your hands after interactions with others and/or entering or leaving group settings.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth with a tissue or your arm if you sneeze or cough.
- Wipe down surfaces and equipment after use using the provided cleaning materials.

**Personal Protective Equipment:** We will provide some personal protective equipment for use in your wilderness medicine course including KN95 masks, gloves, and cleaning supplies. You will be expected to:

- Bring a cloth or surgical mask for use before and after class.
- Wear a provided KN95 mask when required. Assume this will be at all times during educational activities and short breaks. You will protect, isolate, and rotate the masks provided to you.
- Wear the provided gloves when directed by your instructors.
- Bring eye protection (sunglasses and safety glasses are ok) to wear when working in close contact with other participants, as directed by your instructors.

**Distancing and Outdoor Classes:** When feasible, physical distancing will be practiced and activities involving student contact will be conducted outdoors.

**Compliance/Culture:** We believe in the value of training people to help others and in supporting the best public health practices. You will be expected to:

- Model your commitment to quality medical care by supporting these strategies.
- Help others remember and adapt to these new practices.
- Stay home if you feel sick or the instructor asks you to leave class based on screening.

### ***Will my NOLS course be safe from coronavirus?***

Contracting COVID-19, the disease caused by coronavirus (SARS-CoV-2), is a new risk for everyone and (like other risks) cannot be eliminated. The updates to how NOLS operates a course have been developed and implemented to reduce exposure to COVID-19 and to detect signs of illness. For those who are at higher risk for severe illness from COVID-19 as defined by the [Centers for Disease Control](#) (CDC), please carefully consider, in conjunction with your healthcare provider, whether to attend a NOLS Wilderness Medicine course at this time.

### ***Am I required to follow the stated practices?***

Yes, all students and instructors are expected to adhere to the above practices and refusal to comply is grounds for dismissal from a course with no tuition refund. These practices are designed to reduce the risk of illness for all participants and would be expected in any setting where you are providing healthcare or first aid.

### ***What if I have a mask exemption card or letter?***

We recognize that wearing a face-covering or mask for extended periods of time is not feasible for everyone. However, mask usage is an integral part of our risk reduction strategy. If you are unable to tolerate wearing a mask for up to four hours at a time, you should delay your attendance until your condition changes or the requirement is removed.

### ***Have you made any updates to the paperwork I need to be aware of?***

The NOLS Wilderness Medicine Student Agreement has been updated to include education about additional risks including:

- At times students will be in close physical proximity to one another or instructors.
- Illnesses may include...communicable and other infectious diseases from insects, animals, or people such as diarrhea, flu-like or respiratory illness, and other debilitating or life-threatening conditions including COVID-19 and other diseases caused by coronaviruses.

The NOLS Wilderness Medicine On-Course Student Information Form/Policies & Procedures has been updated to include a new policy:

- Participate fully in NOLS Wilderness Medicine's strategies to decrease the risk of infectious disease spread in our classrooms.

### ***What should I be aware of while traveling to my course?***

We request that you take steps to limit your exposure for 14 days prior to and while traveling to your course. This includes practicing physical (social) distancing, wearing a mask or face covering when in public or when physical distancing is not possible, frequent hand washing, and monitoring your health for symptoms of COVID-19.

If you have access to a rapid antigen test, we recommend that you take one as close to the start of your course as possible to minimize the chance of traveling with an active case of COVID-19.

### **Illness Prior to or During a Course**

#### ***What happens if I get sick before my course?***

Do not travel to your NOLS course if you have COVID-19 symptoms (cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, or new loss of taste or smell) or you are confirmed or suspected as having COVID-19 in the past 10 days. We will work with you to transfer your enrollment to a later course.

#### ***What happens if I get sick during my course?***

If you become ill during your course or your instructor asks you not to attend class based on screening, you should seek medical advice. Based on the medical advice you receive you may or may not be able to continue with your course. NOLS will evaluate each situation and work with you and the course sponsor to assist you in finishing your course at a later time.

#### ***What happens if I am exposed to someone with COVID-19 shortly before my course starts?***

If you are a vaccinated person who has been in close contact with someone who has tested positive for COVID-19, you will need to obtain a COVID-19 test between days 5-7 after your last contact. You will need to wear a mask at all times until receiving negative test results. If negative, you may continue the course with regular precautions. If positive and it is prior to your course do not travel to your NOLS course. If your result comes back positive on-course, you will need to leave the course to begin your isolation. We will work with you to transfer your enrollment to a later course.

#### ***What happens if a course member tests positive for COVID-19 during my course?***

If a student or instructor tests positive for COVID-19 during your course, that individual will be separated from the course and directed to seek medical advice and begin isolation. Though each situation will be evaluated independently, NOLS will endeavor to continue the course for the remainder of the students. Our medical advisors support this strategy based on the level of personal protective equipment used during our courses.

If NOLS cancels the remainder of the course, we will work with students to prorate a tuition refund. If a student chooses to leave a course NOLS decides to continue, no tuition will be refunded. NOLS is not responsible for expenses related to a course impacted by a positive COVID-19 test.

#### ***What if I have more questions?***

## **Appendix A**

### **Exemption Request Procedures for Medical or Religious Reasons**

Students seeking an exemption from this policy due to a medical reason, or because of a sincerely held religious belief, must submit a completed Request for Accommodation form to [wilderness\\_medicine@nols.edu](mailto:wilderness_medicine@nols.edu) to begin the review process. Please fill out either the medical exemption form or the religious exemption form depending on your request. Requests must be submitted no later than **35 days prior** to the course start date. All Exemption Requests are granted only for the specified course and associated dates. Each course requires a separate exemption request.

#### **Exemption Request Forms**

[Medical Exemption Request Form](#)

[Religious Exemption Request Form](#)

To download the form click the above link, once on the *Exemption Request Forms* document select File → Download → Microsoft Word (.docx).

Requests must be submitted no later than **35 days prior** to the course start date.

# STUDENT AGREEMENT

## (INCLUDING ACKNOWLEDGEMENT & ASSUMPTION OF RISKS & AGREEMENTS OF RELEASE AND INDEMNITY) WILDERNESS MEDICINE



Please read this document carefully. It must be signed by all students and a parent or guardian if the student is a minor. “Student” includes adult and minor students. In consideration of the services provided by the National Outdoor Leadership School, hereafter referred to as NOLS, I agree, for myself (and for the minor student if I am signing as a parent or guardian), to the following:

### ACTIVITIES AND RISKS

I understand that NOLS Wilderness Medicine courses are taught in classroom and outdoor settings and acknowledge that the activities of the course have risks, including certain risks, which are inherent. Inherent risks are those which cannot be eliminated without destroying the unique character of the activities. These elements can cause loss or damage to equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability, or death. I understand that NOLS considers it important for me to know in advance what to expect and to be informed of the activities’ inherent risks. The following describes some, but not all, of those risks.

- NOLS activities may be strenuous, physically and emotionally.
- NOLS Wilderness Medicine courses may occur in remote places. They may occur on lands open to the public, and exposed to the acts of persons not associated with NOLS. Communication and transportation may be difficult and evacuations and medical care may be significantly delayed.
- Physical activities include, but are not limited to, walking, running, hiking, repetitive lifting, and carrying. At times students will be in close physical proximity to one another or instructors. Certain activities will require travel by foot and other means, over unimproved roads, hiking trails and rugged off-trail terrain including downed timber, river crossings, snow, ice, steep slopes, slippery rocks, and other features. The risk of these activities includes falling, drowning, becoming lost, and others usually associated with such activities, including environmental risks.
- Environmental risks and hazards include, but are not limited to, flowing, deep and cold water; harmful insects, snakes, animals; falling and rolling rock; lightning, falling timber, and unpredictable forces of nature, including all types of weather which may change to extreme conditions without notice. Possible injuries and illnesses include wounds, bruises or infections; sunburn, bites or stings and insect or animal-borne diseases or infections; hypothermia, frostbite, heatstroke, flu-like or respiratory illness, and other debilitating or life-threatening conditions including COVID-19 and other diseases caused by coronaviruses.
- Equipment may fail or malfunction.
- Students will participate in realistic simulated injury and illness scenarios and will at times act the role of patient, being handled, carried, and otherwise treated as patients of a simulated medical emergency. Students will also use and practice with various medical equipment. Training, under close staff supervision, may include the option of injecting, and being injected, by fellow students. Risks associated with this training include being inadvertently stuck by a needle, being dropped or otherwise mishandled while being carried; being touched while acting the role of patient in a scenario; and emotional distress in response to training scenarios. Emergency Medical Technician (EMT) course students will spend time at regional hospitals. Risks include those associated with contact with sick or injured patients.
- NOLS may require students to arrange their own transportation to locations away from the primary classroom from which further activities will be conducted. This travel is not supervised by NOLS and includes the use or sharing of personal vehicles that are not owned or controlled in any way by NOLS.
- Decisions made by the instructors, other staff (including volunteers), contractors, and students will be based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to errors in judgment. Misjudgments may pertain to, among other things, a student’s capabilities, environment, terrain, water and weather conditions, natural hazards, travel routes, and medical conditions.
- NOLS is not responsible for students, including minors, before the start and after end dates of their course or if they depart early. Between the start and end date of the course students are not supervised before or after the established class time. Students may have homework assigned for after class, but this is not supervised by NOLS. NOLS has no responsibility for students and students accept the risks that arise from this unsupervised free time. NOLS staff may from time to time provide assistance or even accompany students during free time, but in doing so, they are acting as private individuals, and NOLS is not responsible for their conduct.
- NOLS Wilderness Medicine courses are instructional in nature. Students accept the risks of instructional activities, which are intended to challenge students to expand their skills and judgment.
- During the established class time students are considered to be “participating” in their course. Participation includes, but is not limited to, involvement with activities, time spent studying or practicing techniques, and formal classes.
- NOLS Wilderness Medicine courses in foreign countries may be exposed to laws, legal systems, customs and behaviors, animals, diseases and infections not common to the United States; in addition, these courses may be subject to dangerous road travel, political unrest, riots, demonstrations, banditry, terrorism, and other criminal conduct, including drug related activities.

I have read and understand the general information about NOLS and its courses including NOLS Wilderness Medicine’s Admission Policies made available to me through the NOLS website. I acknowledge that the staff of NOLS has been available to more fully explain to me the nature, physical demands, and the inherent risks, hazards, and dangers associated with this course.



## ACKNOWLEDGEMENT AND ASSUMPTION OF INHERENT AND OTHER RISKS

I understand and acknowledge that the description above (“Activities and Risks”) of the inherent risks of NOLS courses is not complete and that other, including unknown or unanticipated, risks, inherent or otherwise, may result in injury, illness, death or property loss. I acknowledge that my (or the minor student’s) participation in this NOLS course is purely voluntary, and I wish to (or have the minor student) participate in spite of and with knowledge of the inherent and other risks involved. **I acknowledge and assume the inherent risks described above and all other inherent risks of my (or the minor student’s) NOLS course as well as any other risks of enrolling, participating in, or being present on a NOLS course or during free time. For activities that occur on National Park Service land and to the extent required by law, the above acknowledgement and assumption of risks is limited to assuming only the inherent risks.**

## AGREEMENTS OF RELEASE AND INDEMNITY

I hereby forever release, hold harmless and agree not to sue NOLS, its officers, trustees, agents, and staff including employees, volunteers, and interns (“Released Parties”), with respect to any and all claims of loss or damage to person or property by reason of injury, disability, death, or otherwise, suffered by me (or by a minor student for whom I sign), arising in whole or part from my (or the minor student’s) enrollment, participation, or presence on a NOLS course. **I agree further to indemnify (“indemnify” meaning to defend, and to pay or reimburse including costs and attorney’s fees) Released Parties** against any claim by a member of my (or the minor student’s) family, a rescuer, another student, or any other person, arising in whole or part from an injury or other loss suffered by or caused by me (or by the minor student) in connection with my (or the minor student’s) enrollment, participation in, or presence on a NOLS course. **These agreements of Release and Indemnity are intended to be enforced to the fullest extent permitted by law and include claims of negligence, but not claims of gross negligence or intentionally wrongful conduct.** Nothing in this Acknowledgment and Assumption of Risks & Release and Indemnity Agreement shall be interpreted as me (or the minor student) releasing NOLS from liability for injuries, damage, death, or other loss to me (or the minor student) or others that may occur within the jurisdiction of the National Park Service and US Forest Service Region Four and is caused by NOLS’ negligence, gross negligence, recklessness, or intentional conduct, including but not limited to any negligence with respect to NOLS’ judgments and decisions, or NOLS’ failure to take reasonable precautions to ensure it provides me (or the minor student) with safe and defect-free equipment.

## OTHER PROVISIONS

NOLS is authorized to obtain or provide emergency evacuation, hospitalization, surgical or other medical care for me or for the minor student. I understand that situations may arise in which third party medical care is not available and which require NOLS staff to provide first aid and possibly more advanced procedures, employing wilderness first responder training. Such care will be provided under the guidance of the NOLS medical advisor by way of NOLS written medical protocols. Any such third-party medical care provider is authorized to exchange pertinent medical information with NOLS. Costs associated with medical services, including evacuation shall be borne by me.

NOLS may from time to time use the services of private contractors for certain tasks, including, for example, transportation and food service. NOLS is not responsible for the acts or omissions of such contractors.

NOLS uses students’ names, photos, and other images, in promotional material, videos, and press releases.

I agree to be responsible for any damage I (or the minor student) may cause to the property of NOLS or others. NOLS is not responsible for loss, theft, or damage to a student’s personal belongings at any time during the course, including storage by NOLS or others.

Any dispute between me (or the minor student) and NOLS will be governed by the substantive laws (not including the laws which might apply the laws of another jurisdiction) of the State of Wyoming and I consent to jurisdiction in Wyoming. Any mediation or suit shall occur or be filed only in the State of Wyoming.

If any part of this agreement is found by a court or other appropriate authority to be invalid, the remainder of the agreement nevertheless will be in full force and effect.

**The student and the parent(s) or guardian of a minor student have read this page and the previous page and understand and voluntarily agree to its terms, which shall be binding upon them, their heirs, estate, executors, and administrators. Any modifications of this agreement must be approved by NOLS in writing.**

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Student Signature                      Age              Date Signed                      Printed Name

If the student is under 18 years of age (or if the student is a resident of Alabama and is under 19 years of age) (or if the student is a resident of Mississippi and is under 21 years of age), at least one parent or guardian must also sign. I agree for myself, and on behalf of the minor student, to all of the terms in this agreement. I have legal authority to act on behalf of the minor student.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent/Guardian Signature                      Date Signed                      Printed Name

## PARTICIPANT AGREEMENT, RELEASE, AND ASSUMPTION OF RISK

In consideration of the services of Landmark Learning, Inc. their agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "LL"), I hereby agree to release, indemnify, and discharge LL, on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in hiking, camping, backpacking, canoeing, swimming in lakes and/or rivers, and/or individual and group skills workshops, problem solving exercises and personal or professional growth and development training, including clinical and field experiences for EMT students, entails known and unanticipated risks that could result in physical or emotional injury or death. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

**The risks may include, among other things:** Strenuous physical activity; slips and falls; sprains, strains, broken bones; inclement weather; other participants' and/or my own negligence; emotional stress; drowning; or death. Furthermore, LL facilitators have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They may give inadequate warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless LL from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of LL's equipment or facilities.

4. Should LL or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I understand that LL does not provide health insurance for students of their courses. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

6. In the event that I file a lawsuit against LL, I agree to do so solely in the state of North Carolina, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I further agree that the place of this release, its situs and forum, will be Jackson County, North Carolina, and it is said county and state for all matters whether sounding contract or tort relating to the validity, construction interpretation, and enforcement of this release be determined. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against LL on the basis of any claim from which I have released them herein. I also acknowledge that I have fully satisfied myself as to the nature of the activity or activities in which I will be participating, the risks associated with each such activity, and my responsibility to know my own limits. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization, or other treatment that may become necessary.

**I have had sufficient opportunity to read this entire document. I understand it, and I agree to be bound by its terms.**

Signature of Participant: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)**

In consideration of \_\_\_\_\_ (print minor's name) ("Minor") being permitted by LL to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless LL from any and all Claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Signature of Parent or Guardian: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

## PHOTO/MEDIA RELEASE

I grant Landmark Learning, Inc., the right to use, reproduce, assign and/or distribute photographs, films, electronic files, and sound recordings of me for use in materials they may create.

Signature: \_\_\_\_\_ Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

## HEALTH INFORMATION

Disclosure: The information requested is intended to help alert staff to pre-existing medical conditions in the event you have a medical emergency while on course, and will be held in confidence. Circle "yes" or "no" for each item below.

Do you have any limiting physical or health concerns - temporary or permanent - that you or your doctor feel would limit your participation in a LL course? **Yes / No**

Do you have any chronic or recurring injuries? **Yes / No**

Are you currently taking any medication? **Yes / No**

Do you have allergies or reactions to any foods, medications, plants, or insects? **Yes / No**

Do you have asthma? **Yes / No**

Do you have diabetes? **Yes / No**

Do you have a history of seizures? **Yes / No**

Do you have a history of cardiac events? **Yes / No**

Are you pregnant? **Yes / No**

If you answered "yes" to any of the above, please explain/describe:

Please list any other concerns or conditions that may affect your participation:

*We strongly recommend that you consult your physician or midwife if you are pregnant or have checked off any of the conditions above before participation in your LL course.*

## EMERGENCY CONTACT INFORMATION

Person: \_\_\_\_\_ Relationship to You: \_\_\_\_\_

Phone Numbers: \_\_\_\_\_ Email: \_\_\_\_\_

# WFA/WMPP RESCUE GEAR LIST

If you have them, bring the following items with you to your course - don't go out and purchase items you don't already have. A daypack with some layers, snacks, and water are sufficient. We try to be outside as much as possible regardless of the weather. Please come prepared so that you are comfortable.

- \*Positive attitude ready to share and take in information
- \*A Watch with seconds or a seconds hand, pen and small notepad
- \*One set of clothes (shirt and pants/shorts) to completely destroy with moulage and shears
- \*Rain gear tops and bottoms
- \*Layers of clothing (so you can take a layer off if you are hot/put one on if you are cold, + extra items for your "patient")
- \*Hat - one warm (not made of cotton) and one for the sun
- \*Mittens or gloves if it will be cold out
- \*Footwear for the environment (close-toed shoes for being out doors/inside sandals are o.k.)
- \*Light (flash light or headlamp)
- \*Ground cloth or small tarp (6X4 sheet of plastic is fine)
- \*Sleeping pad (ensolite, ridgerest, thermarest, Crazy Creek Chair)
- \*Bandanas or cordage of any kind
- \*You are welcome to bring your toys to improvise with (pfd's, skis/poles, paddles, harnesses, climb rope)
- \*Water bottles (1qt or 1 liter) for drinking water
- \*Food to snack on to keep your energy up (we'll have big days)
- \*Backpack or knapsack to put all this stuff in

*\*\*\*A WFA course can be used to recertify a NOLS WFR cert that is in date or in its grace year.*

*\*\*\*If you are a WFR planning to recertify with this course, you MUST bring copies of your current WFR and CPR certifications to the course for instructor review.*