

[~~GOV~~ Mission Statement:

The Y.E.T.I. Outing Club

Goal:

The goal of this club is to give students opportunities to safely participate in team building, outdoor recreation, and wilderness skills. Y.E.T.I. also gives back to the community through civic minded projects.

Activities:

From its inception club members have had the opportunity to go hiking, snowshoeing, white water rafting, rock climbing, canoeing, winter camping, and anything else outside that peaks their interests. The club has always been a 9-12th grade co-rec that builds community and trust. Students learn how to lead team building experiences, plan trips, pack for trips, build snow shelters, paddle a canoe, cook in the woods, and gain confidence through skill building. They also volunteer and give back to the community by helping those in need of assistance.

Risks:

WARNING OF RISK

By its nature, participation in an adventure-based club includes risk of injury that may range in severity from minor to disabling, to even death. Although serious injuries are not common in Y.E.T.I. activities, it is impossible to eliminate the risk. Therefore, participants must obey all safety rules, report all physical problems to their Y.E.T.I. advisors, follow a proper conditioning program, and inspect their own equipment daily.

I, the Participant/Club Member have read and acknowledge the above warning.

Participant: _____
(Please Print)

Date: _____

Participant Signature

I, the Parent/Guardian have read and acknowledge the above warning.

Parent/Guardian: _____
(Please Print)

Date: _____

Parent/Guardian Signature

Due to the nature of the club, we will be going on several trips (**transported by chaperones and student drivers**).

I permit my son/daughter to accompany Y.E.T.I. on any off-campus learning experiences and authorize Y.E.T.I. to obtain any emergency medical care that may be reasonably necessary for the student.

Date: _____
Parent/Guardian Signature

Y.E.T.I. PARTICIPANT RELEASE AND INDEMNITY AGREEMENT

I understand that participation in Y.E.T.I. programs (the "activities") involves inherent risks and dangers, including hazards associated with recreation in an outdoor environment that may include extreme heat, cold or altitude or uneven terrain, and participating in outdoor areas that are remote and, as in all outdoor activities, can be inherently dangerous. I understand that such activities are often physically and emotionally demanding. I further understand that I will be participating with others under circumstances where accidents, mistakes or other circumstances may result in injury to me. To enable Y.E.T.I. to offer such programs:

1. I accept and assume the risk of bodily injury, death or property damage occurring while participating in the above activities from these and other risks and dangers. I voluntarily choose to participate in the activities notwithstanding such risks and dangers, I understand that I can cease participation at any time, and I accept full and sole responsibility for doing so.

2. I, for myself and my heirs, successors, assigns and personal representatives, hereby release and discharge Y.E.T.I., their respective agents, employees, officers, directors, volunteers and successors and assigns (hereinafter referred to individually or collectively as "Releasees") from any liability or causes of action whatever arising from, or on account of, property damage, economic loss, personal injury or death, related to my participation in the activities, including, without limitation, any liability or causes of action based on, asserting, or caused by, the negligence of Releasees or of other persons, for breach of contract or liability asserted on any other ground.

3. I further hereby covenant not to sue and agree to indemnify and hold harmless Releasees from any liability or causes of action whatever arising from property damage, economic loss, personal injury or death, related to my participation in the activities, including, without limitation, any liability or causes of action based on, asserting, or caused by, the negligence of Releasees or of other persons.

This Release and Indemnity Agreement shall be governed by the laws of the State of Maine and binding on me and on my heirs, successors, assigns and personal representatives. If any provision herein is invalid or unenforceable, in whole or in part, that shall not affect the validity or enforceability of any other provision.

CAREFULLY READ BEFORE SIGNING!

Participant's Signature Printed Name Date

Parents' Signatures Printed Name(s) Date

Y.E.T.I. Youth Expeditions To Ignite PARENTAL CONSENT FORM

PARENTAL CONSENT

The purpose of these forms is to enable Y.E.T.I to ensure that optimal staffing are provided, the specific needs of student participants are met, and the safety and well being of each participant can be maximized.

Details on these forms will remain confidential to Y.E.T.I. and volunteers associated with supervising and leading this activity.

For safety reasons, please provide us with information that is accurate and complete.

Please return this form to the school by / /

Details of Trip: (Please see the cover letter)

Location:

Start date:

Time:

Finish date:

Time:

PARTICIPANT INFORMATION FORM

Please complete these details:

Student Name

Address

Home Phone

Year in school

Cell Phone

Age

Birth Date

Family Doctors Name

Address

Doctor's Phone

Insurance Company

Address

Insurance Phone

Name of parent/ guardian on insurance policy

Policy #

Medic Alert Number (if applicable)

Group #

EMERGENCY CONTACT DETAILS (please provide at least 2 sets of contact details)

First Contact

Name
Relationship
Address

Day Phone
Cell Phone

Evening Phone

Second Contact

Name
Relationship
Address

Day Phone
Cell Phone

Evening Phone

Parental Consent

I agree to my child taking part in the trip described and have read the information sheet and cover letter. I agree to their participation in the activities described. I acknowledge the need for them to behave responsibly by following trip rules and requests made by the trip leaders.

Acknowledgment of Risk

I have read the trip information sheet and I understand that there are risks associated with involvement in outing club activities and these risks cannot be completely eliminated. I understand that Y.E.T.I. will identify any foreseeable risks or hazards and implement correct management procedures to eliminate, isolate, or minimize those hazards. I understand that my child has been informed of safety procedures, including their responsibility to bring required clothing and equipment. I will do my best to ensure that my child follows these procedures.

I know that I am able to ask Y.E.T.I. questions about the trip my child will be involved in to gain a better understanding of the risks involved. I recognize that participation in these trips is voluntary and not mandatory. My child and I both understand that they may withdraw from the trip if they feel at risk. This must be done in consultation with the person in charge.

I understand that Y.E.T.I. does not accept responsibility for loss or damage to personal property and that it is my responsibility to check my own insurance policy.

(to be read and signed by parent/ caregiver of child participant)

Print Name

Signature

Date

HEALTH PROFILE

HEALTH PROFILE

Name _____

Medic Alert Number
(if applicable) _____

1. Please circle if your child has any of the following:

Migraine

Heart Condition

Epilepsy

Asthma

Travel Sickness

Heart Condition

Chronic Nose Bleeds

Color Blindness

Dizzy Spells

Other _____

2. Is your child currently taking any medications? Yes ___ No ___

If Yes, please state Ailment(s) _____

Name of medication(s) _____

Dosage and time(s) to be taken _____

Other treatment _____

3. Has your child had any major injuries (breaks or strains) or illness in the last six months that may limit full participation in any activities? Yes ___ No ___

If Yes, please state the injury or illness _____

4. Is your child allergic to any of the following?

	Yes	No	Please specify
Prescription medication	<input type="checkbox"/>	<input type="checkbox"/>	_____

Food	<input type="checkbox"/>	<input type="checkbox"/>	_____
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Insect bites/stings	<input type="checkbox"/>	<input type="checkbox"/>	_____
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Other Allergies	<input type="checkbox"/>	<input type="checkbox"/>	_____
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What treatments are required? _____

5. When was your child's last tetanus shot? (date) ____/____/____

6. Please outline any dietary requirements or restrictions.

7. Which of the following over the counter medications may be given to your child for the following symptoms: (please check)

- Tylenol (for pain not associated with dehydration)
- Benedryl (for minor allergic reactions)
- Immodium (for diarrhea)
- Epi Pen (epinephrine for severe allergic reactions, including compromised breathing)

8. To the best of your knowledge, has your child been in contact with any contagious or infectious diseases in the last four weeks? Yes _____ No _____

If yes, please give brief details _____

9. Is there any information the staff should know to ensure the physical and emotional safety of your child? Yes _____ No _____

If yes, please state or attach the information _____

I will inform Y.E.T.I. as soon as possible of any changes in the medical or other circumstances between now and the commencement of the trip.

In the case of an emergency, I agree to my child receiving any emergency medical treatment as considered necessary by the medical authorities present.

Print Name _____

Signed _____

(to be read and signed by the parent or guardian of the participant)

Date ____ / ____ / ____

Useful Numbers/Outing Location

Calling Tree

Date(s):

Name

Advisor	Travis Tierney	
Advisor	Karen Cyr	
Advisor	Leigh Welch	
Chaperones		
#1		Work:
		Home:
		Cell:
#2		Work:
		Home:
		Cell:
#3		Work:
		Home:
		Cell:
#4		Work:
		Home:
		Cell:
#5		Work:
		Home:
		Cell:
Nearest Hospital		
Police/Sheriff		
Warden Service		
Ambulance		
Fire		

Suggested Packing List ~ Day Hike

The following is a suggested list of important items for any day hiking trip taking place during the Spring, Summer, or Fall months in the Northeast.

Required Items:

- day pack w/ garbage bag liner
- rain jacket and rain pants
- wool or fleece WARM hat
- gloves or mittens – wool or fleece (warm, not cotton)
- wool or fleece sweater (WARM)
- clothing appropriate to season (t-shirt, loose-fitting pants--avoid jeans, shorts)
- long underwear mid-weight top **AND** bottom (Polypropylene, Thermax, Capilene, etc.) (good for layering under t-shirts and shorts for changing elevations, or temperatures)
- pair wool socks with polypropylene liners, or equivalent NON-COTTON hiking socks
- pair of broken-in, comfortable hiking boots (or if terrain is not rocky or steep, solid supportive sneakers or low-cut hiking shoes are fine)
- small flashlight or headlamp with NEW batteries
- 2 x 1 qt. water bottles
- whistle
- lots of enthusiasm & smiles!

Recommended Items:

- hat with brim for sun
- sun block and chapstick (with sunscreen)
- sunglasses
- small pocket knife
- compass
- extra prescription glasses or contact lenses
- security strap (like Croakies) for sunglasses and glasses

Optional Items:

- small towel
- camera with film
- small roll-on or squeeze tube of insect repellent
- journal or notebook with pen
- binoculars

Additional Leader Items:

This is a list of items that a leader might want along in addition to their personal equipment and the group equipment for any trip, regardless of length.

- first aid kit with incident report forms (appropriate to the length of trip, activity, and needs of participants)
- copy of itinerary (with phone numbers) - (leave a copy behind)
- copies of ALL medical forms of participants - (leave copies behind)
- maps in protective, waterproof bag (with route, emergency routes, and nearest phones)
- compass (and knowledge of how to use it)
- extra clothing -- warm hat, mittens, long underwear, etc. (for participants or emergency situation)
- Thermarest or ground pad (for emergency situation)
- large garbage bag (improvised bivy for emergency situation)
- extra lighter, or waterproof matches
- repair Equipment (appropriate to the equipment on trip): stove kit, extra cord, duct tape, needles, strong thread/fishing line
- pen/paper (for recording emergency information)
- emergency money
- vehicle keys
- water purification (iodine, filter, etc.)
- headlamp with extra batteries

Suggested Packing List ~ Winter Camping Trip

The following is a list of important items for any winter camping trip in the Northeast.

Required Clothing Items:

Head:

- synthetic or wool balaclava
- wool or fleece WARM hat (ear flaps are good)
- face mask, scarf, or neck gaiter
- sun glasses and/or goggles

Lower Body:

- synthetic or wool long underwear (Polypropylene, Thermax, Capilene, etc.)
- insulating layer - synthetic (fleece) or wool pants
- waterproof/windproof shell pants

Upper Body: (combine these layers)

- synthetic or wool long underwear (2 if possible) (Polypropylene, Thermax, Capilene, etc.)
- lightweight wool or synthetic shirt
- wool sweater and/or fleece sweater (WARM)
- down or fleece vest (or another extra layer)
- waterproof/windproof shell (must fit over your other layers)

Feet:

- 2-3 pair wool socks or equivalent NON-COTTON, synthetic hiking socks
- 1-2 pair synthetic or wool liner socks
- pair insulated winter boots (Sorels, mouse boots, double boots, etc.)
- gaiters

Hands:

- 2 pairs gloves or mittens -- wool or fleece (Warm, not cotton) -- at least one pair of mittens
- synthetic or wool liner gloves
- waterproof/windproof overmitts

Each of the categories above includes several layers for temperature modulation and increased warmth. It is good to have some extra layers to change into at night while your hiking clothes dry.

Required Equipment Items:

- expedition backpack (external or internal frame) w/trash bag liner
- sleeping bag (synthetic fiber or down filled bag rated to 0 degrees F)
- sleeping pad
- small flashlight or headlamp with NEW batteries, and spare bulb and batteries
- labeled insulated cup, bowl, spoon (NO glass!)
- 2 x 1 qt. water bottles
- small pocket knife
- compass
- whistle (non-metal for winter!)
- sun block and chapstick (with sunscreen)
- lots of enthusiasm & smiles!

Optional Items:

- waterproof pack cover, or extra large trash bags to line or cover your pack
- bandanna
- extra prescription glasses or contact lenses
- security strap (like Croakies) for sunglasses and glasses
- duct tape (can wrap some around a water bottle or pencil to bring with you for repairs)
- camera with film
- personal toiletry items (toothbrush, baking soda or tooth paste, tampons, contact lens solution, medications (with prescription), hand cream... avoid soap, but if absolutely necessary bring biodegradable soap like Camp Suds or Dr. Bonners)
- paperback book or other good reading material, games, deck of cards, stories
- journal or notebook with pen
- binoculars
- field guides