

Appalachian Mountain Club ~ Outdoor Explorations

Go Local Welcome Weekend

September 18-20, 2009

DESCRIPTION:

This Welcome Weekend allows new and long-time members to visit the Highland Center and become familiar with AMC, meet other members, and learn about sustainable living. Featured programs will include day hikes, Green technology tours, Leave No Trace workshops, Tips for Low Impact Hikers, a featured buffet dinner on Saturday night with all locally grown foods, a featured evening speaker from a local food producer, and Après Adventure fireside social with trivia and games. All daily adventures are guided and there will be an easy and moderate option for all abilities. This program is limited in size to 20 participants and the activity level is easy to moderate. Activities are planned for adults and for children ages 5+. Package includes: all meals Dinner Friday – breakfast Sunday, Saturday Social, Lodging, transportation, instruction, guides, off-site activities, and complimentary L.L. Bean Gear use. All activities are optional. Enjoy – Relax- Explore!

ITINERARY:

The following is a general schedule. You will receive a detailed itinerary upon arrival.

Friday

2:00 – 5:00pm Check in at the Highland Center and Registration

6:00-9:00pm Highland Center Buffet Dinner

7:30pm Welcome Session / Overview of the weekend

Saturday

6:30 – 8:30 am Breakfast Buffet

9:00am -12pm Day hike options.

1:00pm-4:00pm Workshops: Leave No Trace, Tips for Low Impact Hikers, Green Technology.

5:00pm Après Adventure Social Hour

6:00pm Go Local Buffet Dinner- featuring food from local farms and producers.

8:00pm Evening Program- TBD

Sunday

6:30 – 8:30am Breakfast Buffet

9:00am-12:00pm Workshop/ Hike option

10:30am Check-out

PROGRAM & HIKE DESCRIPTIONS:

Throughout the weekend, some or all of the following programs may be offered.

HIKES

Ammonoosuc Lake Walk: A beautiful, mostly level, walk around the lake with opportunities for bird watching, beaver observation, amphibian sightings, and wildlife tracking. An optional spur trail to the famous Red Bench offers a view of the Presidential Range; this section of the trail has a few short moderate sections. Around the Lake: 1.2 miles, 100' climb, 45-60 minutes.

Gibbs Falls: This hike climbs to a waterfall 0.6 miles up the Crawford Path. The last 0.4 miles to the Gibbs Falls sign is in beautiful Old Growth forest. The grade is moderate. 1.2 miles RT, 400' climb. 1 hour RT.

Mt Willard: Mt. Willard offers superb views of Crawford Notch. The trail follows an old carriage road making for a very moderate grade, with one shallow stream crossing. 3.2 miles RT, 900' climb, 2-3 hours RT.

Mt. Avalon: The Avalon Trail begins directly across the tracks from the Depot. The grade is partly moderate and steep in the last ½ mile, with two stream crossings near the start. The bare summit has spectacular views of Crawford Notch and the Presidential Range. 3.8 miles RT, 1500' climb. 3-4 hrs RT. One stream crossing is difficult in high water.

PROGRAMS

Green Technology Tours: Take a “behind the scenes” tour of the Highland Center construction and operations. Find out what makes this facility an award-winning “green” design! Great information to take

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back to your home!

Leave No Trace: Learn these seven vital principles so you can minimize your impact on the land when hiking, camping, and otherwise enjoying the outdoors.

Tips for Low Impact Hikers: Learn how to reduce your impact on the environment while enjoying your favorite outdoor activity. Tips on planning your route, repackaging food, and choosing environmentally friendly hiking clothing.

LIMITATIONS:

- Valid for new reservations only
- Cannot be combined with other offers or discounts
- Must book both Friday and Saturday nights.
- Must mention package deal specifically when booking
- Rates do NOT include NH state lodging and meals tax.

REFUND AND CANCELLATION POLICY:

Payment in full is required at the time of registration. Reservations canceled:

- More than 30 days in advance will be refunded in full.
- Within 14 to 30 days in advance will receive a 70 percent refund.
- Less than 14 days in advance will not receive a refund.

If the AMC must cancel a program, registrants will be notified and all course fees and deposits will be refunded. ****Please Note: Program dates and fees are subject to change.**

REGISTRATION:

To register, please call the AMC Reservations Department at 603-466-2727, or find your program online and sign up at <http://www.outdoors.org/lodging/explorations>. We will email (or alternatively mail) you a packet of forms for you to complete, sign, and return to us before your program. **Your registration will not be finalized until we receive the following forms: the "AMC Confidential Health Questionnaire," and the "AMC Participant Acknowledgement and Assumption of Risks & Release and Indemnity Agreement Form."**

Forms are attached at the end of this document. Please read these forms thoroughly and fill in all sections of the Confidential Health Questionnaire, and the Participant Agreement, Release and Acknowledgment of Risk Form. If you did not receive one or more of these forms (or the travel directions, clothing and equipment list), please contact the facility office. If forms received by email do not appear to have been received in their original format, please call the Reservations office and we will mail copies of these forms to you.

In addition to medical issues, please list all food allergies or restrictions on the Medical Form. The chefs at The Highland Center strive to make a reasonable effort to accommodate food restrictions and allergies and we generally offer both meat and vegetarian options at meals. However, you may want to supplement the meals provided if you follow a vegan, no wheat, low carbohydrate, or other restrictive diet.

One set of forms per person attending must be returned by mail or fax to the AMC at least 2 weeks prior to your workshop in order to give us time to review the information and contact you concerning any questions we might have. Please bring your original forms with you so we can keep one set on file and take one set in the field with the guide. If you have any questions regarding the content of these forms please contact us at 603-278-3827. Please return forms to:

**AMC Highland Center
Attn: Sara DeLucia-Adventure Programs Manager
General Delivery, Rte. 302
Bretton Woods, NH 03575
Fax-(603) 278-4434**

For questions call or email Sara DeLucia: (603) 278-3827 - sdelucia@outdoors.org

INFORMATION TO HELP PLAN FOR YOUR STAY:

AMC's Highland Center at Crawford Notch, our newest four-season lodge and outdoor education center, offers a broad range of accommodations and walk-on programs, along with backdoor access to a variety of outdoor activities. The Highland Center is an ideal starting point for day hikes, paddling, snowshoe, skiing and longer backcountry trips in the White Mountains.

- Highland Lodge: comfortable lodge featuring private and shared rooms, living room, library, dining room
- Shapleigh Bunkhouse: hostel-style accommodations with benefits of a Highland Center stay
- Education and Information Center: Friendly staff, meeting rooms; a hub for AMC youth and adult education programs
- Thayer Hall: carriage house with exhibit and meeting space
- Crawford Depot: historic train depot and seasonal information center
- LL Bean Gear Room: Featuring adventure gear for use by guests as part of your lodging package. Items include boots, fleece and rain jackets/pants, synthetic shirts, trekking poles, and much more.

Meeting Spaces: Several classrooms and smaller meeting spaces available.

Dining: Breakfast buffet is served from 6:30a.m to 10:00a.m. Lunch is served 11:00 a.m. -4:00 p.m. or we will have trail lunches when needed. Dinner is family-style served 6:00-9:00 p.m. Friday and 6:00 p.m. Saturday. Snacks may be purchased at the Guest Services Desk- if you have your favorites feel free to bring your own. Tea, coffee, and cocoa are available from 6:30a.m. to 10:00p.m. in the Greenery. All meals (except lunch) are included from Friday dinner to Sunday breakfast. Snack bar and beverage coolers are not included but may be purchased.

Weather: While weather can often be beautiful in the White Mountains, it can also be extreme. You should expect temperatures ranging from well below freezing to possibly 50 degrees Fahrenheit or more and steady wind. Please check the forecast prior to your arrival for the latest conditions.

Health: Two hospitals are located within a 27-mile drive of The Highland Center. Littleton Regional Hospital is in Littleton, and the Memorial Hospital is in North Conway.

Travel: See below directions or go to <http://www.outdoors.org/lodging/lodges/highland/crawford-directions.cfm>

CLOTHING & EQUIPMENT LIST

Our adventures will be mainly outdoors. Early fall temperatures in the White Mountains can range from 30 to 80 degrees Fahrenheit! Exploring the White Mountains in a safe and comfortable manner requires planning and preparation. When dressed and geared properly, even the most challenging conditions can be encountered successfully. If you are adequately equipped with the right gear and clothing, you will have a more comfortable and enjoyable experience. In general, it is best to bring multiple layers of clothing constructed of wicking fabrics (synthetic or wool) that draw moisture away from the body. Layering will allow you to closely regulate your body temperature in response to changes in weather and your activity level.

We will be active each day. Sturdy footgear is **highly recommended**, as well as a small daypack. We **strongly** suggest bringing warm clothing suitable for outdoor activities. See below for a list of necessary items. Some items are available for loan from the Highland Center; others may be available for purchase. *Come prepared for the most extreme weather.*

Clothing & Equipment List

**Available from the AMC Highland Center's LL Bean Gear Room*

+Available for purchase from the AMC Highland Center Retail Store

Outerwear

- Waterproof/breathable rain jacket*+
- Waterproof/breathable rain pants*+
- Midweight fleece jacket or wool sweater*+

Clothing

- One mid or lightweight thermal tops synthetic or wool*+
- One pair lightweight, nylon hiking shorts+
- One pair lightweight, nylon hiking pants
- One lightweight, synthetic t-shirt+
- One pair hiking socks (wool or synthetic)+

- Synthetic sock liners (optional)+

- Wool or fleece hat*+
- Warm gloves or mittens *+

Footwear

- Sturdy hiking boots*

Travel Accessories

- Two 1 quart water bottles (minimum per person)+
- Back pack, 1500 cubic inches or larger*
- Trash bag or other pack liner*
- Headlamp and extra batteries+

- Sunglasses with retainer strap+
- Sunblock and lip balm+
- Personal medications
- Personal first aid kit, including blister kit+
- Personal snacks and lunch+
- Pocket knife/small multi tool
- Whistle+

- Lighter or waterproof matches

Optional Field Gear

- Camera+
- Small binoculars
- Personal gear repair kit

SPECIFICS ABOUT GEAR AND EQUIPMENT:

This descriptive list of equipment and clothing is a general guide. There are many options available for most of these items and while we will review some of this information during your course, you are encouraged to purchase equipment you need from a store that has sales staff capable of explaining different options.

Clothing

Clothes trap body heat, and thus the different insulating qualities of various fabrics become important in regulating body heat loss (that is, helping to retain body heat in cold weather and helping to release body heat and sweat in warm weather). Wearing multiple layers of clothing allows you to remove layers when you are warm or add them as you cool off.

- **Cotton** — Absorbs water and holds moisture near skin, making you feel colder. Cotton loses its insulating ability when wet, is hard to dry, and therefore is not appropriate or acceptable in the backcountry.
- **Wool** — Retains insulating properties even when wet and is very durable. However, it is also heavier and difficult to dry once wet.
- **Pile or fleece** — Absorbs very little water and is therefore able to insulate in wet weather. This fuzzy fabric is made of synthetic fibers (including recycled plastic bottles) and is lighter but more bulky than wool. Because fleece does not protect against the wind it is often best to use it as a layer under a windproof jacket. Be sure it is not a cotton blend.
- **Polypropylene** — Wicks moisture off skin onto the outer layer of fabric, and so helps you stay warm and dry. Generally worn next to the skin, this synthetic fiber has qualities comparable to those of pile or wool. There are many similar synthetic fabrics available under a variety of names. But when it comes to long underwear, the most important thing is that it be made of a material that will not absorb water.
- **Nylon or nylon/polyester blends** — Do not absorb much water and dry quickly when wet. They are preferable materials for shorts, pants, or other outdoor clothing. Clothes purchased for exercising (nylon sweat pants, biking jerseys, running shorts, etc.) double well as outdoor clothing.

INDIVIDUAL/GROUP BEHAVIOR EXPECTATIONS:

AMC Outdoor Explorations vary greatly in focus, length, physical and mental intensity, distance traveled from a source of outside assistance and required level of participant interaction. These courses are designed to provide an opportunity for people of different abilities, interests, and backgrounds to learn new skills and to enjoy the natural world. Key elements required for making these experiences enjoyable and educational are a positive attitude and appropriate behavior on the part of every program participant.

Such behavior includes — but is not limited to — being supportive of other program participants, recognizing that individuals learn in different ways and at different speeds, allowing instructors to provide for the varied needs of all participants, caring for oneself to the best of one's ability and notifying instructors in a timely manner of any limitations that might affect one's ability to perform at the level designated for the course. It is also expected that all participants will avoid behaviors that are either physically or psychologically threatening to themselves or other participants and that they will avoid the use of alcohol or other substances that might impair their ability to perform tasks safely.

If a program instructor determines that a participant's behavior is either physically or psychologically disruptive to the group or is creating an unsafe learning environment, the instructor may, at his/her discretion, remove that participant from the program. Once removed, the participant forfeits his/her entire program fee regardless of when he/she is asked to leave. Any discussion, concerns, or complaints regarding participant removal from a program should be addressed to the AMC Director of Education.

SAFETY:

Participant safety is a high priority for all AMC-sponsored events. Therefore, we've developed procedures and policies that attempt to limit participant risk. Participants are expected to work with staff to reduce risks and make the experience enjoyable for all. In case an emergency does occur, AMC staff is trained in wilderness first aid, carry first-aid kits, and follow a comprehensive Emergency Action Plan. The AMC uses radios and other communication devices, although these are not reliable in all locations and conditions. Despite such steps, participants (parents in family programs) should be aware that there are risks associated with outdoor adventure activities, including — but not limited to — cooking and camp chores, adverse weather and environmental conditions, transportation in vehicles, on foot, by boat, or bicycle and the remote locations of our trips. Once you receive the "Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement", carefully read and sign it. Call us if you have questions. Participants' (parents') understanding of these risks and adherence to our policies and procedures will contribute to making this experience successful.

AGE REQUIREMENTS:

This program is open to adults and children of all ages. While a program may be appropriate for someone under 18, the AMC will require an adult to accompany minors in order to provide supervision during all guided hikes and programs.

DIRECTIONS TO THE HIGHLAND CENTER AT CRAWFORD NOTCH:

Located in Bretton Woods, N.H., the Highland Center, Crawford Depot, and Macomber Family Information Center are located on Route 302, 10 miles east of Twin Mountain, N.H. Below, you can find directions, followed by approximate driving times. If you have additional questions, please call AMC Reservations at 603-466-2727. For emergency contact at the Highland Center, call 603-278-4453.

From central and south-central New Hampshire (Manchester, Concord, etc.):

- 1) Take Interstate 93 North to Route 3 North (Exit 35).
- 2) Take Route 3 North to Route 302 East (near Twin Mountain).
- 3) Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From eastern and southeastern New Hampshire (Portsmouth, etc.):

- 1) Take Spaulding Turnpike North to Route 16 North.
- 2) Take Route 16 to Route 302 West (in Glen).
- 3) Take Route 302 West to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From Boston and its suburbs:

- 1) Take Interstate 93 North to central New Hampshire.
- 2) Follow directions above for central New Hampshire.

From Portland, Maine:

Take Route 302 West to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From Montreal:

- 1) Take Autoroute 10 East to Autoroute 55 South (north of Magog).
- 2) Take Autoroute 55 South to Interstate 91 South (at US/Canada line).
- 3) Take Interstate 91 South to Route 105 East (by Derby, Vt.).
- 4) Take Route 105 East to Route 3 South (in North Stratford, N.H.).
- 5) Take Route 3 South to Route 302 East to (near Twin Mountain).
- 6) Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

From New York City (and Hartford, Conn., or western Massachusetts)

- 1) Take Interstate 95 North (Connecticut Turnpike) to Interstate 91 North (by New Haven, Conn.).

2) Take Interstate 91 North to Route 302 East (Exit 17 in Vermont).

3) Take Route 302 East to the Crawford Notch Depot Visitor Center, located roadside right on Route 302.

Approximate driving times and mileage to Crawford Notch

Times may vary greatly depending on driving style, traffic, and road conditions. But here are some approximations to offer a bit of guidance:

- *From Boston*, 160 miles, three hours.
- *From New York City*, 370 miles, five hours.
- *From Montreal*, 190 miles, three hours.

The AMC Outdoor Explorations encourages outdoor recreation, stewardship, and responsible use of the Appalachian region by offering a diverse array of contractor and staff-run professional education experiences for AMC members and the general public. Programs build connections between individuals, explore the natural world, develop outdoor skills, offer opportunities for spiritual renewal, foster an appreciation of cultural history and the arts, and create a greater understanding of ecological concepts.

**Appalachian Mountain Club
Confidential Health Questionnaire**

Participant Name: _____ Course Start Date: _____

Appalachian Mountain Club Program Name: _____

Age at Course Start: _____ Height: _____ Weight: _____

Home Address: _____

Emergency Contact(s): _____

Primary Emergency Phone Number: (day) _____ (eve): _____

Emergency Cell Phone/Page: _____

Relationship of Emergency Contact(s): _____

SEVEN-QUESTION HEALTH QUESTIONNAIRE

Parent or legal guardian should complete form for their minor child participating in AMC activity

	Yes	No
1. Have you experienced an asthma attack at any time in your life? (Asthma can potentially be affected by exercising at altitude, in dry air, extreme cold, etc.)		
2. Have you ever been diagnosed with type I or type II diabetes? (A diabetic can easily become dehydrated in backcountry environments. Further, long, arduous days/hikes can lead to hypoglycemia, etc.)		
3. Have you ever visited a medical professional for a serious allergic reaction, or have you ever been given a shot of epinephrine for an allergy or anaphylaxis? (Some people are allergic to stinging insects; nut products or other food products which a co-participant might be carrying or may be included in a meal prepared by AMC staff ; iodine, which might be used to treat drinking water and/or clean wounds, etc.)		
4. Have you ever received medical treatment for angina, a heart attack, or any type of heart disorder/disease?		
5. Have you ever been diagnosed with or are you currently being treated for high blood pressure? (The environment and workload associated with AMC courses can sometimes affect BP and/or the efficiency of some BP medications.)		
6. Have you ever seen a medical professional following a seizure, or are you currently being treated for any type of seizure disorder? (Some seizures are triggered by fatigue and dehydration [which can occur following a long hike], significant change in diet, stress, etc.)		
Is there anything else you think we should know about your medical background? (I.e., anything that could affect your safety or ability to participate fully?)		

DIETARY RESTRICTIONS: Please be specific (vegetarian, no red meat, vegan, lactose intolerant, **food allergies**, strong food dislikes, etc.)

If you answered **YES** to **Any** if the above questions please answer the following as well:

- I was diagnosed with _____ in the last year.
- I have visited the emergency room in the last year due to _____.
- I have had to use epinephrine following an asthma attack/allergies or anaphylaxis in the last year? _____
 - Will you be bringing/carrying epinephrine on the outing? _____
 - What are you allergic to? _____
- How often do you use your inhaler to treat your asthma or wheezing?

- Do you have poor circulation due to your diabetes? _____
- Will you be carrying insulin or wearing an insulin pump during your outing? _____
- Are you able to exert yourself for more than 30 minutes without experiencing angina (chest) pain? _____
- Are you currently taking medication for your seizures? _____
- Have you experienced a seizure within the past year? _____
- Is your blood pressure currently under control (i.e., systolic under 140 and diastolic between 60 and 100)? _____

If there is anything else you think we should know about your condition, please explain here. Attach a separate sheet if necessary.

PLEASE READ CAREFULLY! Participants (and parents/guardians, if appropriate) must read and sign in both places, below.

Participant acknowledgement of accuracy and understanding. By signing this form, I am declaring that, to the best of my knowledge, I have completed the questionnaire accurately. I also understand that by knowingly filling out the form inaccurately, or by withholding pertinent information about my health, I could potentially be increasing the risk to myself or others.

Consent to accept aid. By signing this form, I am giving consent and permission for AMC staff, volunteers, representatives, or contractors to provide medical care to me or to my child, to transport me or my child to a medical facility, or to seek the aid of emergency medical services as deemed appropriate. I further authorize AMC staff, volunteers, representatives, or contractors to render whatever treatment they consider necessary for my or my child's health, and I agree to pay all costs associated with that care and transportation.

Participant's name (printed)

Participant's signature

Signature of parent/guardian (if applicant is under 18)

Date



APPALACHIAN MOUNTAIN CLUB
PARTICIPANT ACKNOWLEDGMENT AND ASSUMPTION OF RISKS
AND RELEASE AND INDEMNITY AGREEMENT

INTRODUCTION

PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING. All participants must sign this document. For participants under 18 years of age, one or both parent(s) or legal guardian(s) must also sign. Throughout this Document, participants under 18 yrs. of age will be referred to sometimes as 'minor' or 'child,' and parent(s) and guardian(s) will be referred to collectively as 'Parent(s).' In consideration of the services of the Appalachian Mountain Club, Inc., a charitable, not-for-profit corporation, organized and existing under the laws of Massachusetts, and its chapters, including all officers, employees, representatives, independent contractors, volunteers (including leaders and co-leaders), members and all other persons or entities associated with it (collectively referred to in this Document as 'AMC'), **participant and parent(s) of a minor participant, acknowledge and agree as follows:**

In addition to staff-led activities, AMC contracts with individuals or organizations that are independent contractors (not employees or agents of AMC) to conduct certain activities participants may be engaging in. Although AMC has made reasonable efforts to locate responsible contractors, these contractors work independently. AMC does not supervise or control these independent contractors and is not legally liable or responsible for their conduct. **Further, AMC uses volunteers to assist with, and sometimes lead certain workshops and programs. These individuals are not paid professional guides or leaders. In all activities, all participants share in the responsibility for their own safety and the safety of the group.**

ACKNOWLEDGMENT & ASSUMPTION OF RISKS

AMC educational and/or recreational activities include, but are not limited to hiking, backpacking, camping, biking, skiing, maintenance of trails and facilities, mountaineering, rock and ice climbing, canoeing, kayaking, sailing, swimming, wilderness emergency medical training, first aid and rescue, participation in volunteer service projects, use of AMC huts or other facilities and transportation or travel to and from activities (referred to in this Document as 'activities' or 'these activities'). **I (and my parent(s), if I am a minor) acknowledge that participating in these activities involves inherent and other risks, hazards, and dangers that can cause or lead to injury, property damage, illness, mental or emotional trauma, disability or death to participant or others. The following includes some, but not all, of those risks, hazards, and dangers:**

Risks present in an outdoor, mountainous, or wilderness environment on land or water, both on and off trail. Travel can be subject to storms, strong winds, avalanches, currents, waves, whitewater, lightning, rapidly moving rivers or other water bodies, stream crossings, snow or ice, falling rocks, wild animals, disease carrying or poisonous animals or insects, extremely hot, humid or cold weather or water, and other natural or man-made hazards and dangers. Hazards may not be marked and weather is unpredictable year-round.

Risks in decision making, including, without limitation, the risk that an AMC staff member, volunteer, representative, co-participant or contractor may misjudge a participant's capabilities, or misjudge weather, terrain, water level, or route location.

The risk that equipment used in an activity may be misused, or may break, fail or malfunction.

AMC activities may take place in remote places, several hours or days from any medical facility, causing potential delays or difficulties with communication, transportation, evacuation, and medical care.

Risks connected with cooking and camping chores. Participants may cook over a gas stove or an open fire and are subject to the risk of gas explosion or burn. Water may be contaminated and must be disinfected before use.

Risks associated with transportation. Travel can be on foot or by vehicle, bicycle, boat, or other means and can be over rough and unpredictable terrain or via oceans, lakes, or rivers, with wind, rain, or other adverse weather conditions.

Volunteer community service. Participating in volunteer service projects includes risks associated with activities such as (but not limited to) building, digging and trail maintenance, painting, construction and clean-up projects. Projects can include the use of tools and equipment (i.e. drills, saws, power tools) that can cause injury resulting from use, misuse or malfunction.

Risks regarding conduct, including the potential that the participant, or other participants or third parties (e.g. general public, rescue squad, medical facility) may act carelessly or recklessly.

Participants may have limited, unsupervised time during, before or after the start of an AMC program. This may include periods of free time, or periods of time alone while engaged in backcountry travel. **During both supervised and unsupervised activities, all participants share in the responsibility for their own safety and the safety of the group.**

Other risks, hazards and dangers that are generally associated with educational and/or recreational activities.

These and other risks, hazards and dangers may result in participants falling, being struck, colliding with objects or people, experiencing vehicle or boat collision or capsize, drowning, reacting to weather conditions or increased exertion, suffering gastro-intestinal complications or allergic reactions, becoming lost or disoriented, or experiencing other

problems. These and other circumstances may cause hyperthermia, hypothermia, frostbite, dehydration, burns, heart or lung complications, broken bones, concussions, paralysis, or other injury, damage, death or loss.

I (participant and Parent(s) of a minor participant) acknowledge:

- I have accurately completed all required application, registration, and medical forms and reviewed and understand all AMC program information and materials received;
- AMC representatives are, and have been available, should I have further questions about the nature and physical demands of these activities and the risks, hazards and dangers associated with these activities.
- AMC staff, leaders or other personnel cannot assure participant's safety or eliminate these risks.

Participant is voluntarily participating with knowledge of the risks. Therefore, participant (and Parent(s) of minors) assume and accept full responsibility for the inherent and other risks of these activities (both known and unknown), and for any injury, damage, death or other loss suffered by participant (and Parent(s) of minors), resulting from those risks and resulting from participant's negligence or other misconduct.

RELEASE AND INDEMNITY AGREEMENT

Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. I (adult participant or Parent(s) of a minor participant) agree as follows:

- (1) **to release and agree not to sue AMC**, with respect to all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claims'), in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment or facilities. **I understand I agree here to waive all claims I may have against AMC, and agree that neither I, nor anyone acting on my behalf, will make a claim against AMC, as a result of any injury, damage, death or other loss suffered by me or my child;**
- (2) **to defend and indemnify** ('indemnify' meaning protect by reimbursement or payment) **AMC** with respect to all claims brought by or on behalf of me, my child, or a family member in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment or facilities.

This Release and Indemnity Agreement includes any losses caused or alleged to be caused, in whole or in part, by the negligence of AMC (but not its gross negligence or intentional or reckless misconduct), and includes claims for personal injury, property damage, wrongful death, breach of contract or otherwise.

CONCLUSION

I (participant and Parent(s) of a minor participant) agree that the substantive laws of the Commonwealth of Massachusetts govern this Document and all other aspects of my relationship with AMC, and that any mediation, suit, or other proceeding must be filed or entered into only in Massachusetts.

AMC reserves the right to remove any participant from the program who staff or leaders believe, in their discretion, presents a safety concern or medical risk, is disruptive, or acts in any manner detrimental to the program. If participant is dismissed or departs for any reason, participant (and his/her family) are responsible for all costs of early departure whether for medical reasons, dismissal, personal emergencies or otherwise. These costs include, but are not limited to medical evacuation and costs, plane, train or taxi fare, accommodations, and costs and compensation for staff accompanying participant.

Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions, and those remaining provisions shall continue in full force and effect.

Participants and Parent(s) of minor participants agree: 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. One or both parents must sign below for any participating minor (those under 18 years of age).

Participant Signature

Date

Print name here

Parent or Guardian Signature

Date

Print name here

Parent or Guardian Signature

Date

Print name here