

Release of liability and medical information

Disclosure

The Outdoor and Environmental Education program at Mt. Aetna Camp and Retreat Center (MACRC) offers a variety of classes including nature, survival, group initiatives, and challenge ropes course activities (low ropes, high ropes, climbing tower). The level of participation will at all times be completely up to the individual. However, there is a risk of injury or disability, both physical and emotional that must be assumed by the participant.

MACRC policy requires that the participants health and accident insurance provide primary coverage for the participant. In accordance with this policy, MACRC reserves the right to refuse services to persons not covered by health and or accident insurance.

Certain health and medical information must be disclosed to enable MACRC and its staff who are conducting the classes so that they can respond appropriately if necessary.

This form must be completed by the students parents and delivered to MACRC before the child will be allowed to participate in the activities.

Please print

Student's name _____

Address _____

City _____

State _____ Zip _____ Age _____

Home phone (_____) _____

Work phone (_____) _____

Cell phone (_____) _____

Health/accident insurance company _____

Group/ID# _____

Company phone (_____) _____

Health and medical information

Describe any limiting physical disabilities, handicaps, chronic back or joint conditions:

List allergies to any medications, foods, insect bites, or other substances (dust, ragweed, poison ivy, etc.) Please give details, last reaction dates and any treatment received.

What to bring, and what to leave

Clothing

- ☐ Underwear
- ☐ Pants - suitable for outdoor play and dirt
- ☐ Shirts
- ☐ Shorts
- ☐ Jacket
- ☐ Hat
- ☐ Socks
- ☐ Poncho or rain coat
- ☐ Belt
- ☐ Shoes - good walking shoes (Flip-flops are prohibited for most activities.)
- ☐ Water shoes or old shoes for the creek

General

- ☐ Canteen or water bottle
- ☐ Toothbrush & paste
- ☐ Soap
- ☐ Shampoo
- ☐ Towel
- ☐ Wash cloth
- ☐ Bible
- ☐ Flashlight
- ☐ Sunglasses
- ☐ Insect repellent
- ☐ Sun screen lotion
- ☐ Pen and pencil
- ☐ Small backpack or waist pouch

Sleeping gear:

- ☐ Sleeping bag
- ☐ Pillow
- ☐ Sleep wear

Optional

- ☐ Camera
- ☐ Binoculars
- ☐ Nature books
- ☐ Swimsuit (boxer style for boys, one-piece for girls)
- ☐ Hiking boots
- ☐ Camouflage clothing for games and animal observation

Leave these at home

- ✗ Radios
- ✗ Tape & CD players
- ✗ Electronic games
- ✗ Skateboards, bikes etc.
- ✗ Junk food and candy
- ✗ Knives, guns, ammo, fireworks
- ✗ Alcohol, tobacco, drugs
- ✗ Jewelry or valuable items prone to loss



SEVENTH-DAY ADVENTIST CHURCH
www.adventist.org

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Outdoor Education Program

Student & Parent Guide

This guide provides general information for the students who are attending outdoor education events, and critical information for their parents. Parents should complete the form included and return it to the school before departure.





Mt. Aetna Retreat Center is a Christian facility dedicated to the care and instruction of God's children, young and old alike!

Activities

Our outdoor education programs focus on ecology, outdoor skills, recreation, and study of God's creation.

Classes rotate on a four year cycle, and include courses such as: pond exploration, forest study, astronomy, wild edible plants, survival shelters, fire building, orienteering, bird observation, geology, wild life behavior, recycling etc.

Students may also participate in group initiative games, low ropes team building activities, high ropes challenge course activities, and the climbing tower/zip line. Our ropes staff are highly trained and recertified each year.

Recreational opportunities include group games, hikes, canoeing, basketball, volleyball, and warm weather swimming.



Lodging

Outdoor school groups are lodged in heated summer camp cabins. Most cabins sleep eight students and a sponsor. Each cabin is equipped with a sink, laundry tub, toilet and shower. Mattresses are provided, but guests must provide their own linens or sleeping bags.



Food service

Full food service is typically provided to outdoor school groups by MACRC. Meals are served cafeteria style. We serve lacto-ovo vegetarian meals. That means we use eggs, milk and cheese, but serve no meat, fish, chicken, or seafood. Full vegan options are also available. No caffinated drinks are served. Please note any food allergies on the *Release Form*.

Fees

Our standard program includes two nights lodging, seven meals, several ropes course activities, and four classes. Individual schools may modify this program which will alter the cost. Some schools may also charge for transportation or other additional items.

Location and contact information

We are located just an hour northwest of Washington DC, an hour west of Baltimore, and only 3 miles off Interstate 70. Our address and phone number are on the back of this brochure. You may also call **301-573-6066** as an emergency number during non-business hours, if your school leaders have not provided you with an emergency cell phone number.



If you have asthma, diabetes, thyroid trouble, bleeding problems, epilepsy, or any type of arthritis, please give details and a statement of your present condition.

Please list current medications, condition prescribed for and recommended dosage.

See that a teacher or sponsor accompanying your group receives instruction and responsibility for administering medications prior to the groups departure.

List any dietary restrictions.

Release of liability

I have read the above information and understand the physical and stressful nature of the MACRC Outdoor and Environmental Education Program. I have noted any medical or physical conditions, which might affect the participants ability to participate in these activities. As a participant, I will at all times wear any required equipment and follow the directions of the instructors and facilitators. I accept the conditions stated and release the Chesapeake Conference of Seventh-Day Adventists, MARC and its staff from liability in case of accident or illness.

In case of emergency, I give permission to MACRC staff to administer basic first aid or seek appropriate medical care, including hospitalization, injections, anesthesia, or surgery for the participant listed here.

I also give permission for MACRC to use audio and visual images or recordings for promotional purposes.

Participant's Signature

Date

Parent/Guardian Signature

Date

Group title or name

Please complete this form, cut it off, and return it to your school administration, prior to their departure for outdoor school.