Freshman Wilderness Experience Participant Registration and Activity Contract - 2019

To enroll, complete the Participant Registration and Activity Contract, the Backpacking and Camping AND/OR Canoeing and Camping Release, and the Medical History and Physical Assessment Form. After reading all documentation within this registration packet, sign where requested to acknowledge understanding and agreement with the information stated. Registration is on a first-come, first-serve basis, with payment in full or as indicated. Participants under 18 years of age require a parent/guardian signature and program coordinator approval.

Note: You MUST be a registered BGSU student prior to the trip’s departure date. SOAR (registration program) dates to be eligible for the trip take place on the BGSU campus on June 6, 7, 8, 11, 12, 13, 14.

Submit completed materials by mail: BGSU Outdoor Program, 801 N. Mercer Rd, attn.Thad long, BG, OH, 43403, by fax: 419.372.8454, or by email: outdoorpro@bgsu.edu. Checks (payable to BGSU Outdoor Program) may be enclosed with mail-in registrations. For other payment methods contact Thad Long: 419.372.2146 | longtha@bgsu.edu. Due to Payment Card Industry Compliance, do not fax or email credit card information.

PARTICIPANT INFORMATION:

Participant Name (print): ____________________________________________________________
Participant Email: ________________________________________________________________
Cell Phone Number: (______) ____________________________
Home Phone Number: (______) ____________________________
Mailing Address (incl. city, state, zip):

_______________________________________________________

Date of Birth: ___/___/_______ Gender: ____Male ____Female ____Another
Anticipated Academic Major: ____________________________

T-Shirt Size (circle one): XS S M L XL XXL

How did you learn about the Freshman Wilderness Experience? (circle any that apply):
Web Email Social Media Flyer SOAR Display Word of Mouth Preview Day Other: ______________________

Rank your FWE Trip preference by circling appropriate choices below -- backpacking or canoeing (circle only the choices you are willing to attend – e.g. leave canoeing blank if only willing to backpack):

<table>
<thead>
<tr>
<th>Circle Choice #</th>
<th>Date</th>
<th>Trip Cost $</th>
<th>Down Payment</th>
<th>Balance Due June 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 2</td>
<td>June 15-22</td>
<td>Backpacking</td>
<td>$150</td>
<td>$245</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(14 spots)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 2</td>
<td>June 15-22</td>
<td>Canoeing</td>
<td>$150</td>
<td>$245</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(7 spots)</td>
<td></td>
<td></td>
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</tbody>
</table>

Why do you want to be a part of the Freshman Wilderness Experience?

_________________________________________________________________________

_________________________________________________________________________

_________________________________________________________________________
Describe your outdoor experience (all levels are encouraged to participate):
CANCELLATION/REFUND POLICIES:
1. If activity is cancelled for any reason by BGSU (i.e. weather, insufficient registration, etc.) a full refund is granted.
2. In the event you cancel your registration, no refund is provided.
3. If you have a medical/family emergency, contact us as soon as possible and provide written documentation from the appropriate authority to the program coordinator. Refunds are at the discretion of the program coordinator.

PARTICIPANT EXPECTATIONS:
1. Activity philosophy is based on experiential education where participants learn by doing in a cooperative atmosphere with minimum impact on the natural environment.
2. BGSU trip leaders (faculty, Outdoor Program staff, student) role is to be an activity resource for the participant. Trip leaders help plan and organize the activity, advise participants on personal preparation needed, provide instruction on safety, minimum impact, and activity skills, and facilitate group issues and goals. Trip leaders are not professional guides.
3. Participants should be self-sufficient in personal responsibilities (carry own weight, setting up and taking down tents, etc.) All participants are expected to help with group tasks such as activity preparation, on-site activities (cooking, cleaning, loading and unloading equipment, etc.) and equipment cleanup after the trip. It is important that participants recognize that the activities are “group-oriented” learning experiences.
4. Participants must treat fellow participants and trip leaders with respect and consideration regardless of race, sex, color, national origin, religion, creed, age, marital status, mental or physical disability, sexual orientation, or veterans’ status.
5. Participants must assume the potential risks associated with the activity, be responsible for their own actions, and be in good physical condition. Participants must agree to follow common safety practices and assist the staff by calling attention to situations that may be hazardous.
6. Participants should have health/accident insurance coverage.
7. Participants must abide by the Bowling Green State University Student Code of Conduct including policies on drug and alcohol use, which states NO ILLEGAL DRUGS or ALCOHOL are permitted. Bowling Green State University is not responsible for any alcohol or drug related accidents, injuries or damages.

EMERGENCY CONTACTS:
1. Name: __________________________________________________________________________ Relationship: __________________________
   Telephone: __________________________

2. Name: __________________________________________________________________________ Relationship: __________________________
   Telephone: __________________________

Backpacking and canoeing can be physically and emotionally demanding activities. If there is any question concerning the ability to participate on this trip, contact Thad Long: 419.372.2146 | longtha@bgsu.edu.

Participant Name (print) ________________________________________________________________
Participant Signature __________________________ Date: _________________

Parent/Guardian Name (print) (if under 18) ______________________________________________
Parent/Guardian Signature (if under 18) ______________________________________ Date: ________________
Freshman Wilderness Experience Backpacking and Camping Release

Important: This is a Legal Document - - -

Please read/understand this document before signing. If you have questions please ask us or consult an attorney.

The Outdoor Program, Recreation and Wellness, and Bowling Green State University wants to assure that our guests have a rewarding experience. We wish to inform our guests that backpacking and camping are not risk-free. The same elements that contribute to the unique character and fun of backpacking such as transportation to and from the event and physical exertion can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect and to be informed of the potential risks. We ask that you read, sign and return this document back to our office.

ACKNOWLEDGEMENT OF RISKS

While backpacking you will be living, camping, and traveling outdoors, where you will be subject to numerous risks – environmental and other risks.

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<table>
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<tbody>
<tr>
<td>4.</td>
<td>Meals are prepared over stoves and open fires. Water will require disinfecting. Camping hazards may include burns, cuts, diarrhea, and flu-like illness.</td>
<td></td>
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<tr>
<td>5.</td>
<td>You will be traveling by foot with weight on your back. Travel may be rugged, unpredictable and off trail terrain may include, boulder fields, downed timber, river crossings, high mountain passes, snow and ice, steep slopes, and slippery rocks. Risks include collisions/falling, drowning, blisters, injured bones, muscles, and ligaments, getting lost, and others associated with such travel.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>Environmental Risks include: rapidly moving, deep or cold water, insects, snakes, predators, and other animals; falling or rolling rock, lightning, avalanches, flash floods and unpredictable forces of nature including weather that may change to extreme conditions without notice.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>Due to the possibility of extreme weather conditions, the following illnesses are possible: hypothermia, frostbite, altitude illness, sunburn, heatstroke, dehydration, and other mild or serious conditions.</td>
<td></td>
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<tr>
<td>8.</td>
<td>Sleeping out-of-doors can present special problems. Even with outdoor mattresses or pads, sleeping can be uncomfortable. Sleeping outdoors where the air is subject to greater environmental changes can be uncomfortable. Insects and other animals may visit your campsite or disturb you at night.</td>
<td></td>
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</table>

This list is not an exclusive or exhaustive list of possible injuries, trauma or accidents that may occur while backpacking. It is also possible that some participants would suffer mental anguish or trauma from their experience or injuries.

CONTRACT, WAIVER, RELEASE & INDEMNIFICATION

I desire to participate in the following backpacking trip Freshman Wilderness Experience on the Appalachian Trail to be held June 2019, and I certify that I am fully capable of participating. I state that I have read the above statement on some of the possible risks involved and therefore assume full responsibility for myself, for any bodily injury, death and loss of personal property and any expenses as a result of my negligence, negligence of my family, negligence of other participants, negligence of trip leaders, or the negligence of the Bowling Green State University Outdoor Program. I also understand that Bowling Green State University reserves the right to refuse any person it judges to be incapable of meeting the rigors and requirements of participating in backpacking.

I agree to indemnify, release, waive, forever discharge and covenant not to sue the State of Ohio, Bowling Green State University and its governing board, officers, agents, employees, any students acting as employees, and volunteers (“Releasees”) from and against any and all liability for any harm, injury, damages, claims, demands, actions, causes of action, costs, and expenses of any nature that may sustain by me or by any property belonging to me, whether caused by the negligence or carelessness of the Releasees. This includes transportation to or from the premises where the trip is being held, or any supplemental travel being conducted with the backpacking trip.

BGSU Recreation and Wellness | Freshman Wilderness Experience
This material can be made available in alternative formats for people with disabilities. Contact Thad Long: 419.372.2146 | longtha@bgsu.edu
It is my expressed intent that this release and hold harmless agreement shall bind myself, the members of my family and spouse, if I am alive, and my estate, family, heirs, administrators, personal representatives, or assigns, if I am deceased, and shall be deemed as a “Release, Waiver, Discharge, and Covenant Not to Sue” the Releasees.

As liquidated damages, I hereby agree that if Bowling Green State University is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my family’s or my behalf, my heirs or executors and I agree to pay Bowling Green State University’s costs and attorney fees if they successfully defend such action, lawsuits or litigation.

I hereby give Releasees permission for transportation to any medical facility or hospital and I authorize for any qualified guide or medical personnel to render necessary emergency medical care for myself. I understand and agree that Releasees assume no responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

In signing this release, I acknowledge and represent that I have carefully read this agreement and understand its contents and that I sign this document on my own free act and deed. I further state that I am at least eighteen (18) years of age and fully competent to sign this Agreement; and that I execute this release for full, adequate and complete consideration fully intending to be bound by the same. I further state that there are no health-related reasons or problems which preclude or restrict my participation in this Backpacking Trip, and I have adequate health insurance necessary to provide for and pay any medical costs that may be attendant as a result of injury to me.

I also agree that this Release shall be construed in accordance with the laws of the State of Ohio. And agree to the site of any lawsuit and the law governing any such lawsuit shall be Ohio and governed by Ohio state law. Should any part of this release be declared unenforceable by a court of competent jurisdiction, the remaining parts or paragraphs shall remain in full force and effect. A copy of this release can be used as if it was an original.

I authorize and release Bowling Green State University the use of my photograph or video recording for any purposes within the scope of general marketing.

I have adequate health, disability and life insurance for myself.

THIS IS A RELEASE OF LEGAL RIGHTS.
READ AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING.

I, ________________________________, of my own free will, for my family, minor children, heirs, executors and myself, have read, understand and acknowledge the risks and liability for myself and my family this ______ day of ____________, 20____.

Participant Name (print)  Participant Signature

Parent/Guardian Name (print) (if under 18)  Parent/Guardian Signature (if under 18)
Freshman Wilderness Experience Canoeing and Camping Release

- - - Important: This is a Legal Document - - -

Please read/understand this document before signing. If you have questions please ask us or consult an attorney.

The Outdoor Program, Recreation and Wellness, and Bowling Green State University wants to assure that our guests have a rewarding experience. We wish to inform our guests that Canoeing and Camping are not risk-free. The same elements that contribute to the unique character and fun of Canoeing and Camping such as transportation to and from the event and physical exertion can cause loss or damage to equipment, injury, illness, or in extreme cases, permanent trauma or death. We do not want to heighten or reduce your enthusiasm for the experience, but we do want you to know in advance what to expect and to be informed of the potential risks. We ask that you read, sign and return this document back to our office.

ACKNOWLEDGEMENT OF RISKS

While canoeing you will be living, camping, and traveling outdoors, where you will be subject to numerous risks – environmental and other risks.

1. Meals are prepared over stoves and open fires. Water will require disinfecting. Camping hazards may include burns, cuts, diarrhea, and flu-like illness.
2. You will be traveling by canoe and by foot with weight on your back. Travel may be rugged, unpredictable and on land terrain may include, boulder fields, downed timber, river crossings, steep slopes, and slippery rocks. Risks include collisions/rolling, drowning, getting lost, and others associated with such travel.
3. Environmental Risks include: rapidly moving, deep or cold water, insects, snakes, predators, and other animals; falling or rolling rock, lightning, flash floods and unpredictable forces of nature including weather that may change to extreme conditions without notice. Additional risks hypothermia, frostbite, sunburn, heatstroke, dehydration, and other mild or serious conditions.
4. Sleeping out-of-doors can present special problems. Even with outdoor mattresses or pads, sleeping can be uncomfortable. Sleeping outdoors where the air is subject to greater environmental changes can be uncomfortable. Insects and other animals may visit your campsite or disturb you at night.
5. Your canoe might overturn resulting in your body being subject to the cold water for a period of time leading to hypothermia, injuries from floating debris or drowning.
6. Slip and fall injuries into the water or on rocks are a possibility while you are trying to enter/exit your canoe or tie your canoe ashore.
7. Due to the nature of Canoeing and Camping, you are responsible for your own actions and rescues. Therefore, you must be physically, mentally and emotionally prepared for the trip.
8. You run the risk of being caught in a strainer (fallen trees in the water in which the tree trunk forces objects to be trapped under the trunk) in which you are caught between the force of the water and branches which might drown you.

This list is not an exclusive or exhaustive list of possible injuries, trauma or accidents that may occur while Canoeing and Camping. It is also possible that some participants would suffer mental anguish or trauma from their experience or injuries.

CONTRACT, WAIVER, RELEASE & INDEMNIFICATION

I desire to participate in the following Canoeing and Camping expedition Freshman Wilderness Experience in June 2019, and I certify that I am fully capable of participating. I state that I have read the above statement on some of the possible risks involved and therefore assume full responsibility for myself, for any bodily injury, death and loss of personal property and any expenses as a result of my negligence, negligence of my family, negligence of other participants, negligence of trip leaders, or the negligence of the Bowling Green State University Outdoor Program. I also understand that Bowling Green State University reserves the right to refuse any person it judges to be incapable of meeting the rigors and requirements of participating in Canoeing and Camping.

I agree to indemnify, release, waive, forever discharge and covenant not to sue the State of Ohio, Bowling Green State University and its governing board, officers, agents, employees, any students acting as employees, and volunteers (“Releasees”) from and against any and all liability for any harm, injury, damages, claims, demands, actions, causes of
action, costs, and expenses of any nature that maybe sustain by me or by any property belonging to me, whether caused by the negligence or carelessness of the Releasees. This includes transportation to or from the premises where the trip is being held, or any supplemental travel in conjunction with the Canoeing and Camping trip.

It is my expressed intent that this release and hold harmless agreement shall bind myself, the members of my family and spouse, if I am alive, and my estate, family, heirs, administrators, personal representatives, or assigns, if I am deceased, and shall be deemed as a “Release, Waiver, Discharge, and Covenant Not to Sue” the Releasees.

As liquidated damages, I hereby agree that if Bowling Green State University is forced to defend any action, lawsuit or litigation by myself, my executors, or my heirs, on my family’s or my behalf, my heirs or executors and I agree to pay Bowling Green State University’s costs and attorney fees if they successfully defend such action, lawsuits or litigation.

I hereby give Releasees permission for transportation to any medical facility or hospital and I authorize for any qualified guide or medical personnel to render necessary emergency medical care for myself. I understand and agree that Releasees assume no responsibility for any injury or damage which might arise out of or in connection with such authorized emergency medical treatment.

In signing this release, I acknowledge and represent that I have carefully read this agreement and understand its contents and that I sign this document on my own free act and deed. I further state that I am at least eighteen (18) years of age and fully competent to sign this Agreement; and that I execute this release for full, adequate and complete consideration fully intending to be bound by the same. I further state that there are no health-related reasons or problems which preclude or restrict my participation in this Canoeing and Camping Expedition, and I have adequate health insurance necessary to provide for and pay any medical costs that may be attendant as a result of injury to me.

I also agree that this Release shall be construed in accordance with the laws of the State of Ohio. And agree to the site of any lawsuit and the law governing any such lawsuit shall be Ohio and governed by Ohio state law. Should any part of this release be declared unenforceable by a court of competent jurisdiction, the remaining parts or paragraphs shall remain in full force and effect. A copy of this release can be used as if it was an original.

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I have adequate health, disability and life insurance for myself.

THIS IS A RELEASE OF LEGAL RIGHTS. READ AND BE CERTAIN YOU UNDERSTAND IT BEFORE SIGNING.

I, ____________________________, of my own free will, for my family, minor children, heirs, executors and myself, have read, understand and acknowledge the risks and liability for myself and my family this ______ day of ______________, 20____.

__________________________________________                                ______________________________
Participant Name (print)                                                              Participant Signature

__________________________________________                                ______________________________
Parent/Guardian Name (print) (if under 18)                                           Parent/Guardian Signature (if under 18)
Freshman Wilderness Experience Medical History and Physical Assessment Form

List all medical conditions, surgeries, or injuries from the last five years. Providing inaccurate or incomplete information is a risk to the health and safety of the participant.

PARTICIPANT INFORMATION:

Participant Name (print) __________________________ __________________________ Date: __________

Gender: _____ Male _____ Female _____ Another Age: __________

Rate your fitness level (circle one): Couch Potato 1 2 3 4 5 6 7 8 9 10 Marathon Runner

Average number of times a week you exercise (circle one): None 1-2 3-4 4-5 More than 5

DIETARY RESTRICTIONS/PREFERENCES:

___ Vegetarian _____ Vegan _____ Dairy allergy _____ Gluten allergy Other: ________________

MEDICAL HISTORY/INFORMATION:

Please check any pre-existing medical conditions (check all that apply):

_____ Asthma _____ High Blood Pressure Allergies __________________________

_____ Bleeding Disorders _____ History of Heat or Cold Injuries __________________________

_____ Diabetes _____ History of Altitude Sickness Other __________________________

_____ Heart Condition _____ Seizures

Describe any additional physical, medical, or mental health conditions.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Have you ever experienced chest pain, dizziness, or any other abnormal symptoms when participating in a physical activity? If yes, describe below.

______ Yes ______ No

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Have you ever sustained any injury that affects your ability to participate in a physically demanding activity? If yes, describe below.

______ Yes ______ No

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

MEDICATIONS:

List any current medications you are taking or will be taking on the trip—prescription and non-prescription—and your reason for taking them.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
ACTIVITY PREFERENCES
In what physically demanding activities do you enjoy participating?

### CANOEING EXPERIENCE/PREFERENCES (complete section if you are willing to go on this trip)
Do you have previous experience canoeing or with other water/paddle sports?
_____ Yes  _____ No

On a scale of 1 to 10 rate the following questions.

1. How would you rate your experience level in canoeing?
   Low 1 2 3 4 5 6 7 8 9 10 High

2. At what level of expertise do you rate yourself for this trip?
   Low 1 2 3 4 5 6 7 8 9 10 High

3. What is your comfort level in anticipation of this trip?
   Low 1 2 3 4 5 6 7 8 9 10 High

4. How much does slowing down to admire the scenery matter to you during this trip?
   Low 1 2 3 4 5 6 7 8 9 10 High Importance

5. How far do you wish to be pushed out of your comfort zone on this trip?
   Little 1 2 3 4 5 6 7 8 9 10 Challenge Me

6. What activity level are you expecting and hoping for on this trip?
   Low 1 2 3 4 5 6 7 8 9 10 High

### BACKPACKING EXPERIENCE/PREFERENCES (complete if you are willing to go on this trip)
Do you have previous experience backpacking?
_____ Yes  _____ No

On a scale of 1 to 10 rate the following questions.

1. If you have backpacked before, how fast of a hiker do you consider yourself to be?
   Slow 1 2 3 4 5 6 7 8 9 10 Fast

2. When hiking in a group, how fast do you prefer the group to travel?
   Slow 1 2 3 4 5 6 7 8 9 10 Fast

3. How slow of a hiker do you prefer to hike with?
   Slow 1 2 3 4 5 6 7 8 9 10 Fast

4. How much does hiking fast matter to you during this trip?
   Little 1 2 3 4 5 6 7 8 9 10 High Importance

5. How much does slowing down to admire the scenery matter to you during this trip?
   Little 1 2 3 4 5 6 7 8 9 10 High Importance

6. How far do you wish to be pushed out of your comfort zone on this trip?
   None 1 2 3 4 5 6 7 8 9 10 Challenge Me

7. What activity level are you expecting and hoping for on this trip?
   None 1 2 3 4 5 6 7 8 9 10 High

List any additional relevant information to help trip leaders enhance your safety and enjoyment on the backpacking or canoeing trip.