



**BE
OUTDOORS**
APPALACHIAN MTN CLUB

**A Mountain Classroom
Parent/Guardian Take Home Packet**

Lead Teacher Instructions:

Please print the following pages and make a copy for each of your students and chaperones.

These four forms need to be filled out and signed by guardians.

1. Health Questionnaire
2. Risk Release Form
3. Photo Release Form
4. COVID-19 Form

These three sheets should be sent home for informational purposes. They do not need to be returned:

1. *Parent/Guardian Letter*
2. *Equipment List*
3. *T-shirt Info Sheet*

Once you have collected all completed forms...

1. Check through the forms to ensure they are all complete, with signatures. **Note: forms must be completed for all students AND chaperones attending the trip.**
2. Scan & email copies of all paperwork to your program coordinator no later than 14 days before the program. Mailing the forms works as well, if scanning is not possible.
3. Divide all forms into groups with the group lists on the front. Bring these packets with you on the first day of the program.

THANK YOU!



Dear Parent/Guardian,

Welcome to *A Mountain Classroom*, the Appalachian Mountain Club's residential school program. In operation since 1990, we currently serve over 3,500 students per year with our hands-on, environmental education curriculum. Our programs are based out of AMC facilities in New Hampshire, northern Maine, western Massachusetts, New York and New Jersey. All are in spectacular locations that provide plentiful opportunities to learn and explore in an outdoor setting.

Our experienced educators lead hikes, lessons, and activities designed to engage students in the natural world, increase environmental literacy, facilitate personal growth and foster a sense of community. Your child's teacher will choose curriculum themes to compliment what students are learning in the classroom. These can include watershed studies, forest ecology, geology, climate and meteorology, leadership development, and map and compass. Educators are certified in wilderness first aid and trained to manage their groups in wilderness situations.

Your child will be hiking and/or backpacking on the trip. This is a physically demanding but incredibly rewarding experience, and our educators are committed to helping all students succeed. Our lessons are geared to the outdoors regardless of the weather, which can be unpredictable at times. We have included an equipment list of required items for your child to bring. Many items can be borrowed from friends or family members, or the AMC can provide most items such as backpacks, hiking boots, rain gear, and sleeping bags (see the equipment list for details). If your child will need equipment, please discuss this with the teacher in charge of the trip and they will contact us. Sturdy shoes/hiking boots may well be the most important item on the clothing list. Students will be hiking on rocky and potentially wet or snowy trails, which may ascend or descend steeply. Winter weather conditions can sometimes occur in the spring and fall in the mountains surrounding our northern most program sites. Your child's teacher should explain the trip itinerary and site selection for you. Please read below for descriptions of our facilities.

Our roadside lodges, **Pinkham Notch Visitor Center** (Route 16, Gorham, NH), **Highland Center** (Rt. 302, Twin Mountain, NH), **Cardigan Lodge** (Shem Valley Road, Alexandria, NH), **Noble View Outdoor Center** (S. Quarter Rd, Russell, MA) and **Mohican Outdoor Center** (Camp Road, Blairstown, NJ) have heated bunkrooms and/or dormitories with bathrooms with showers located nearby. Our Maine Woods facilities (**Little Lyford**, **Gorman Chairback**, and **Mediwisla Lodge & Cabins**) as well as the **Corman AMC Harriman Outdoor Center** (Lakewell Pkwy, Stony Point, NY) have small cabins and a main lodge; bathrooms and showers are nearby. At any of these facilities, meals are served in a communal style and lunches may be eaten on the trail. If your child is staying at one of these facilities only, they will be going for day hikes.

The **AMC Huts** are remote facilities located throughout the White Mountains between 1.5 miles to 4.5 miles from the road, depending on the hut. They are rustic, have no electricity and, in cold seasons, no running water (huts do have indoor composting toilets). The sleeping areas are unheated bunkrooms. A sleeping bag is required for these trips (see clothing list). In many cases, students will be carrying their own food (provided by the AMC) to the hut and will, under supervision, help prepare the food for the group. This is a backpacking experience.

In this packet, you have received the following paperwork:

1. Medical, Acknowledgment of Risk
2. COVID-19 acknowledgement
3. AMC Program Liability Release
4. Photo/Media Release form.

It is absolutely necessary for you to complete these forms for your child to attend. Please return them to the organizing teacher as soon as possible. Although injuries are rare, there is an inherent risk to outdoor activities. Should a medical emergency arise we will need the information on these forms. Also, please be advised that your child will be away from immediate hospital access and wilderness evacuations may take hours. If you have any questions about the equipment list or forms, direct them to your organizing teacher who will forward them to us if necessary.

In addition to the program-specific information provided in these materials, please note that the AMC has Essential Eligibility Criteria (EEC) that apply to all participants in AMC-sponsored activities. These criteria were created to help potential participants identify and understand the fundamental cognitive and physical



requirements of participating in AMC activities. The EEC are a resource for anyone considering participating in an AMC-sponsored activity; please speak with the program manager with any questions or requests for accommodation regarding the EEC.

http://www.outdoors.org/pdf/upload/AMC_EEC.pdf

Lastly, as your partner in conservation, education, and recreation the Appalachian Mountain Club is inspired by the untold diversity of our members and friends. We aim to be an inclusive, equitable, and kind community. At AMC we are united in our adventures by mutual trust, collective safety, respect for the natural world, and appreciation for our time together outdoors. We pledge that AMC will always provide a welcoming and respectful environment. If you see or experience something different, please let us know.

AMC's full Code of Conduct is available online: <https://www.outdoors.org/code-of-conduct>

We look forward to making your child's trip an exciting and memorable learning experience!

Sincerely,

Rachel Freierman

Guided Outdoors Youth Programs Manager

rfreierman@outdoors.org

(603) 466-8058



Guided Outdoors Youth Education Programs COVID-19 POLICIES

As both a program and organization, we are committed to following all state and CDC guidelines in our programs to minimize risk for participants and staff. Please review the following protocols with your child prior to the start of the program to ensure that you are comfortable with them and able to comply. Note that as your program approaches, CDC and NH state guidelines may change. We will let you know of any changes to the below policies at the start of the trip.

Daily Screening

When participants arrive for the program each day, they will be asked to answer the following health screening questions, unless they have already been screened by their school or organization:

1. Are you experiencing any new symptoms of COVID-19 such as a fever, runny nose, nasal congestion, sore throat, cough, chills, shortness of breath, severe fatigue, muscle aches, nausea, vomiting, diarrhea, or a change in taste or smell?
2. Have you been in close contact with a person who has a suspected or confirmed case of COVID-19 within the past 10 days?
3. Have you left NH, ME, VT, MA, CT, or RI in the last 10 days?

If your child arrives at our program and answers "Yes" to any of these questions, you will need to take them home. Should your child develop any of these symptoms over the course of the program, they will be separated from the group and we will contact you to come pick them up as soon as possible.

Face Coverings

In accordance with state guidelines, we require all participants to wear a face covering in our programs when indoors, and outdoors when physical distancing is not possible. Participants should bring face coverings with them, although we are able to provide disposable face coverings as needed. Face coverings should include two or more layers of breathable material. We will provide "mask-free zones and mask-free time" during programs as we are able to, but participants should expect and be comfortable with the expectation of wearing a face covering for much of the day. We recommend that participants bring at least two face coverings so that they can change them out throughout the day..

Physical Distancing

Staff and participants will endeavor to maintain physical distance of a minimum of 6 feet as much as possible and as the program activities will reasonably allow.

Hygiene and Sanitation

Hand washing or sanitizing will be required during the following instances to further protect participants:

- Upon arrival to the program
- Before and after meals and snacks
- Other times as necessary (ex. after using the bathroom, after exposure to high touch areas, etc.)

Transportation

While on course, staff and participants will be required to wear KN95 masks while in AMC vehicles. The AMC will supply these for all participants and staff. Additionally, windows will remain open to increase ventilation, as weather allows.

Failure of participants to comply with these protocols is grounds for dismissal from the program.

If you have any questions or concerns about these policies and procedures, please do not hesitate to reach out to us to talk about it. Our primary goal is the safety of the participants and our staff. We are happy to answer any questions that you may have.

Thank you for both supporting and participating in our programs and for doing your part to helping to mitigate the impact of COVID-19 on our community!



A Mountain Classroom Packing List for Spring & Fall Hut Trips

In order for you/your child to make the most of their *Appalachian Mountain Club* experience, proper clothing and equipment are essential. Weather in the White Mountains tends to be **colder, wetter, and windier** than at lower elevations. The White Mountains have received snow in every month of the year, with winter-like conditions occurring in the spring and fall. Insuring that your child is well-prepared will help make the trip both more comfortable and a more enjoyable learning experience. We do **NOT** expect participants to go out and purchase all of the items on the clothing list. **Items with an * can be borrowed from the AMC.**

For clothing, we use a layering system. The first layer is the **wicking layer**, a thinner, tighter fitting layer of polypropylene or other synthetic material, which pulls moisture away from the body. The second layer is the **insulating layer**, usually fleece or wool, which keeps the body warm. Finally, the outer layer, or **shell**, includes wind-proof and water-proof pants and a jacket. Layers can be added or removed depending on conditions. Synthetic or wool fabrics work best in the outdoors because they hold less moisture, dry rapidly, and hold body heat better than other fabrics. Cotton does not work as an insulating layer. It is heavy and loses up to 80% of its insulating ability when wet. Wet cotton clothing can cause hypothermia, a potentially dangerous situation. Cotton is fine for indoor use, but is NOT adequate for protection in a cold and wet environment. Please check the tags on clothing!

Items with an * can be borrowed from the AMC in most cases

Equipment for <u>All Spring/Fall Backcountry Hut</u>	
<u>Programs:</u>	
<ul style="list-style-type: none"> ◇ Face coverings (at least one per day) ◇ *Fully <u>waterproof</u> jacket with hood ◇ *<u>Waterproof</u> pants ◇ *Hiking boots/shoes with sturdy sole & ankle support ◇ *Backpack—should have an internal or external frame and <u>padded hip belt</u>. Should be large enough for personal items and group food (3,000 to 4,000 cubic in.) ◇ *Sleeping Bag with stuff sack (comfortable down to 20F with synthetic or down filling) ◇ *Warm hat ◇ *Gloves or mittens ◇ *2 warm wool sweaters, fleece or insulated jacket ◇ *Long underwear (polypropylene/polyester long sleeved shirt & pants—no cotton, please!) ◇ 2 T-shirts for hiking (synthetic is great, cotton is fine!) ◇ Lightweight pants for hiking (nylon or polyester athletic pants—no jeans or sweatpants) ◇ *Synthetic or wool hiking socks (1 pair/day) ◇ *2 water bottles (quart or liter sized and re-used plastic soda or juice bottles are great) ◇ Extra socks and underwear ◇ 1 pair of pants for indoors (sweatpants okay) ◇ 1 extra shirt for indoors ◇ Pajamas or sleeping clothes ◇ Toiletries (toothbrush, toothpaste) ◇ Sneakers or comfortable lightweight shoes for around the hut and free time 	<ul style="list-style-type: none"> ◇ Flashlight or headlamp with extra batteries ◇ 1 large garbage bag to line backpack ◇ <u>Bagged lunch for the first day!</u> For programs in <i>April or November</i>: ◇ *Insulated winter boots ◇ *Fleece pants For programs before June 1 or after October 15: ◇ *Extra pair of heavy waterproof gloves or mittens For programs after June 1 or before October 15: ◇ 1-2 pairs of shorts Optional Items: ◇ Compass ◇ Camera (in plastic bag) ◇ Binoculars ◇ Sunglasses ◇ Sunscreen ◇ Bug Repellent ◇ Bandana Items that should stay at home: ◇ Cell phones ◇ iPods or MP3 players ◇ Portable video games ◇ Lighters/matches ◇ Knives ◇ Food (other than lunch on the first day)

A Mountain Classroom T-shirts!

A Mountain Classroom is now offering T-Shirts for purchase on programs for \$12.00 each. Use the below link to pre-order a shirt for yourself or your child that can be picked up and paid for during the student's program. The use of the T-Shirt Order form ensures that a shirt in the correct size will be available.

<https://docs.google.com/forms/d/e/1FAIpQLScOPBPN1wRfb2bg-pVqWe28Ss8d9xkRgi5Qk-m2MRy6zurbDw/viewform?c=0&w=1>

T-Shirts are a synthetic/cotton blend and sizes are adult unisex.





Appalachian Mountain Club – Guided Outdoors Youth Education
Confidential Health Questionnaire (two-page form)

Participant Name: _____
First Middle Last

School/Org. Name (if applicable): _____ Program Start Date: _____

Age _____ DOB: _____ Height: _____ Weight: _____ Gender _____
Month/Day/Year

Home Address: _____
Street City State Zip code

Emergency Contact: _____
Name Relationship

Emergency Contact's Phone #s: _____
Day Evening Cell

2nd Emergency Contact: _____
Name Relationship

2nd Emergency Contact's Phone #s: _____
Day Evening Cell

Medical Insurance # _____ Policy # _____ Carrier's Name _____

DIETARY RESTRICTIONS: Do you have any dietary restrictions? [] Yes – list below [] No

Please be specific: (food allergies, iodine/seafood allergy, vegetarian, no red meat, vegan, lactose intolerant, strong food dislikes, etc.) _____

HEALTH QUESTIONNAIRE

Parent or legal guardian should complete form for all children under 18 years participating in AMC program.

1. Have you experienced an asthma attack at any time in your life? [] Yes [] No

If Yes: Will you be carrying your inhaler on the program? _____
How often do you use your inhaler to treat asthma or wheezing? _____

2. Have you ever been diagnosed with type I or type II diabetes? [] Yes [] No

If Yes: Do you have poor or reduced circulation due to your diabetes? _____
Will you be carrying insulin or wearing an insulin pump during the program? _____

RMT 2018

3. Have you ever experienced a serious allergic reaction, or have you ever been [] Yes [] No

given a shot of epinephrine for an allergy or anaphylaxis?

If Yes: What are you allergic to and how does your body typically respond when exposed? (e.g. bee sting → hives) _____
Will you be carrying or bringing epinephrine on the program? _____

4. Have you ever experienced or received medical treatment for angina, a heart attack, or any type of heart disorder/disease? Yes No

If Yes: Are you able to exert yourself for more than 30 minutes without experiencing angina (chest pain)? _____

5. Have you ever been diagnosed with or are you currently being treated for high blood pressure? Yes No

If Yes: Is your blood pressure currently under control (i.e. systolic under 140 and diastolic between 60 and 100)? _____

6. Have you ever experienced a seizure, or are you currently being treated for any type of seizure disorder? Yes No

If Yes: Are you currently taking medication for your seizures? _____
Have you experienced a seizure within the past year? _____

7. 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?) Yes No

PLEASE READ CAREFULLY! Participants (or parents/guardians, if appropriate) must read and sign 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 & RELEASE AND INDEMNITY AGREEMENT

INTRODUCTION

PLEASE READ THIS ENTIRE TWO-PAGE DOCUMENT (hereafter 'Document') **CAREFULLY BEFORE SIGNING**. All participants must sign this Document. For participants under 18 yrs. of age (hereafter sometimes 'minor' or 'child'), one or both parent/s or guardian/s (hereafter collectively 'parent/s') must also sign. 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, directors, employees, representatives, agents, 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'), I (participant and parent/s of a minor participant), **acknowledge and agree as follows:**

Appalachian Mountain Club contracts with individuals or organizations that are independent contractors (not employees or agents of Appalachian Mountain Club) to conduct some of the activities participants may engage in. Although the Appalachian Mountain Club has made efforts to locate responsible contractors, it does not supervise or control these contractors and is not responsible for their conduct. Participant (and parent/s) acknowledge that they may independently investigate and assess these organizations and activities, if they choose to do so. **Further, Appalachian Mountain Club uses volunteers to assist with, and sometimes lead activities, workshops or 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 instructional, educational and/or adventure activities (which may be scheduled or unscheduled, supervised or unsupervised and/or occur during free time) include, but are not limited to hiking, backpacking, camping, biking, skiing, snowboarding, snowshoeing, high and low ropes courses, trail work, maintenance of facilities, mountaineering, rock and ice climbing, canoeing, kayaking, sailing, swimming, environmental education, 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'). **These activities include inherent and other risks, hazards and dangers** (referred to in this Document as 'risks') **that can cause or lead to injury, damage, death or other loss to participant or others. The following includes some, but not all of those risks:**

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, difficult stream crossings, snow or ice, extremely hot, humid or cold weather or water, steep terrain, falling rock, stinging or disease carrying animals or insects, wild animals and other natural or human-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 AMC may misjudge a participant's capabilities, health or fitness level, or misjudge some aspect of instruction, medical treatment, weather, terrain, water level, or route location.

Personal health and participation risks. The risk that a participant's mental, physical or emotional condition (disclosed or undisclosed, known or unknown) combined with participation in these activities could result in injury, damage, death or other loss.

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 meals and/or cooking and camping chores. Meals may include exposure to food allergens. Risks also include gas explosion, scalding or other burns associated with cooking over a gas stove or open fire, and water contamination from natural water sources. All water may be contaminated and should be disinfected, filtered or boiled before use.

Risks associated with AMC facilities and premises, including boulders, ruts, slippery walkways, ponds or other water sources, uneven ground or other conditions.

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 or rivers, with wind, rain, or other adverse weather conditions.

Volunteer community service. 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 that are generally associated with instructional, educational and/or adventure activities.

These and other risks may result in participants falling, being struck, colliding with objects or people, experiencing vehicle or boat collision or capsizing, 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, mental or emotional trauma, or other injury, damage, death or loss.

2/23/10 RMT

I (participant and parent/s of a minor participant) agree:

- To accurately complete all required forms (which may include, but is not limited to the AMC application, registration and medical forms), abide by the terms of those documents, and obey all AMC rules, regulations and policies;
- If participant has any mental, physical or emotional conditions or limitations that might affect his/her ability to participate I agree to disclose those to AMC, and represent that participant is fully capable of participating without causing harm to him/herself or others;
- AMC is, and has been available, should I have further questions about these activities and the associated risks;
- AMC cannot assure participant's safety or eliminate any of 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 (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant (and parent/s of minors), resulting from those risks and/or 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 for themselves and for and on behalf of their participating minor child) agree as follows:

- (1) **to release and agree not to sue AMC**, with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim/s') for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment, facilities or premises. **I understand I agree here to waive all claim/s I or my child may have against AMC, and agree that neither I, my child, or anyone acting on my or my child's 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 any and all claim/s brought by or on behalf of me, my child or a family member for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment, facilities or premises.

This Release and Indemnity Agreement includes claim/s resulting from AMC's negligence (but not its gross negligence or intentional or reckless misconduct), and includes claim/s for personal injury or wrongful death (including claim/s related to emergency or medical response, assessment or treatment), property damage, breach of contract or any other claim.

CONCLUSION

I (participant and parent/s of a minor participant) agree that the substantive laws of Massachusetts govern this Document, any dispute I have with AMC 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.

This Document is intended to be interpreted and enforced to the fullest extent allowed by law. 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.

Participant and parent/s of a minor participant agree: I have carefully read, understand and voluntarily sign this two-page 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 parent/s 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



PHOTO & MEDIA RELEASE

Your signature on the consent form below is greatly appreciated, as it will allow us to photograph and/or interview student or adult participants during this program. Photographs and interviews may be used by members of the media to tell the story of the Appalachian Mountain Club's "A Mountain Classroom" program. A photograph or an interview may be used by the AMC in the future for informational, press, and/or marketing materials.



I hereby authorize the Appalachian Mountain Club (AMC) and/or parties designated by the AMC to photograph and interview me/my child. I authorize the use of my/my child's photograph or interview (whether it is included in periodicals, other printed materials, electronic media, or other medium) for the purposes of press coverage, marketing, display, or exhibition.

Participant's Name _____

Parent/Guardian's Name _____

Parent/Guardian Signature _____ Date _____

Address _____ City _____

State _____ Zip Code _____ Parent/Guardian's Email address _____

- I do not want my/my child's photo to be used.
- I do not want my/my child to be quoted.
- I do not want my/my child's photo or quotes to be used.
- The program coordinator may wish to contact you via email during or after your child's program to update you on what your child's group has been seeing and learning and to ask for you and/or your child to provide feedback about the experience. Please check here if you would prefer not to be contacted by the program coordinator.
- From time to time, AMC communicates important information about its educational programming opportunities (including our wilderness summer trip program for teens and family programs), lodging discounts, and member benefits to groups and individuals with whom it works. Please check here if you would prefer not to receive such information.

**APPALACHIAN MOUNTAIN
COVID-19 WARNING AND LIABILITY WAIVER**

Appalachian Mountain Club (“AMC”) is pleased to be able to reopen some of its operations in accordance with state regulations. In connection with re-opening, AMC is requiring all volunteers and participants to read the following warning and sign the liability waiver in order to be present at AMC activities.

COVID-19 Warning

The World Health Organization has declared the novel coronavirus, COVID-19, as a worldwide pandemic. **COVID-19 is extremely contagious** and is believed to spread mainly from person-to-person contact. As a result, and in accordance with federal, state, and local regulations, AMC has put in place various preventative measures to reduce the spread of COVID-19. Despite these measures and the best intentions of AMC, AMC **cannot guarantee** that you will not become infected with COVID-19 as a result of participating in AMC activities. Further, **participating in these activities could increase** your risk of contracting COVID-19.

Liability Waiver

By signing this agreement, I acknowledge that I have read the COVID-19 warning above and understand the contagious nature of COVID-19. I voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in AMC activities and using any of its facilities or equipment. I understand the risk of becoming exposed to or infected by COVID-19 during AMC activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AMC volunteers, leaders, and staff.

To the fullest extent permitted by law, I voluntarily agree to assume all of the foregoing risks, and all other risks associated with participating in AMC activities, which also may result in personal injury, illness, permanent disability, and death (collectively, “Injury”), and accept sole responsibility for any Injury to me, and any damage, loss, claim, liability, or expense, of any kind, that I may experience or incur in connection with my participation in AMC activities. I hereby release, remise, covenant not to sue, discharge, and hold harmless AMC, its board, members, employees, volunteers, and any one acting on their behalf (the “AMC Releasees”), of and from any claims, including, but not limited to, all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to my participation in AMC activities. I understand and agree that this release includes to the fullest extent permitted by law any claims based on the actions, omissions, or negligence of the AMC Releasees, and is binding regardless of the nature of my Injury, and if my Injury is COVID-19 related, whether I was infected before, during, or after participating in any AMC activities.

Volunteer/Participant Name

Signature

Date

Parent Name (if applicable)

Parent Signature (if applicable)

Date