



Dear Parent/ Guardian,

Welcome to A Mountain Classroom. We are thrilled to work with your student soon and would like to share some helpful information about what you can expect and plan for in advance of the trip.

We lead day and overnight trips in the outdoors and spend as much time outside during our programs as possible! Your child will be hiking on the trip, sometimes on rocky and potentially wet or snowy trails, which can also sometimes be steep. This can be a physically demanding but incredibly rewarding experience, and our instructors are committed to helping all students succeed. Some things to keep in mind:

- **It is important that you provide accurate medical information about your student**, and that you and your child know what to expect so that they can be comfortable and prepared. All medical information shared with us is kept strictly confidential. Having this information in advance helps us to create an itinerary that is safe and positive for your student.
- The weather in the mountains can be unpredictable and winter conditions occur in the spring and fall. Our lessons are geared to be outdoors regardless of the weather, although we put safety and comfort first.
- We have included an equipment list of required items for your child to bring. **Many can be borrowed from the AMC! We do not expect families to buy outdoor gear.** Check the list to see what you can borrow.
- If your child will need equipment, please discuss this with the teacher in charge of the trip and they will contact us. Closed-toed shoes and warm layers are often the most important item on the clothing list.

You have received 3 forms: Medical History and Release, Acknowledgment of Risk, and Photo/Media Release forms. **It is absolutely necessary for you to complete these forms for your child to attend.**

- **Please include all medical information and allergies on the forms!** Knowing this information ahead of time is crucial for us to plan the safest, most positive experience for your child, not to screen out participants.
- 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.

The AMC's Essential Eligibility Criteria (EEC) is a list of the physical and cognitive requirements of activities sponsored by the AMC. The AMC's EEC are intended to be a resource for anyone considering participating in an AMC-sponsored activity, and are not intended to be exclusionary. A Mountain Classroom will happily work with your classroom teacher to accommodate all students to the best of our ability. For more information regarding the AMC's EEC, please follow this link: https://cdn.outdoors.org/wp-content/uploads/2023/03/01153513/amc_eec-5.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,

Sara DeLucia

Guided Outdoors Program Delivery Manager



AMC Spring/Fall Lodge-Based Program Packing List

A Mountain Classroom Packing List Winter AMC Backcountry Hut Programs 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. Ensuring 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 All Spring/Fall Lodge-Based Programs:

- ◇ **Durable rain gear, fully waterproof (jacket with hood and pants)
- ◇ **Hiking boots or shoes with sturdy sole and ankle support (sneakers are okay)
- ◇ **Backpack (school backpacks work fine!)
- ◇ **Warm hat
- ◇ **Gloves or mittens
- ◇ **1 warm wool sweater, fleece or insulated jacket
- ◇ Warm long underwear (polypropylene/polyester long sleeved shirt & pants—no cotton, please!)
- ◇ 2 shirts for hiking (synthetic)
- ◇ 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)
- ◇ Sneakers or comfortable lightweight shoes for around the lodge and free time
- ◇ Toiletries (toothbrush, toothpaste)
- ◇ 1 pair of pants and 1 shirt for indoor use (sweatpants and jeans okay)
- ◇ Pajamas or sleeping clothes
- ◇ **Bagged lunch for first day!**

****Bed linens and towels are provided at Roadside Lodge Facilities****

Optional Items:

- ◇ Compass
- ◇ Camera (in plastic bag)
- ◇ Sunglasses
- ◇ Sunscreen
- ◇ Bandana
- ◇ Book or Journal

Items that should stay at home:

- ◇ Cell phones (Unless school allows)
- ◇ iPods or MP3 players
- ◇ Portable video games
- ◇ Lighters/matches
- ◇ Knives
- ◇ Food (other than lunch on the first day)



APPALACHIAN
MOUNTAIN CLUB
SINCE 1914

Appalachian Mountain Club Confidential Health Questionnaire

Participant Name: _____
First Middle Last

Program Name: _____ **Program Start Date:** _____

Birthday: _____ **Height:** _____ **Weight:** _____ **Gender:** _____
Month/Day/Year

Home Address: _____
Street City State Zip code

Phone #s: _____
Day Evening Cell

Emergency Contact: _____
Name Relationship

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

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? _____

3. Have you ever experienced a serious allergic reaction, or have you ever been given a shot of epinephrine for an allergy or anaphylaxis? ☐ Yes ☐ No

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

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.) _____

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. **This includes risks associated with infectious diseases, including but not limited to COVID-19.**

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.



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

7/9/2021



APPALACHIAN
MOUNTAIN CLUB
SINCE 1913

MULTIMEDIA CONSENT AND RELEASE

THIS MULTIMEDIA RELEASE for _____

is effective as of _____,

BETWEEN:

Appalachian Mountain Club
10 City Square
Charlestown, MA 02129

(the "Releasee")

AND

Name _____

Email _____

Phone _____

(the "Releasor")

WHEREBY:

THE RELEASEE RETAINS ALL RIGHTS:

The Releasor agrees that the Releasee has all rights to images, video footage, and sound recordings for perpetuity. The Releasor acknowledges and agrees that the Releasee is not liable for any further consideration or accounting, and further claims for any reason. The Releasor allows permission for the Releasee to license all images, video footage, and sound recordings and to use this media for any purpose which may include advertising, promotion, marketing, and packaging both online and in print. The Releasor agrees that any images or video footage may be combined with other images, text, and graphics. The images or footage may also be cropped and modified.

IF THE RELEASOR IS UNDER THE LEGAL AGE OF MAJORITY:

I am the parent or legal guardian of the minor above named as the Releasor, and I have legal authority to execute this Agreement on the Releasor's behalf. I have read and fully understood the contents of this Agreement, and consent to the said use of images, video footage, and sound recordings based on the contents of this Agreement.

(Parent or Legal Guardian)

I, _____, grant permission and consent to Appalachian Mountain Club for the use of all images, video footage, and sound recordings in any media and for any purpose. I agree that Appalachian Mountain Club has all rights to images, video footage, and sound recordings for perpetuity. This agreement is irrevocable, worldwide, and perpetual.

Releasor Name (Print): _____

Releasor Signature: _____ Date: _____



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 three forms need to be filled out and signed by guardians.

1. Health Questionnaire
2. Risk Release Form
3. Photo Release Form

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

1. Parent/Guardian Letter
2. Equipment List

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!