

“Go where you may within the bounds of California, mountains are ever in sight, charming and glorifying every landscape... but within this general simplicity of features, there is great complexity of hidden detail.”

--John Muir

Mount Hermon Outdoors Science School



Parent/Student Manual

Mission Statement

The mission of Mount Hermon Outdoor Science School is to study the natural world in order to help students increase their awareness and understanding of our physical environment, while encouraging them to develop critical thinking skills as well as responsible actions. This complex process will help encourage students to take an active role as both wise consumers and caretakers of our natural resources. It is our objective to prepare students to cope intelligently with many of the environmental issues facing our world today. Students will observe and experience first-hand many of the fields of scientific endeavor, including geology, botany, zoology, ecology, etc. Special activities will include earth processes, night specializations, and teambuilding . Material content, field experiences, and level of difficulty will vary according to school grade.

About the Program

The Santa Cruz Mountains offer a great classroom where students can experience first hand the science they are learning in their school classroom. Mount Hermon Outdoor Science School not only works to provide rich and rewarding educational experiences it helps to build confidence through the distinct challenges that students face throughout the week as well as a sense of social and environmental stewardship.

Mount Hermon Outdoor Science School offers an exciting, academic, hands-on science program based on the California Science Framework. Students in 5th-8th grades actively participate in one week of outdoor science exploration. Numerous opportunities are given for students to increase their awareness and understanding of our physical environment while encouraging good stewardship of our natural resources.

Mount Hermon's 440 acres rest in the middle of the coastal redwoods, about 70 miles south of San Francisco, where the students are able to explore and learn in a dynamic environment. Additional hiking trails are located across the street in Henry Cowell State Park where students can view the sand hills that are distinct to this area. Over all the students have access to a vast acreage of land to hike and discover throughout the week. The beautiful coastal mountains of Santa Cruz provide a setting for diverse studies including creek research, soil digs, plant and animal identification, night hikes, habitat restoration, and more.

Teaching Staff

Mount Hermon provides Naturalists who will instruct your students during classes and night activities throughout the week. They are the teachers of OSS and they are passionate about teaching in what we think is the best classroom for science... the great outdoors.

The naturalists are hand selected by the director of the program, and come with diverse backgrounds in education and science. Each naturalist has distinct expertise and passions that make them dynamic teachers in the field.

All of our Naturalist Have the Following

- Bachelors degree
- Experience working with children
- First Aid/ CPR certifications
- Ability to lead hikes and outdoor activities

To find out more about our naturalist, please visit our website at www.outdoorscience.com to see pictures and biographies.

Facilities & Lodging

Mount Hermon is one of the most beautiful places on earth! Nestled among California's towering redwoods in the Santa Cruz Mountains just 6 miles from the Pacific Ocean and Monterey Bay it is the perfect location to study natural science.

Up on the Summit

Wreathed with rare Ponderosa pines and native oaks, Ponderosa Lodge is a beautiful starting point for outdoor exploration. An architectural award winner, the Lodge blends naturally with the mountain setting.

Accommodations

Ponderosa has 24 cabins that are heated carpeted and have full bathrooms (3 sinks, 2 showers and 2 toilets). Each cabin has 4 bunk beds (sleeping 8) and one roll-a-way bed. Each student has an individual closet and a drawer under the bunk.

Facilities and Grounds

Our Forum provides a central meeting area with a sound system which is utilized for the orientation, certain evening activities and as a classroom. Recreation options include a game room, ping-pong, foosball, a 25 meter heated lap pool and diving pool, tennis courts, basketball courts, sand volleyball court and a large rec. field. Ponderosa lodge dining room has round tables that serve 8 students family style for each meal.

Parent Communication with Students

To avoid homesickness, students are not allowed to call home or receive calls from their parents. We recommend sending hand written letters, no emails to your children. If students plan to write to their parents, make sure they come with pre-addressed and stamped envelopes. Parents that send mail to Outdoor Science School need to make sure it will be received by Friday morning.

Return Address	Stamp
Student's Name Outdoor Science School –Ponderosa Lodge PO Box 413 Mount Hermon, CA 95041 Your School Name (ie. La Mesa Elementary)	

In case of an Emergency, Please use the following contact information:

Ponderosa Lodge:

Office: 1.831.430.1297 Office Hours: 7:00am – 10:00pm

Health Center 1.831.430.1296 Hours: 7:30am – 10:00pm

After Hours Please Contact Your Student's School

Health & Safety

Mount Hermon Outdoor Science School places the highest priority on health and safety. The Health Center is staffed from 7:30am to 10pm with a certified first aid health aid.

One of our health aids, who are certified in Red Cross CPR and Adult First Aid, is on duty 14.5 hours a day. Our Registered Nurse will be on every day to dose all medications aside from over the counter medication, which can be dispensed by the teacher if previously OK'd on the health forms. The health center provides all the basic medication and equipment, and includes a phone, two beds, a sink and a shower. If further assistance is needed, an emergency medical clinic is located in Scotts Valley 5 minutes away, and a full service hospital is 15-20 minutes away.

By law, students may not keep medications with them, and may not dispense it to themselves. This includes any over the counter medications such as Tylenol, Ibuprofen, antacids, creams, ointments, and food supplements as well as any prescription medications. Our RN will dose all these medications at the correct times. **Asthma inhalers** are kept in the nurse's station and may be picked up prior to hiking or strenuous activity.

Please be sure that all students are in good general health before arriving. If students have a fever, contagious disease, or lice, they will promptly be sent home. We recommend that the school nurse perform a lice check the week before your arrival. Students may not return to science school without being cleared through their doctor once they have been sent home for a medical reason

Unless the student has a medical condition requiring regular dosing each day, Parents DO NOT need to send the OTC medications listed below. Our health center is well stocked with these medications in the listed doses and, if needed, students will be given the proper doses of the OTC medications. We are able to dispense from our stock ONLY if approved by the parent/guardian on the first page of the HEALTH AND EMERGENCY INFORMATION FORM.

OVER THE COUNTER MEDICATIONS PROVIDED IN FIRST AID STATION:

- ADVIL/ MOTRIN (Ibuprofen): Liquid, Children's (100mg), Adult (200mg)
- TYLENOL (Acetaminophen): Junior Strength, Adult Strength
- BENEDRYL: Junior Strength, Adult Strength
- COUGH DROPS

Example of Permission to dose the above over the counter medications:

Parent's Initials I give permission for the School Teacher or the O.S.S. Nurse to give my child the following OTC medications determined by weight, in case of illness or allergy (we are well stocked with these four OTC meds—there is no need to send them with your child):

- | | | |
|---|---|-----------------------------|
| _____ 1. The correct dosage of Tylenol or equivalent (acetaminophen) | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| _____ 2. The correct dosage of Advil or equivalent (ibuprofen) | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| _____ 3. The correct dosage of Benadryl or equivalent (diphenhydramine) | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |

Classes & Activities

Each day is filled to the brim with fun and educational experiences. Our classes are all based on the California State Science Standards and are held in the best science classroom there is: The Great Outdoors! All classes during the week stimulate students to become good stewards, encourage hands on experiments in nature and promote team building. The classes are geared toward 5th-8th grade and vary from 14- 18 students depending on the size of the school, and include at least one chaperone per trail group.

Consumer Class: In Consumers class students learn to identify different types of consumers and how they interact with their environment. Class activities include observation of birds in the bird sanctuary, examination mammal characteristics, and the study of snakes in our EcoLab.

Producer Class: Throughout this class students will understand what role plants play in food chains, webs and ecosystems. They will grow in their knowledge of how photosynthesis drives plant growth and development. Students will also be introduced to the local floral and edible plants.

Climbing Tower: The climbing tower provides a wonderful chance for students to conquer their fear of heights and learn about setting and obtaining reasonable goals for themselves, while having fun!

Watershed Stewardship Class: We begin by defining a watershed and exploring a topographic map, then we make our own map and use it as we hike through part of our watershed through the landscape to the Riparian corridor and finally end at Bean or Zayante Creeks. At the creek, the students explore concepts and look for specific attributes that make a creek healthy including testing pH, creek flow, and hunt for aquatic insects.

Electives: Electives are a fun time where students can learn about additional activities that cater personal interests. A few of the options to choose from include Animal Tracking, Basket weaving, Candle making, Art with nature, Rocketry, Survival, Fossils, Orienteering, Dissecting Owl Pellets and Big games.

Extended Hike: One day a week, the students take an all day adventure through the many acres that surround our facilities. The 6 hour hike expands across 4 different ecosystems, taking the students through the Redwoods, over the sand hills, by the creeks, to secret lunch spots on private beaches, down to Henry Cowell State Park, through Roaring Camp and back to Mount Hermon to rest up after a long exciting day of hiking through the magnificent forest.

Night Hike: As the sun sets and the stars and moon appear, students begin a thrilling evening of hiking through the trails, learning how their night vision works, what nocturnal animals are, and all about the night sky. The students are faced with a challenge of exploring in the dark and learn to support each other as they overcome this fear.

Campfire: Skits and songs are performed by the naturalist with the help of volunteer students. This is a great time for the students to relax and have a good time singing and being crazy like children should. The night concludes with a campfire story and a yummy s'more cooked over the open campfire.

Skit Night: The last night of the week is a chance for the students to practice their public speaking and dramatic skills as they perform skits that they have been preparing all week during their cabin time. The skit topics range from various topics that the students learn about throughout the week.

Journey to the Center of the earth: This Monday night activity begins with a huge game called 'predator/prey'. Then the students become scavengers and participate in a scavenger hunt that takes them throughout the campus using a map and their student books. They will identify fungus, bacteria, and invertebrates, make anatomical models, identify rocks, soil, and layers of the earth.

Responsibilities & Expectations of Students

Outdoor Science School is just that... a school. Students will be required to follow certain rules and will be expected to have the needed supplies to make their time an exciting educational experience!

Packing

Students will need to review and pack according to the attached **STUDENT PACKING CHECKLIST**. Note on this form that there are several items that are mandatory. Please make sure that these items are packed!!! Students are **NOT ALLOWED** to bring electronic devices or weapons of any kind. This includes items such as cell phones, ipods, and pocketknives! There will be no need for such items and they will be a distraction to the program. The **STUDENT PACKING CHECKLIST** goes through all of the items that are permitted, necessary, and prohibited so both parents and students are encouraged to read this material carefully! All items that are not allowed will be handed over to the teacher to keep locked up and returned at the end of the week.

Discipline

Students are overseen by their cabin leader and naturalist during the Outdoor Science School week. Teachers will be the primary contact with parent in case a disciplinary situation arises. The science school director will be available to assist teachers as needed. Students will be given time-outs from rec. time for discipline issues that are not severe. These range from 5-15 minutes, where the student will sit silently while the other students are at rec. time. If discipline issues occur that require more discipline or if the student acquires more than 15 minutes of time-out then the Outdoor Science Director will assign the student to a task during a portion or all of rec. time. If the student breaches one of the below actions the student will be sent home in which case the student will call home and need to be picked up by the parent. If students are going home due to behavior issues or health reason, a teacher will attend to those students in the infirmary while they are waiting for their parents.

The following breaches of discipline are grounds for immediate dismissal from Mount Hermon's Outdoor Science School program:

1. Fighting
2. Any activity that is inherently dangerous to self or others
3. Stealing
4. Cabin raiding
5. Outright defiance
6. Intentionally destroying property
7. Unauthorized leaving of cabin
8. Other behaviors at the discretion of the Director of the Outdoor Science School

Daily Schedule

Outdoor Science School is packed full of educational and fun activities. The day runs on a tight schedule so that the most learning can be accomplished. One principle of stewardship that is taught at OSS is to BE ON TIME!

Here is a sample schedule of a normal day at OSS!

SAMPLE DAILY SCHEDULE:

7:00	a.m.	Day begins
7:30 - 7:55	a.m.	Breakfast Set-up (set up crew only)
7:55 - 8:00	a.m.	Line up/ Flag Raising
8:00 - 8:30	a.m.	Breakfast
8:30 - 8:45	a.m.	Clean up (clean up crew only)
8:30 - 9:00	a.m.	Class Prep time*/Cabin time (Posters/ skits)
9:00 - 11:15	a.m.	Line up/ Class
11:15 - 11:45	a.m.	Cabin time (Flat on Bunk, Journals)
11:25 - 11:45	a.m.	Lunch Set up (set up crew only)
11:45 - 12:00	p.m.	LINE UP/ Pre-lunch Announcements
12:00 - 12:45	p.m.	Lunch Posters Due Wednesday
12:45 - 1:00	p.m.	Clean up (clean up crew only)
12:45 - 1:15	p.m.	Class Prep time*/Rest & Relaxation (in cabins)
1:15 - 3:30	p.m.	Line up/ Class
3:30 - 3:45	p.m.	Prepare for Recreation Time in cabins
3:45 - 5:00	p.m.	Line up for Student Recreation Time
5:00 - 5:30	p.m.	Rest and Relaxation Time in cabins
5:30 - 5:55	p.m.	Line up/ All School Meeting in the Forum (Counselors off)
5:30 - 5:55	p.m.	Dinner Set up (set up crew leaves early)
5:55 - 6:00	p.m.	Line up/ Lowering of the Flag
6:00 - 6:45	p.m.	Dinner
6:45 - 7:00	p.m.	Clean up (clean up crew only)
6:45 - 7:15	p.m.	Cabin time (posters/ skits)
7:15 - 7:45	p.m.	(Tue only) Line up/ Teachers meet w/ their students only
7:15 - 7:45	p.m.	(Wed only) OSS staff meet w/teachers & counselors OSS Naturalists meet w/students
7:45 - 9:30	p.m.	Evening Activities (Geology Rocks/Campfire/ Nighthike/Skit Night)
9:30 - 10:00	p.m.	Bedtime Meds/ Prepare for bed/ Lights out 10:00 (5 th Graders 9:45)

Schedule Notes:

Monday starts around 10:30am

Friday ends around 10:30 am

Wednesday (for a 5 day week) has electives as the second class of the day

Thursday is Extended Hike: You will be in class from 9:00 am -3:15 pm

Rec Time is everyday from 3:45pm -5:00pm

Cabin Check is during the first class period

All Activities start at the first time listed and end at the second time listed.

*Class Prep Time = Go to the restroom, get backpack, water bottle, pencil, class manual, long pants, hiking shoes, warm clothes, rain gear, sunscreen, any other needed materials.

Weather

THE WEATHER AT MOUNT HERMON CAN CHANGE RAPIDLY!

- ❖ **TEMPERATURES** can range from the 30's to the 100's. During the fall months, temps normally range from 50-80 during the day and 40-60 at night, although temperatures outside this range are normal. During the winter/spring months, temps dip very low and we see the most rain. Students should come prepared!
- ❖ **RAIN** can occur on any day of the year. We get the most rain from late October through May. All participants are required to bring rain gear of some sort—a light poncho or waterproof jacket. Sometimes, we get sleet or hail. Rarely, we get snow.
- ❖ **SUNSHINE** is welcome any day of the year, but may pose a health risk if we get too much. Please provide your camper with a good quality sunscreen of SPF 15 or more, especially for swimming.
- ❖ **WIND** occurs often, and may cause students to become colder much more quickly. Warm layers are essential!
- ❖ **CLOTHING** required for outdoor school: Rain gear, long pants, good hiking shoes or boots, an extra pair of shoes, warm layers such as long t-shirts, sweatshirts, light jackets, etc. are essential. Wool or fleece **HATS** go a long way to keep the body warm.
If it rains, clothing gets wet and often stays wet. Extra dry clothing is very important!
- ❖ **Students** will be outdoors for much of the time, from 7 am till 9:30 at night. You will need to bring layers and appropriate gear with them on all hikes and activities.
- ❖ **IF** students come prepared, they will have a much more enjoyable and comfortable time!

???Don't Know What to Pack For OSS???

Checkout the Student Packing List for a Good Start!

(Located on Page 9)

STUDENT PACKING CHECKLIST

*We are eager for your upcoming Outdoor Science School experience!
Please become familiar with all the following information and policies so that you are able to have the most meaningful time possible!*

You Must Bring:

- Sleeping Bag & Pillow
- Daypack (regular size backpack)
- 2 Pencils
- Water Bottle (1 Quart/ liter)
- Flashlight
- 2 Towels
- Toiletries (including sunscreen & bug spray)
- Laundry Bag (trash bag works)
- Bathing Suit (one piece bathing suits only)
- Extra socks
- 2-3 pairs of close toed shoes
- Warm Jacket
- Sweatshirt
- 2 Long Pants
- Rain Gear
- Pajamas
- Outdoor Clothing

Please Do Not Bring:

Extra Food or Beverages (except for medical reasons)
Cell phone, MP3, CD or Tape Players
Electronic Games or Radios
Knives, Firearms or other weapons (including pocket knives)
Fireworks
Any Money besides T-Shirt/bag Money (you won't need it)

Optional Items:

- Disposable Camera
- Watch/ Alarm Clock (electric ok)
- Writing Materials For Letters & Stamps
- \$10 for T-Shirt: \$5 draw strip bag- either cash or check
www.outdoorscience.com/tshirt

Forms that must be signed by a parent or guardian before coming:

- Emergency Health Information Form
- Participant Waiver Form
- Prescription Medication Form
- Publicity Permission Form

MOUNT HERMON OUTDOOR SCIENCE SCHOOL

STUDENT CONTRACT

Hello and welcome in advance to Mount Hermon Outdoor Science School! We are excited that you are going to spend a week with us soon! Our commitment is to provide meaningful experiences, fun learning opportunities, and safe adventures. If you choose to participate in your schools week at Mount Hermon Outdoor Science School, we ask that you make a commitment of your own: to live by the following guidelines. If you can agree to this contract, please put your initials next to each item and sign at the bottom. Thanks!

GENERAL AGREEMENTS

- I agree to fully participate in my school's week of Outdoor Science School
- I agree to be on time for all lineups.
- I agree to respect the privacy, property, and feelings of others. I understand that we'll be living together in cabins and sharing the campus.
- I agree to treat my fellow students, counselors, teachers, and naturalist with respect. I understand that how I talk to people is important. I will also do my best to be respectful when someone is talking to me, whether it's a counselor, naturalist or my best friend.
- I agree to follow my Student Packing List and bring the things I'll need for my stay (like raingear, a leak-proof water bottle, extra clothes, etc.)
- I agree to stay out of other students' cabins.
- I agree to be quiet and respectful in the evening so that everyone can get enough sleep to participate and stay healthy.
- I agree to keep food out of my cabin.

BOTTOM-LINE AGREEMENTS

I understand that a violation of any one of the following or a combination of the above contract agreements may result in a return trip home at my parent/guardian's expense.

I agree to not do any of the following during my stay at Mount Hermon Outdoor Science School:

- Fighting
- Any activity that is inherently dangerous to self or others
- Stealing
- Cabin Raiding
- Outright defiance
- Intentionally destroying property
- Unauthorized leaving of cabin
- Possession of Illegal Substances
- Possession of any weapons whatsoever
- Other behaviors at the discretion of the Director of the Outdoor Science School

Signature

Date

Publicity Permission Slip

One of the best ways for people to learn about our mission is through photos and videos that show the dynamics and fun of our program. This Publicity Permission form allows us to publish photos and portions of videos including your child in our promotional material. Please sign and date this form and return this copy to the child's teacher with the other forms. Thank you.

Publicity Permission: I [or my parent or guardian if I am a minor] hereby authorize permission to Mount Hermon Association, Inc. to photograph and/or to record my son/daughter during the Outdoor Science School activities and to use the photographs, videos writing, artwork and/or testimonials in audio-visual materials, internet and forms without compensation rights or approval.

Signature of Participant or Parent or Guardian (if under 18)

Date

Participant's Name

School Name



Student's Name: _____ School: _____ Teacher: _____

Mount Hermon Outdoor Science School
Prescription Medication Form

All medications and a copy of this form should be placed in a zip-lock storage bag, labeled legibly with the student's first and last name, and given to the classroom teacher on Monday prior to boarding the bus for Outdoor Science School. Teachers are responsible for bringing any and all student medications to the nurse. No medications should arrive at science school in student luggage.

** To be filled out if and only if a student or counselor under the age of 18 is bringing prescription medication to science school.*

- I. Education Code 49423 requires:
 - A. Signed order from your physician, and parent consent. (Use form below.)
 - B. Signed parent's permission for camp medic or director to assist in carrying out the physician's instructions
 - C. Medication in a bottle from the pharmacy labeled with child's name, dosage, and generic name of the drug. (Ask the pharmacist for two bottles of medication: one for home and the other for Science School.) All OTC (Over The Counter) medication sent to Science School must be labeled with the child's name, the medication name and dosage, as well as times to be given. No unlabeled medication can be administered.
- II. Education Code 49480 gives the school medic with parent consent, permission to communicate with the physician and counsel with the Science School personnel regarding possible effects of medication.
- III. Please sign below. Your signature indicates your consent as required in the above Education Code Sections 49423 and 49480.

Parent/ Guardian Signature _____

To Be Completed By Physician: _____ **Date** _____

_____ has medication to be taken at the Outdoor Science School.

MEDICATION: _____ DOSAGE: _____

FREQUENCY: _____

PRECAUTIONS, SPECIAL INSTRUCTIONS, POSSIBLE ADVERSE EFFECTS, COMMENTS:

Physician Signature: _____ **Address:** _____

Phone: _____

To Be Completed By Parent/ Guardian:

_____ has my permission to take the above medication to Outdoor Science School and for the Nurse or Director to assist and/ or allow him/ her to take the above medication as indicated for:

Parent/Guardian Signature _____ Date _____

Student Name _____ School _____ Teacher _____

Mount Hermon Outdoor Science School
Health Emergency Information Form

Student Name _____ Date of Birth ____/____/____ Male ____ Female ____

Parent/Guardian Name _____ Home Phone () _____

Student Home Address _____ City _____ Zip _____

Father's Work Phone () _____ Father's Cell Phone () _____

Mother's Work Phone () _____ Mother's Cell Phone () _____

EMERGENCY CONTACT

Name _____ Relation _____ Email _____

Day Phone () _____ Eve. Phone () _____ Cell Phone () _____

PARENT/GUARDIAN AGREEMENT

Please initial, fill in blanks where applicable and sign at the bottom.

_____ I am aware that, at the discretion of the Science School Director, I will need to pick up my child due to medical or disciplinary reasons.

_____ I agree to be responsible for picking up my child. M.H.O.S.S. policy is that in the event that a child needs to be sent home for any reason, no amount of the paid fees will be refunded if my child has attended the Outdoor Science School program for 24 hours or more.

Medical Care _____ (Initials)

I, an adult participant or the parent/guardian of a minor participant, authorize Mount Hermon Association, Inc. to provide or obtain for me such medical care as it considers necessary and appropriate, and I agree to pay all costs associated with such care and transportation. Mediation or Lawsuit: Any dispute between a Released Party and participant or parent/guardian will be governed by the laws of the State of California, and any mediation or suit shall take place only in that State in the County of Santa Cruz.

Medication Agreement

Note: By law, all Prescriptions and Over The Counter medications must be kept in the original container and will be kept by the Nurse in our 24 Hour 1st Aid facility, NOT in the child's cabin. Please give any and all medications to the teacher in its Rx or OTC container in a Ziploc bag labeled with the child's name and school—DO NOT put any medication in the child's luggage, as the child will miss part of the orientation when they have to retrieve it. A certified teacher will be available at all times during the week to dose any PRN (as needed) medication. Each day the Outdoor Science School Nurse will dose the Breakfast, Lunch, Dinner and Hour of Sleep medications for students with regular medications. Please contact your child's teacher for further information regarding our 24 Hour 1st Aid facility.

Are you sending any **Prescription (Rx)** or **Over The Counter (OTC)** meds for your child to Science School? Yes No
(Please circle: Rx OTC or Both)

Note: If bringing Rx meds, you will need to fill out the Prescription Medication Form. Also, instead of sending any of the four OTC medications listed below—per your approval, know that we have a student supply of these in the 24 Hour 1st Aid facility.

_____ I give permission for the School Teacher or the O.S.S. Nurse to give my child the following OTC medications determined by weight, in case of illness or allergy (we are well stocked with these four OTC meds—DO NOT send them with your child):

_____ 1. The correct dosage of Tylenol or equivalent (acetaminophen) Yes No

_____ 2. The correct dosage of Advil or equivalent (ibuprofen) Yes No

_____ 3. The correct dosage of Sudafed or equivalent (pseudoephedrine HCL) Yes No

_____ 4. The correct dosage of Benadryl or equivalent (diphenhydramine) Yes No

_____ I give permission for the Outdoor Science School to obtain qualified medical or surgical assistance in case of an injury or illness to my child. (Parent/Guardian will be contacted as soon as possible in the event of an emergency.)

Parent/Guardian

Signature _____ Date _____

Mount Hermon Outdoor Science School
Health Emergency Information Form
 Page 2 of 2 (+ 3: Prescription Medication Form if applicable.)

2. Fill out completely. Please explain questions with an asterisk (*) in space below. If an "In Past" is marked, please put a date next to it.

Medical Conditions

- Bleeding/Clotting Disorder* Yes No In Past
- Asthma (State Severity)* Yes No In Past
 - o Inhaler Yes No In Past
- Ear Trouble* Yes No In Past
- Eye Trouble* Yes No In Past
- Stomach Aches Yes No In Past
- Tuberculosis Yes No In Past
- Bronchitis Yes No In Past
- Diabetes* Yes No In Past
- Kidney Disease* Yes No In Past
- Heart Defects* Yes No In Past
- Immune-Compromised* Yes No In Past
- Psychiatric Treatment* Yes No In Past
- Seizures/Epilepsy* Yes No In Past
- Sleepwalking Yes No In Past
- Bedwetting Yes No In Past
- Carsickness Yes No In Past
- Menstrual Issues* Yes No In Past
- Other Medical Conditions* Yes No In Past

Other Diseases* Yes No In Past

Allergies (State severity below.)

- Hayfever* Yes No In Past
- Poison Oak* Yes No In Past
- Any Topical Application* Yes No In Past
- Medication Allergies* Yes No In Past
- Bees (State Severity)* Yes No In Past
- Insects (State Which)* Yes No In Past
- Nuts (State Which)* Yes No In Past
- Latex* Yes No In Past
- Other* Yes No In Past
- o Carry Epi Pen for any?* Yes No In Past

Note: If your child carries an epi pen, please send 2 epinephrine kits with your child. Both will be returned.

Last Tetanus Shot Yes No In Past Last Physical Exam Yes No In Past
 Date_____/_____/_____ Date_____/_____/_____

***Please explain severity** and/or any conditions, diseases or allergies marked "Yes" _____

3. Do you consider your child to be in good health generally? Yes No
4. Are there any restrictions on your child's physical activity? Yes No
 Does your child have permission to go swimming? Yes No _____ Initial
 (3 and/or 4) Please describe if so _____

5. Does your child have any severe food allergies? Please list _____

6. Does your child have any food restrictions (i.e. vegetarian/vegan/religious) or moderate food allergies? Please list _____

Note: The kitchen will do its best to provide for special food needs. However, if your child has extensive dietary needs, please contact your teacher and research the menu, you may need to make food preparations and send them to camp with your child.

Insurance Information

A front and back copy of parent's insurance card must be included with this form.

Name of Insurance Company _____ Phone () _____
 Claims Address _____ City _____ State _____ Zip _____
 Group/Policy Number _____ Circle One: HMO PPO or Other: _____
 Name of Insured _____ Name of Child _____
 Name of Physician _____ Medical Facility _____ Phone () _____

If no Insurance or Health Care Plan exists, please read and sign below.

I authorize payment of any medical fees to physician or supplier for services described on any attached statements. I hereby authorize any physician who has attended my child or may attend him/her or any hospital where s/he may have been seen as a patient, or any other individual or association who may have given him/her medical treatment or supplies, to disclose any information thus acquired to the Hartford Life and Accident Insurance Company. My consent is hereby granted to use this original or a photo static copy as equally valid authorization.

Parent/Guardian Signature _____ **Date** _____

Participant/Guardian Waiver Form

School _____

Please read this document carefully. It must be signed by all Mount Hermon Outdoor Science School Participants. Since the participant is a minor, at least one parent or guardian must also sign as evidence of their agreement to these terms and conditions on their own behalf and on behalf of the minor.

1. I acknowledge that I have voluntarily applied to participate in the Mount Hermon Outdoor Science School program operated by Mount Hermon Association, Inc. which can be a physically demanding and/or challenging program. Students may participate in standard Outdoor Science School activities with manageable medical conditions. However, if I am participating in the Redwood Canopy Tour Zip-line, I do not have any medical conditions which might create an unsafe risk to myself or others who are participating in this activity with me.

2. Acknowledgement of Risks

I understand that the Mount Hermon Outdoor Science School at Mount Hermon may expose participants to certain risks. The activities require moderate physical exertion and may be conducted at heights up to 150 feet (Redwood Canopy Tour Zip-line). Among the hazards and risks of the activities and use of the premises and equipment are the following: falls; collisions; abrupt and possibly harmful contact with structures, objects and persons; anxieties and fears associated with heights; close contact with other people; coordination and misjudgments on the part of participants; the failure of structures or equipment; and the unpredictable forces of nature. Participants may experience increased heart rate and other symptoms of anxiety and stress due to physical exertion, reliance on other participants, a fear of height, or of unprotected falling, loss of balance, coordination and misjudgments, including failure to follow procedures and instructions, physical or mental or psychological stress, fatigue, chill and /or dizziness which may diminish reaction time and increase the risk of an accident. Injuries associated with participation may include breaks, sprains, bruises, and in extreme cases, emotional upset, anxiety and even death. Participants acknowledge that the description of risks is not complete and that other unknown or unanticipated risks may result in injury, illness or death. Participants acknowledge that this program is purely voluntary, and with full knowledge of the inherent risks of the activities.

3. Assumption of Risks

I understand that participation in the Mount Hermon Outdoor Science School entails certain risks. I am voluntarily participating in this program with knowledge of the risks involved. I hereby accept any and all risks of injury or death to myself or any minor children for which I am responsible, arising out of or in any way connected with the use of the program, the Mount Hermon Adventure facilities, and/or one of affiliated organizations of Mount Hermon Association, Inc.

4. Release and Indemnity

As consideration for being permitted to participate in the Mount Hermon Outdoor Science School, I hereby agree that I, my assignees, heirs, and/or as the parent/guardian of a minor participant, will release and hold harmless and not bring any claim or legal suit against Mount Hermon Association, Inc., its directors, managers, officers, agents, employees and volunteers or its affiliated organizations or the supplier of any of the equipment used in the activity ("Released Parties"), for any and all claims of injury, disability, death or other loss or damage to person or property suffered by me or my minor child arising in whole or in part from participation in this program, both foreseeable or unforeseeable.

In addition, I agree TO INDEMNIFY (that is, defend and satisfy by payment or reimbursement, including costs and attorney's fees) Released Parties from any claim of loss, injury or death, brought on by myself or my child against another co-participant. These agreements of release and indemnity include loss or damage caused or claimed in whole or in part by the negligence of a Released Party, but not intentional wrongs or the gross negligence of a Released Party.

I HAVE CAREFULLY READ THIS VOLUNTARY PARTICIPATION AGREEMENT FORM AND PARTICIPANT REQUIREMENTS AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY IN WHICH I AM GIVING UP IMPORTANT LEGAL RIGHTS AND A CONTRACT BETWEEN MYSELF AND MOUNT HERMON ASSOCIATION, INC. AND/ OR ITS AFFILIATED ORGANIZATIONS, AND SIGN IT OF MY OWN FREE WILL.

Print Parent/Guardian Name

Signature

Date

Student Participant Name

Signature

Date