

**Student Name** \_\_\_\_\_

### **Health History**

The following medical information may help you in the unlikely event of an accident. Please read this form through carefully before filling it out. Please complete it as accurately and truthfully as possible. The facts you disclose will be confidential and will only be used to help staff respond to an injury.

Are you currently taking any form of medication? \_\_\_\_\_ If so, please give name, dosage and frequency. \_\_\_\_\_  
\_\_\_\_\_

Do you have any allergies? \_\_\_\_\_ If so, please list them and include allergic reactions to medications.  
\_\_\_\_\_  
\_\_\_\_\_

Have you had any recent injuries? \_\_\_\_\_ If so, please describe them and give the date of the injury.  
\_\_\_\_\_

Do you have asthma? \_\_\_\_\_ If so, do you carry an inhaler? \_\_\_\_\_

Do you have a history of heart problems? \_\_\_\_\_ If so, please describe and discuss any limitations.  
\_\_\_\_\_  
\_\_\_\_\_

Do you have any history of seizures? \_\_\_\_\_

Please list any other medical conditions \_\_\_\_\_  
\_\_\_\_\_

Please list any concerns that might prevent you from participating in an adventure program. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **The Adventure Learning Center at YMCA Camp St. Croix Understanding of Risks and Acceptance of Responsibilities (this form must be signed by a parent or guardian prior to the conference)**

This form simply states that each participant is aware of the kind of program they will participate in, as well as the inherent risks of simply being in an outdoor environment. All these issues will be covered in depth in our safety orientation prior to beginning the program. Please read the following statements carefully and initial each. Then date and sign the bottom of this form.

\_\_\_\_\_ I accept the fact that, while the course leaders are skilled and experienced, they cannot guarantee my total safety since some risks are beyond their control.

\_\_\_\_\_ I agree to follow all instructions and guidelines given by the course leaders, and to act in a safe and responsible manner toward all participants.

\_\_\_\_\_ I agree to notify the course leaders of any changes to my health and fitness which may occur during the course.

### **Permission to to receive first aid and to secure medical help**

My son/daughter is sufficiently fit to participate in this program. I have completed the health history section of this form (above) and disclosed health/medical information that is accurate, complete and true to the best of my knowledge. I agree to notify the program facilitators of any changes to his/her health and fitness which may occur before or during the program. Should he/she become ill or injured, I give permission for the program facilitators to render first aid and to seek emergency medical or rescue services, as they see fit and at my cost.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(parent or guardian)

# **The Adventure Learning Center at YMCA Camp St. Croix**

*We aspire to be a catalyst for exciting, productive change, and seek to provide leadership that will help people create the future they desire.*

## **What is the Team High Ropes Course?**

The Team High Ropes Course gives participants the opportunity to take their individual and group challenges to a new level. Constructed on telephone poles at the edge of Camp St. Croix's 20 acre restored prairie, three unique elements await those interested in a high adventure challenge. High ropes elements challenge the group to work together to reach their goal. The participants work together up on the element in pairs. Their teammates on the ground stay actively involved as rope managers, ballasts, and coaches. After completing the element, participants are lowered to the ground and received by the "greet team," the peers which have been supporting them both physically and emotionally in their challenge. Before the next pair begins the High Ropes element, participants are encouraged to give suggestions to help each group "go as far as they can" and pursue their personal best.

The Team High Ropes Course includes four components.

- ◆ One, the day begins with an overview of the goals for the experience and some warm-up activities to get the team feeling more comfortable with one another.
- ◆ Second, the team will experience a brief sequence of trust building and problem solving challenges to build some foundation for the High Ropes activity.
- ◆ Third, the group will be geared up in harnesses and helmets and given the opportunity to challenge themselves on one of the Team High Ropes Course elements.
- ◆ Lastly, the program will conclude with a review of the day's goals and the learning gained by the team.