

YMCA CAMP HI-ROCK

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CAMPER INFORMATION, MEDICAL CARE AUTHORIZATION, INFORMED CONSENT AND LIABILITY RELEASE

Camper Name: _____ Home Phone: _____

Address: _____

Date of Birth: _____ Medical Insurance Policy Number: _____

Insurance Company: _____ Name of Insured: _____

Parent/ Guardian Name (for minors): _____ Email: _____

Parent phone: _____ Parent alternate phone: _____

In case of emergency while I (my child) is at YMCA Camp Hi-Rock, please contact the following if I can't be reached:

Name: _____ Phone: _____

Alternate phone numbers: _____

Relationship to camper: _____

Is the camper a vegetarian? yes no Does the camper have high blood pressure? yes no

Does the camper have any allergies? _____

Is the camper taking any medications? yes no If yes, please list below:

Does the camper have any pre-existing injuries? yes no If yes, please list below:

Does the camper have any health conditions? yes no If yes, please list below:

Does the camper have any other physical limitations? yes no If yes, please list below:

Has your doctor the limited camper's activities in any way? yes no If yes, please list below:

Please list any other health history/problems about which you feel YMCA Camp Hi-Rock staff or medical staff who may treat the camper while at Camp Hi-Rock may need to be aware:

-- To the best of my knowledge, I (my child) is not allergic to any medications other than those listed above.

-- I hereby grant YMCA Camp Hi-Rock and its agents full authority to take whatever action they deem necessary regarding my (my child's) health in the case of an emergency where I am not able to make the decision. I fully release YMCA Camp Hi-Rock and its agents from any liability in connection with those decisions. YMCA Camp H-Rock staff have my permission to administer and seek emergency care in the event my health (the health of my child) is involved and I am unable to respond or can not be reached at the time of the emergency, or, due to the nature of the emergency, there is insufficient time to contact the me or another guardian. I grant permission for emergency treatment by YMCA Camp Hi- Rock staff, a rescue squad, private physician and/or hospital or emergency health care facility staff under the same circumstances as above. I give the camp permission to transport me (my child) in the event of an emergency. I (my child) have (has) been immunized against the following: If under 18: Measles, Mumps, Rubella, Polio, Diphtheria, Tetanus Toxoids, Pertussis, and (if born after 12/31/1992) Hepatitis B. If over 18: Diphtheria and Tetanus Toxoids and (unless born before 1957) Measles, Mumps and Rubella.

-- I authorize payment of medical benefits to the health care provider for any necessary services and the release of any medical or other information necessary to process claims for visits incurred.

-- I understand activities I (my child) may participate in at Camp Hi-Rock, such as, but not limited to high or low ropes courses, water activities, climbing wall, hiking, and target sports pose inherent risk of physical or emotional injury, and require physical exertion. I, the undersigned, assume that risk on behalf of myself or my child and will indemnify and hold harmless YMCA Camp Hi-Rock / Central Connecticut Coast YMCA from and against all claims and demands on account of, or in any way from, any accidental occurrence. I willingly, and knowingly assume for myself, my heirs, family members, executors, administrators, all risk of physical injury, emotional upset or loss of property which may occur during or after my (my child's) participation in any aspect of the program and agree to hold the YMCA, its employees, instructors, agents, and volunteers harmless for any liability arising out of my (my child's) participation in the program.

-- I am aware and understand that all camp program activities are strictly voluntary and it is my choice to participate (allow my child to participate) in each activity to whatever degree I deem appropriate, after due consideration of my (my child's) physical health, physical abilities, and medical condition. I believe I (my child) is in good health and participation in such activities will not aggravate any conditions present. I am freely choosing to participate (allow my child to participate) in these activities.

-- I (my child) will not be under the influence of any illegal or recreational drug, including alcohol, while participating in any programs at YMCA Camp Hi-Rock.

-- I authorize YMCA Camp Hi-Rock to photograph or film and use, reproduce, assign and/or distribute photographs, slides, sound recordings and video of me (my child) as needed for its records and marketing and public relations programs.

For minors who will not be accompanied by their parent/guardian while attending a group or family program:

-- I am placing my child in the care of the Group named below led by the Group Leader named below or his/her designee (hereinafter referred to as "the Group"). I understand the staff or volunteer chaperones provided by the Group have been chosen by that Group and assign to that Group all responsibility for conducting requisite background checks and providing adequate training to ensure such chaperones are appropriate for supervising children. I release YMCA Camp Hi-Rock and the Town of Mount Washington from any responsibility for the general and nighttime supervision of my child and from any responsibility for the quality of that supervision or adequacy of chaperones.

-- I understand that Camp Hi-Rock will not provide transportation to or from camp for my child except in the case of an emergency when a Group vehicle is not available and assign to the Group the responsibility for ensuring that transportation provided by the Group is safe and in compliance with all applicable Massachusetts regulations. I release YMCA Camp Hi- Rock and the Town of Mount Washington from any responsibility for ensuring that the Group provides transportation in a manner that is safe and complies with any applicable regulations.

-- I understand it is the responsibility of the Group to ensure campers are not released to anyone other than those individuals authorized in writing to pick up the child by their parent or guardian. I release and hold harmless YMCA Camp Hi-Rock and the Town of Mount Washington from any responsibility in ensuring my child is released in the manner described above.

FOR CAMPERS ATTENDING HI-ROCK WITH A GROUP

Names of "Group" and "Group Leader" referred to above:

Name of Group: _____

Name of Group Leader: _____

First Name

Last Name

FOR ALL PARTICIPANTS:

-- I have read and understand the camp rules included below. I will ensure my child is aware of and will comply with these rules. I accept responsibility for my child's behavior. I have had sufficient opportunity to read this document, have read and understand its meaning, and agree to be bound by its terms. I have answered the above questions accurately and completely.

Signature of Participant: _____ date: _____

Signature of Parent/Guardian (if camper is under 18): _____ date: _____

THIS FORM MUST BE SUBMITTED TO YMCA CAMP HI-ROCK PRIOR TO THE CAMPER PARTICIPATING IN ANY ACTIVITIES.

CAMP RULES

1. **Speed Limit:** The speed limit on the camp driveway is 10 MPH. The speed limit on roads on main camp is 5MPH. Mount Washington public roads used to access camp have a maximum speed limit of 40 MPH and many areas with much lower speed limits. Adherence to these speed limits is critical to protect the safety of our campers and our neighbors and their children. Hi-Rock visitors **MUST** obey the posted speed limits on camp and on Mount Washington Roads at all times.
2. **Parking:** Parking on camp is limited and carpooling is recommended. Please keep driving to a minimum while on camp. Do not park near areas marked "Loading Zone", "Staff Housing", "Emergency Vehicle Parking" or "Private Residence".
3. **Check-In:** All campers must check in with Hi-Rock staff at the time and place arranged prior to their arrival.
4. **Camper Information, Medical Authorization, Informed Consent and Waiver Form:** A signed Authorization, Informed Consent and Waiver Form (signed by a parent or guardian for minors) must be on file at Camp Hi-Rock for any camper who will participate in group or family camping programs.
5. **Medication Administration:** All groups/families should bring and distribute their own **medications**. Administration of medication, medical care and first aid will be the responsibility of the Group Leader/family adult or his or her designee and should be conducted in accordance with Massachusetts regulations. YMCA Camp Hi-Rock will provide locked facilities upon request to ensure that medications will be inaccessible to children during the group's stay. YMCA Camp Hi-Rock will **NOT** administer ANY medication, except in the case of an immediate threat to life. All medications, prescription or non-prescription must be locked and inaccessible to minors at all times.
6. **First Aid:** Camp Hi-Rock will provide a staff member trained in CPR and First Aid at all times that campers are on camp to respond as needed. Any injuries or illnesses requiring more than basic first aid will be referred to the Fairview Hospital emergency room or emergency medical services. Trained Camp Hi-Rock staff may provide basic first aid when appropriate at the consent of the participant/participant's parent/guardian. We advise Group Leaders to provide staff with CPR certification that includes the use of breathing devices and first-aid certification that includes Blood Borne Pathogen Training from a nationally recognized provider. In the event of an incident or accident, the participant involved and witnesses must fill out an incident or accident report with a Hi-Rock staff member immediately following the incident or accident.
7. **Supervision of Youth:** For Family Camping Groups, supervision of minors will be the responsibility of the child's parent or guardian. For Youth Camping Groups, a ratio of 1 adult chaperone per every 10 campers between the ages of 15 and 18, 1 chaperone for every 8 children between the ages of 9 and 14, and 1 chaperone per every 5 campers between the age of 4 and 8 must be provided by the group. Chaperones are responsible for the general supervision and overnight supervision of all minors unless prior arrangements are made with the camp to provide such supervision. At least 80% of chaperones used to meet these supervision ratios must be 18 years of age or older. Chaperones must be a minimum of 16 years of age and at least three years older than the minors for whom they are providing supervision.
8. **Youth Supervisor Background Checks:** All adults accompanying youth groups in which campers are not accompanied by their own parents or guardians throughout their stay must authorize the YMCA to conduct criminal and sexual offense background checks prior to their arrival at camp. Camp Hi-Rock reserves the right to prohibit any individual whose criminal or sexual offense record reflects a possible risk to children from entering the property. All adults (individuals over the age of 18) who will be accompanying a youth group must complete the provided criminal and sexual offense background check authorization form and submit it to Camp Hi-Rock a minimum of one week prior to the date of the group's arrival on camp.
9. **Release of Campers:** It will be the responsibility of the group leader in the case of Youth Camping Groups to ensure that all minors are released to an adult authorized to pick them up by their parents or guardian whose identity is confirmed by photo identification, whether that release takes place at Camp Hi-Rock or at another location once the group has left camp.
10. **Space Boundaries:** Campers may not enter any building or program area that is not part of their group/family's assigned lodging or program space. Campers may only enter program areas during those times when they are scheduled to use those areas and Camp Hi-Rock staff are present to supervise as arranged. Use of space and staffing must be arranged in advance.
11. **Personal Property:** YMCA Camp Hi-Rock does not assume any responsibility for any personal property brought to camp. We will make an effort to return valuable found items at the owner's request and at the owner's expense.
12. **Preparing for the Outdoor Camping Environment:** Participants must be aware of the hazards of an outdoor and natural environment. Participants should be prepared to walk on varied terrain and may wish to bring bug-spray and sunblock or to take other preventative measures to protect their health.
13. **Open Flames:** Open flames are not allowed inside buildings.
14. **Fires:** Fires must be kept within the fireplaces and existing fire circles on camp. Groups/families may not create new fire circles near cabins or otherwise.
15. **Firewood:** If your program will require a large amount of firewood, the Group Leader must contact YMCA Camp Hi-Rock at least 30 days in advance of the arrival date to purchase fire wood which will be delivered to the camp. This material will be accounted for in the group contract. Wood will be sold to participants at prevailing market price, or \$50 per 1/4 face cord (whichever is higher), plus a \$10 handling fee per delivery, cut, split, and delivered to a location of your choosing on camp. Any wood purchased by a group that is left on camp property after a group's departure will become the property of YMCA Camp Hi-Rock.
16. **Smoking:** Smoking is only allowed in the designated smoking area by the Zenon building in the parking lot between Bear Rock

and Hi-Rock. There is NO SMOKING IN ANY BUILDING or near program areas. **Place all fully extinguished butts in an outside urn or trashcan.**

17. **Alcohol/Drugs:** Prescription and over-counter-medication must be kept in a locked container and distributed by the Group Leader or designated adult group member or an adult member of families attending family camping programs. Illegal drugs/substances are not allowed on camp property. Groups/families may only bring alcohol to camp with approval and prior arrangement with the Executive Director. Decisions to allow alcohol will be made at the executive director's discretion depending on the nature of the program and other activities being held at camp.
18. **Personal Sports Equipment:** Personal sports equipment is allowed if it is low-risk equipment (ie. lacrosse sticks, basketballs.) For any high-risk activity such as rock climbing or high ropes course, YMCA Camp Hi-Rock equipment must be used.
19. **In case of fire:** Please make yourself aware of fire extinguishers and emergency exits.
20. **Pets/Animals:** No pets/animals of any kind may be brought to the property at any time.
21. **Food and Beverages:** No food or drink, except water, is permitted in any sleeping area.
22. **Graffiti:** No graffiti or other defacing is allowed on any structure or part of nature.
23. **Walls:** No tape, nails, tacks, pins, etc. may be placed on/in any walls.
24. **Fishing:** No fishing from or toward any swimming dock is allowed. Fishing is catch and release.
25. **Watercraft and Swimming: Participants are never to swim or boat without the supervision of a Hi-Rock lifeguard. No exceptions.** No personal watercraft may be brought to camp. **Camp watercraft/equipment is only to be used under the supervision of a lifeguard and in accordance with waterfront rules.** Participants and staff must wear PFD's whenever using watercraft. Participants will check in and out of the boating area under the supervision of a Hi-Rock staff member.
26. **Weapons, Fireworks and Firearms:** No fireworks, weapons or firearms are allowed at camp.
27. **Damage:** The Group Leader/adult family member shall be responsible for all loss or damage to YMCA Camp Hi-Rock equipment and property that is above normal wear and tear. YMCA Camp Hi-Rock reserves the right to keep the group's damage deposit should any damage be caused by the group or should the building require excessive cleaning after the group's stay. Assessment of damage or excessive cleaning fees will take place during a final walk-through by YMCA Camp Hi-Rock staff member. The decision to keep the damage deposit will be the sole right of YMCA Camp Hi-Rock staff.
28. **Food and Food Service:** Meals are typically served family style and meal times will be announced. Any special meal time requests or dietary needs must be communicated a minimum of one week in advance to the program director. Food is typically provided by the camp food service department. In the case that an exception is arranged and a group will have their food prepared by another entity, those preparing the food must comply with 105 CMR 590 and must have at least one person present and in charge of the kitchen who is Serve Safe certified. Any participants bringing their own food to camp must keep it in a car or other approved area, not within the cabin. We do have bears in the region and it is important that food is kept away from sleeping areas and that fire pits or personal grills are cleaned and free of anything that might attract animals. There will not be kitchen or refrigerator space available for groups unless arranged in advance.
29. **Special provisions for groups of six or more unrelated children who will not be supervised by their own parent or guardian staying for more than 3 consecutive nights:** Any group meeting the Massachusetts definition of a "recreational camp for children" (a group having six or more unrelated children who are not supervised by their own parent or guardian which is staying for four or more consecutive nights) will be subject to additional requirements per the Town of Mount Washington. These requirements will be specified through a separate agreement that will be provided to groups meeting the definition.