



## Summer 2019 Overview

### What is it?

YAKventures is The YAK's summer outdoor program for youth. There will be 3 adult leaders on each day-trip to guide, lead, and supervise YAK youth. This is our fifth summer doing this and these outdoor trips have become a regular part of The YAK's activities and mission. We will be exploring the outdoor areas of the Mat-Su and beyond through hiking, biking, canoeing, and other outdoor activities.

### Who can go on YAKventure trips?

Middle school students: those going into the 6<sup>th</sup>-8<sup>th</sup> grades.

High school students: those going into the 9<sup>th</sup>-12<sup>th</sup> grades or those who have just graduated.

**When are we doing these trips?** Trips will be for both age groups on Wednesdays and Fridays. **Youth are encouraged to go on only one adventure a week.** Drop off at the YAK between 8:45-9:00 am and pick-up at the YAK around 5:00 pm or 3:00 pm on designated days.

### Why are we doing YAKventures?

- Healthy activity for youth
- Place-based outdoor program- exploration and appreciation of Palmer's backyard and the Alaskan wilderness.
- Creates joyful memories among our youth
- Builds community among our youth
- Gives youth a beneficial outlet for their energy
- Allows youth to be immersed in the beautiful creation of Alaska.
- Creates relationships amongst Palmer youth and caring, responsible adult leaders.

### How does it work?

The week leading up to the next week's trip, there will be a sign up sheet and trip description at The YAK building. *There is **no cost** for students to go on YAKventure trips this summer.* Our two vans can hold 27 people total, so with 3 leaders, **a maximum of 24 students can come on a trip.** Students need to eat breakfast and dinner at home. They need to pack a lunch to eat on the trip and bring their own water along with them. This year Kids Kboards is donating bag lunches for those students unable to bring their own lunch. Students who show up the morning of the trip are welcome to come, as long as we have room in the vans and they have a parent to sign their release forms. Due to the nature of our trips and the number of youth that now attend YAKventures, youth will only be permitted to go on **one trip or the other** during the week, but not both.

Sign-up sheets at the YAK will be available prior to the trip for those who want to secure a spot on a specific day.

### **What do participants need for each trip?**

Their own lunch and snacks, water, a day backpack, rain coat, warm long sleeve shirt or jacket, appropriate footwear and clothing. \*Please do not wear cotton blue jeans or cotton sweatshirts\* More specific gear for trips will be included on each individual trip description and sign up sheet. Students may bring phones or iPods if it is used to take pictures, but headphones, excessive texting or electronic use will not be allowed.

***Before a student can participate on any YAKventure trip, he or she must turn in the required forms. We have packets at the YAK that include program overview, medical and health information and release form, and liability release form. All of these forms must be read, filled out, and signed by the student and parents/guardians before students can go on a trip. Once a student has turned in the appropriate forms they are covered for the whole summer and are free to sign up for any remaining trips.***

### **Participant behavior and discipline**

Participants on YAKventure trips are expected to abide by any existing YAK rules and guidelines. On outdoor trips, it is especially important to respect and listen to the leaders, watch out for and be proactive in the safety of others, and to respect and take care of the surrounding environment. Ultimately, YAKventure leaders and staff have the authority and right to suspend students for unsafe, disrespectful, and disobedient behavior on trips. Absolutely no kind of drug or alcohol use or sexual harassment will be tolerated. These behaviors are grounds for permanent/indefinite suspension from future YAKventure trips. In the case that we are travelling through bear country, leaders may carry a firearm- in this case, if any student makes any gesture towards touching, taking, or using the firearm, he or she may be banned from future trips. We will follow Leave No Trace principles to respect and preserve our environment. If students are found consistently leaving trash, destroying any part of the environment, or harassing wildlife, they will be subject to suspension. An important part of safety in outdoor travel is to stay together as a group. Any student that chooses to disobey leaders and leave the group will be subject to suspension. In any other behavior and discipline issues, YAK leaders will use discernment and judge to the best of their ability the proper disciplinary action. Hopefully none of the above incidents happen!

### **What about emergencies or injuries on trips?**

On each trip, leaders will carry a DeLorme InTouch satellite communication device if we do not have cell phone service. We will be able to send a text saying our location and needs to designated adults in Palmer who can arrange for further aid. All of our leaders are Wilderness First Aid certified and will treat minor injuries if needed, and in the case of emergency and we are over an hour away from substantive medical care or in a remote location leaders will treat participants until professional medical aid is available.

### **YAKventure leaders**

Kendal Blohm: 907-841-2707

Carly Venzke: 907-841-3435

Xavier Lechleitner: 715-573-3953

### **Other YAK staff contacts**

Jeff Gail: 907-841-8138 -- Director of the YAK

Andy Miller: 907-414-2373 – Founder of the YAK



**Liability Release Form  
Summer 2019**

**ACKNOWLEDGEMENT OF RISK**

I acknowledge and understand there are inherent risks associated with YAK Outdoor adventure trips, (hereafter referred to as "Trips"), including backpacking, rock climbing, mountain climbing, hiking, swimming, eating trail food, drinking treated water from streams, biking, canoeing, fishing, etc., and any other activities included in the Trip. I will assume the risk associated therewith, whether known or unknown to me at this time. I recognize that my attendance in the Trip is a privilege and as a consideration for this privilege, I hereby release the YAK, Lazy Mountain Bible Church and any guides or leaders representing the activities of YAK trips, from any legal or financial responsibility with respect to my participation in the Trip. I also release The YAK, Lazy Mountain Bible Church and any guides or leaders representing the activities of YAK trips, from responsibility for my accidental physical injury, including death or illness, and loss of personal property while on the Trip or during travel to and from the Trip. This release is also intended to include all claims made by my family, estate, heirs, personal representatives or assigns.

INITIALS OF STUDENT: \_\_\_\_\_ DATE: \_\_\_\_\_

**AND**

INITIALS OF PARENT OR GUARDIAN: \_\_\_\_\_ DATE \_\_\_\_\_

**ACKNOWLEDGEMENT OF MEDICATIONS**

I acknowledge and understand that the following medications may be carried by YAK leaders on the Trip: Ibuprofen, Antihistamine, TUMS.. I acknowledge and understand that there will *not* be any other medications available on the trip, including, but not limited to, Epinephrine. I hereby release The YAK, Lazy Mountain Bible Church and any guides or leaders representing the activities of YAK trips, from any physical injury, including death or illness, which is a result of administering the above medications and/or not having specific medications available on the Trip. I acknowledge and understand that if I have any specific needs for medication I will provide and administer them myself.

Note: It is not uncommon for a person to experience anaphylaxis from a bee sting or food allergy even if they have never before had a reaction. We recommend (but do not require) that each student carry an EPI-PEN as a precaution in case of a life-threatening anaphylactic reaction to a food allergy or bee sting, etc. This is a prescription drug so you would need to have your doctor prescribe an EPI-PEN for your child to carry as a precaution on the trip. We highly recommend each student carry an EPI-PEN. Most doctors will agree to this even if your child has not displayed any food or bee sting allergies before because these trips will occur in remote settings, far away from immediate medical help, so this is a normal backcountry precaution.

INITIALS OF STUDENT: \_\_\_\_\_ DATE - \_\_\_\_\_

**AND**

INITIALS OF PARENT OR GUARDIAN: \_\_\_\_\_ DATE \_\_\_\_\_

WAIVER AND RELEASE

If I am under age 18, my parent or guardian, by signing below, also consents to my release and he or she agrees that this release shall be binding upon him or her as my parent or guardian as to me and my estate, heirs, personal representatives and assigns. My parent or guardian also promises, by signing below to defend, indemnify and hold the YAK, Lazy Mountain Bible Church and any guides or leaders representing the activities of YAK trips harmless from any claim asserted by me against the YAK, Lazy Mountain Bible Church and any guides or leaders representing the activities of YAK trips, if I should repudiate this release after obtaining adulthood.

PHOTO RELEASE

I hereby grant permission to the YAK and any guides or leaders representing the activities of YAK trips the right to use, reproduce, and/or distribute photographs, films, videotapes, and sound recordings of my child, without compensation or approval rights, for use in materials created for purposes of promoting the activities of the YAK or to promote outdoor adventure trips in general.

**Signature of parent or guardian**

\_\_\_\_\_ **Date:** \_\_\_\_\_

I also understand and agree to abide with the restrictions placed on my trip activities as listed herein:

**Signature of participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed name of participant:** \_\_\_\_\_ **Date:** \_\_\_\_\_



## Medical Information and Release Form 2019

*- You must sign this form in order participate, please read before filling out -*

The YAK's "YAKventures" summer outdoor adventure program involves a variety of activities in outdoor settings. Activities may include van transportation, games, group initiative problems, caving, hiking, canoeing, fishing, rock-climbing, biking, and other rigorous physical adventure activities. There are risks, which must be assumed by each participant, that due to the demands of certain activities he or she may incur injury. There are certain risks inherent in outdoor adventure. The information gathered on this medical form is intended to help inform The YAK staff of any pre-existing medical conditions, and to help determine if consultation with your physician is recommended prior to our program. If you have a pre-existing condition, participation in some of the more strenuous activities may not be recommended. This information will be kept in strict confidence by The YAK and shared only with your permission.

### I. GENERAL INFORMATION

Name (PLEASE PRINT): \_\_\_\_\_ Age: \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_

HEALTH INSURANCE: Name and address of insurance company

\_\_\_\_\_  
\_\_\_\_\_

PERSON TO CONTACT in Case of Injury or Illness:

Name \_\_\_\_\_

Relationship \_\_\_\_\_

Address \_\_\_\_\_

Phone: Home \_\_\_\_\_

Cell \_\_\_\_\_

PLEASE CHECK THE BLANK IN FRONT OF ANY OF THE FOLLOWING CONDITIONS THAT APPLY:

Asthma  Back Problems  Dislocations  Joint Problems

High Blood Pressure  Diabetes

Heart Problems

Blood Problems  Major vision Problems

Epilepsy  Allergies

For any conditions checked above, please describe: Specific symptoms or conditions-

what tends to cause the problems -

last date of occurrence -

how often they occur and how long they last -

how you care for them, including any medications you carry for the above indicated conditions -

\_\_\_ Do you have any physical, health or handicaps that the program leader should know about? Explain:

\_\_\_ Have you had any recent (up to 12 months) acute illness, injury or surgery? Last date of occurrence: Give details and how it might affect your participation:

\_\_\_ Are you currently under a doctor's care? Explain:

\_\_\_ Do you get cold easily? Explain:

\_\_\_ Are you taking medication (prescribed or otherwise, e.g. cold medicine)? If so, what type and what is it for? \_\_\_ Are you taking or have you recently taken psychiatric medication? If so, what type and what is it for?

\_\_\_ Allergies: If you are allergic to any of the following, please explain.

\_\_\_ Medications: Please specify:

\_\_\_ Foods: Please specify special dietary needs:

\_\_\_ Insect bites and stings, or family history of same. If allergic, please carry your own allergy medicine.

\_\_\_ Other:

\_\_\_ NONE OF THE ABOVE MEDICAL CONDITIONS APPLY TO ME.

#### OTHER PHYSICAL INFORMATION

1. Can you swim? (Yes) (No) 2. Date of last tetanus shot? \_\_\_\_\_

3. Indicate your level of fitness:

\_\_\_ little or no exercise on a regular basis

\_\_\_ occasional exercise, 1 or 2 times a week

\_\_\_ vigorous exercise (e.g., 20 minutes of running, fast walking or the equivalent) 3 times a week or more

PLEASE INCLUDE ANY OTHER MEDICAL OR HEALTH CONDITIONS, ISSUES, OR CONCERNS RELEVANT TO FULLY-DAY OUTDOOR ACTIVITIES

#### II. RELEASE OF LIABILITY

I affirm that the confidential medical information that has been provided is accurate and complete. I understand that failure to disclose this information could affect my own safety and those around me, and I agree to hold The YAK harmless if full disclosure of a pre-existing medical condition has not been provided. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization or other treatment that may become necessary. I understand that parts of the YAKventures may be physically demanding. I hereby acknowledge that I am aware of these risks and I agree to follow all safety instructions and ask questions if I do not understand. I also acknowledge that, despite careful precautions, there are certain inherent risks of injury in this program, and I accept those risks. I understand that each participant must assume the risk of injury or disability that could result from any of the activities.

I release, on behalf of my heirs and assigns, Lazy Mountain Bible Church, They YAK, its employees, staff, volunteers and successors, from and against any and all claims and causes of action arising out of my participation in this program.

I have read and I understand this statement.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent of Guardian (if under 18 years of age) \_\_\_\_\_