

Parental Consent Form



Student's Name: _____ Age: _____

School: _____ Teacher: _____

The purpose of this document is to ensure that persons under the age of 19 have permission from their parent or legal guardian to participate in the various Outdoor Centre Programs conducted by Hidden Realm Adventures Inc. It is also designed to provide some information regarding the hazards and risks that are present when these programs are conducted, in order to help parents make informed decisions regarding their child's participation.

The following programs are conducted by Hidden Realm Adventures Inc, we have been providing quality outdoor education programs to thousands of children. Our professional guides and instructors have been selected for their experience in the outdoors and ability to provide each participant with an outstanding educational experience in a natural outdoor setting. Our attention to detail in risk management and staff training contribute to our excellent safety record.

Your child may participate in some or all of the following activities:

_____ Cave Tours

_____ Rock Climbing / Rappelling

_____ Teambuilding

_____ Outdoor Cave Challenge Course

These programs will be conducted rain or shine. It is important that participants dress for the outdoors and be prepared for any weather. This means dressing in warm layered clothing that can be added or removed depending on the conditions. Fleece or thick sweaters on top of a T-shirt / sweatshirt and long pants will be adequate. Don't forget to include rain gear, a hat, sun screen, gloves, and any medication your child may require. Immersion in water is not intended but is a possibility, **please include a complete change of clothes including shoes and socks.**

Whenever these types of outdoor activities are conducted, there are natural hazards and risks. In addition to the usual risks, dangers and hazards usually present in outdoor activities, programs may involve additional risks, dangers and hazards, such as:

- changing weather conditions such as wet, icy, or slippery conditions that may result in falls;
- climbing on steep or vertical slopes that may result in falls or falling rock;
- immersion in water that may result in hypothermia;
- travel through forest environments which may result in injury from trees, branches, sticks, etc;
- activities near and travel on back country roads which have vehicle traffic;

"I am aware of, and understand the risks, dangers and hazards associated with these programs. In consideration of this, I hereby give permission for my child to participate in these programs."

Parent's Signature: _____ Date: _____

PLEASE FILL OUT AND SIGN THE MEDICAL INFO SHEET ON THE OTHER SIDE!

Medical Information Form



This form is intended to gather information that may be used by our guides to better instruct the participant and react appropriately to any emergency which may arise. This information is strictly confidential and not intended to deny participation in any activity.

Name of Participant: _____

Date of Birth: _____ Medical Card #: _____

Do you have allergies or ever had a severe allergic reaction? Yes ___ No ___

If "YES" please describe what causes reaction, what happens, and medications you take or carry for the condition:

Please detail any / all medical issues that might affect your ability to participate in the activity or would affect first-aid treatment: (asthma, diabetes, previous injury, heart condition)

Please list any medications, prescription and non-prescription, that you are taking.

We need the name of the medication, reason it is taken, and instructions for frequency/dosage:

Will you be carrying this medication with you on the trip? YES ___ NO ___

EMERGENCY CONTACT:

Name: _____ Relationship: _____

Home Phone: _____ Work Phone: _____

CONSENT FOR MEDICAL TREATMENT OF AN UNDERAGE PARTICIPANT

"I hereby give permission to a representative of Hidden Realm Adventures Inc. to arrange for any medical treatment required by my child or ward while he / she is under their care."

Parent / Legal Guardian Signature

Date

PHOTO RELEASE

"I agree to the reasonable use of photos, of myself or my family members, to promote Horne Lake Camp. I give consent for these photos to be used in promotional and/or other publications associated with Hidden Realm Adventures Inc. We do not rent, sell, or trade our photos. Photos may be used in promotions including brochures, displays, posters, signage or website."

Parent / Legal Guardian Signature

Date

Parent Pre-Trip Information and Checklist



Please return the Parental Consent & Medical Info form A.S.A.P. Both sides MUST be signed by a Parent / Guardian before your child will be allowed to participate.

Our programs at Horne Lake Outdoor Centre are designed to be a "hands-on" educational experience. These unique programs are truly rewarding experience and offer every student a chance to discover the magic of the natural world.

Upon arrival, classes will be broken down into groups of maximum 14 students with one guide and at least one adult / teacher coming along to assist with supervision.

The following list will help you prepare and help ensure that your child has everything they need to have a great time. Activities run rain or shine so children should be prepared for any kind of weather. Make sure they can get warm with a hat and gloves!

DAYTRIP CLOTHING and EQUIPMENT LIST

- Long pants and sweatshirt
- Good footwear (runners / gumboots / hiking boots)
- Raingear & gloves
- Extra clothing and footwear (Rubber boots for Oct -April)
- Camera with flash
- Lunch, water bottle and snack food

Note: *AVOID COTTON CLOTHING & JEANS!* Wool, fleece, or nylon clothing is better when wet.

Things to Keep in Mind about Caving...

The caves usually have some water running through them during the winter and spring so participants should wear gumboots or be prepared to get wet feet. It is a smart idea to bring a spare change of clothes including shoes and socks. There is a 25 minute uphill hike to get to the entrance to Riverbend Cave. The tour will involve some climbing and travel on rocky and uneven floors. The temperature inside the caves is 8 degrees Celsius, even in the summer. Some children will express reservations about claustrophobia but most times they get so curious and excited that they forget to be scared.

PLEASE NOTE: The Caves From October until April can have ankle deep streams flowing the length of the caves. Rubber boots are **highly recommended!**

