

LA SALLE INSTITUTE

Founded 1850

174 Williams Road Troy, New York 12180-7799



School Activity Permission Form

JROTC Adventure and Confidence Training at HVCC

To: Parents/Guardians

8 April 2019

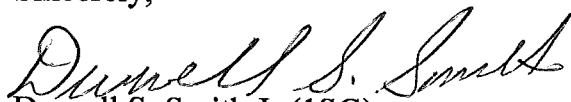
The JROTC Leadership Department has coordinated with Hudson Valley Community College for your son and his classmates to participate in a one day adventure training program on Friday, 17 May 2019. The training is designed for students to work together to successfully conquer obstacles and challenges while building teamwork, camaraderie and leadership skills. The training will be conducted by a well-trained and certified HVCC Staff. This training includes a climbing wall and numerous obstacles involving ropes and beams. Additional information is provided on page 4, 5, and 6 of this packet. Please make yourself familiar with the information on these pages as it will help you better understand the purpose of this program.

The cost of this training is \$40.00 per student. We encourage all JCLC cadets to participate. We ask that you please complete the permission form on page 1 and the health form on page 2 and 3 of this packet and have your son return these forms to the JROTC Leadership Department along with the check for \$40.00 made out to La Salle Institute by Tuesday, May 1st. Should your son decide not to participate, provisions will be made for him to either observe the training and/or attend his regular scheduled classes. Final decision will depend on the number of students participating. This is a mandatory school day.

Supervision Notice: During this training, your sons will be under the supervision of faculty members and the HVCC training staff. Reasonable care will be taken by the supervising personnel to see to the safety of your son. However, it is absolutely essential that you, as parent or legal guardian, give written permission for your son to participate in this activity. Therefore, please **complete and sign** page 1, 2, and 3 of this packet and have your son return it to the JROTC Leadership Department by Wednesday, 1 May 2019.

Should you have any questions, please feel free to call 1SG Durvell Smith at 283-2500, Ext: 276 or dsmith@lasalleinstitute.org.

Sincerely,


Durvell S. Smith Jr (1SG)
Army Instructor



Hudson Valley Community College "Adventure Training Program"

Adventure Training Program is designed for those in reasonably good health and incorporates a variety of activities from games and low ropes initiatives, to more strenuous challenges such as, high ropes or rock climbing. Each participant may choose the level of his or her participation realizing that, although safety is a high priority at "Adventure Training Program", there is a risk of physical or emotional injury that they must assume. Participants must be covered by health and accident insurance during the time of their participation. Please complete the following questionnaire prior to your participation. This information will be used to inform staff of any pre-existing medical condition and determine if consultation with your physician seems prudent to your participation.

Part I – General History

Name: _____

Sex: Male Female Date of Birth: _____

Name of Insurance Carrier: _____

Address: _____

Part II – Medical Information

Do you have any disabilities (temporary or permanent) that you or your doctor feel would limit your participation in the Adventure Training Program? Yes ___ No ___ If you answered Yes, please explain.

Please list any medications you are currently taking and the conditions they are treating. If none, so state.

Do you have allergies? Yes ___ No ___ Reactions to medications? Yes ___ No ___

Other medical limitations? Yes ___ No ___ If you answered Yes to any part of this question, please explain:

Part III – Medical History

Have you had surgery in the past year for any conditions that might limit your participation? Yes ___ No ___

Are you under follow-up surgical care? Yes ___ No ___ If you answered Yes to any part of this question, please explain:

Do you currently have, or have you a history of any of the following?

Chest Pain Yes ___ No ___ High Blood Pressure Yes ___ No ___

Heart Attack Yes ___ No ___ Heart Disease Yes ___ No ___

Heart Murmur Yes ___ No ___ Heart Palpitations Yes ___ No ___

Stroke Yes ___ No ___

When you exert yourself, do you experience symptoms of any of the above? Yes ___ No ___

If you answered Yes to any part of the question, please provide details.

If you answered Yes to any part of the Medical History questions above, The Adventure Training Program strongly recommends that you see a physician before participation.

Do you have Diabetes? Yes ___ No ___ If you answered Yes, are you dependent on insulin? Yes ___ No ___
Is there is a history of heart disease in your family? Yes ___ No ___ If you answered Yes, please elaborate:

Do you smoke? Yes ___ No ___ Are you a former smoker? Yes ___ No ___ If you answered Yes, when did you stop?

How often do you exercise? No regular exercise ___ 1-2 times/week ___ 3+ times/week ___
If you lead a sedentary lifestyle, smoke, are overweight, have diabetes or are 45 years of age and have a family history of heart disease, the Adventure Training Program strongly recommends that you consult your physician before participation.
If you are unclear about whether to consult your physician or you or your physician would like more information regarding the activities included in your program, please contact Adventure Training Program staff.

I have consulted my physician. Yes ___ No ___
My physician advises me that I may participate fully. _____
My physician has advised me to avoid certain activities. _____
My physician advised me not to participate. _____

If your physician has limited or disapproved your participation, please provide further details:

I recognize the inherent risk of injury or disability associated with the Adventure Training Program activities and I agree to assume that risk. I further agree to follow all of the Adventure Training Program's safety instructions. I hereby release the Adventure Training Program, Hudson Valley Community College, its officers, employees, Board of Trustees, SUNY, and the County of Rensselaer from all liability for any injury to me from participation in the Adventure Training Program activities. In the event of illness or injury, consent is hereby given to provide emergency medical care, hospitalization or other treatment, which may become necessary.

In the event of injury or illness, please contact:

Name: _____ Relationship: _____

Address: _____

Daytime Phone: _____ Evening Phone: _____

I understand that failure to answer this questionnaire in a full and comprehensive manner could affect my own safety as well as that of others, and therefore I affirm that the information herein is accurate and complete. I agree to hold the Adventure Training Program harmless if full disclosure of a pre-existing medical condition has not been made.

*Participant Signature: _____ Date: _____

*Signature of Parent or Guardian (if Participant is under 18 years of age): _____

Name of Workshop: Adventure Training/Ropes Course Date(s) of Workshop: 17 May 2019

I hereby grant the Adventure Training Program permission to use, reproduce, or distribute any photographs, films, videotapes and/or sound recordings of me during my training for use in materials it may create.

*Participant Signature: _____ *Parent/Guardian Signature: _____

Adventure Training Program at HVCC

To Our Adventure Training Program Customers:

The Adventure Training Program (ATP) at Hudson Valley Community College offers a wide range of challenging learning activities. The activities are presented by our trained staff in a safe, secure and supportive environment. The Adventure Training Program activities you experience on our indoor/outdoor course will involve significant physical activity. You should be relatively physically fit and be able to lift, bend over, stretch, crouch and jump.

Clothes that offer comfort and ease of movement are recommended. Keep in mind climate considerations for that day. Examples; (mittens/hat in cold weather and visor hat/sunglasses for a clear summer day).

Please note:

- Wear loose, comfortable clothing which will allow unrestricted movement
- Shorts are acceptable, however nylon shorts are discouraged
- Sneakers*, running shoes or light hiking shoes will work well. No open toed shoes or sandals. (*sneakers required inside)
- People who wear glasses & contact lenses should take those precautions they normally would when actively involved. Wearing an eyeglass safety strap will help protect your glasses.

Other issues:

- Water will be provided.
- Our outdoor site is a "carry-in/carryout" site.
- Jewelry/valuables: Please avoid bringing these, you will be asked to remove all jewelry while participating.
- Food services may be arranged with our campus food service provider at 629-7173.
- All required forms must be completed and forwarded to our office before you participate. Please keep in mind that participants may not take part unless all forms are completed.

We look forward to helping you enjoy your day at our "Adventure Training Program".

Andrew Fuda
Assistant Director, Institutional Services & Events
Hudson Valley Community College

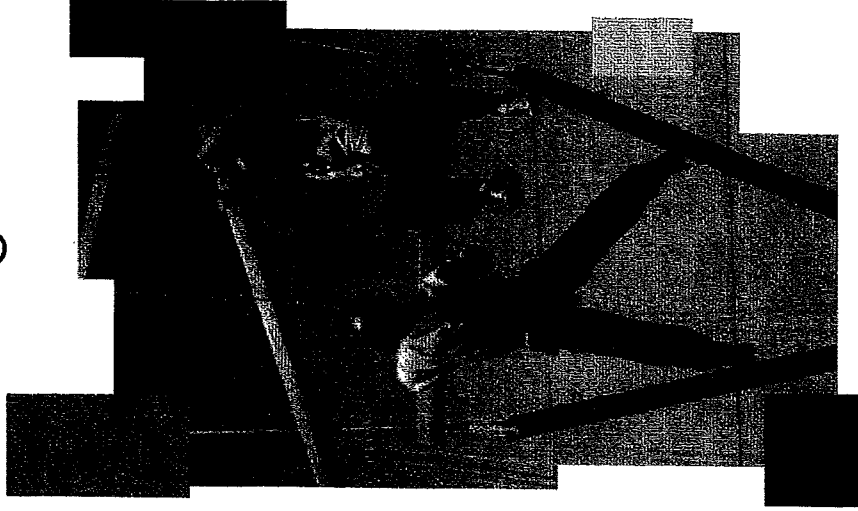
PAST CLIENTS

Capital District Physicians Health Plan
Carroll Hill Elementary School
New York State Police
RPI Archer Center

Additional information on this program may be obtained from:

The Office of Institutional Services and Events
McDonough Sports Complex
Hudson Valley Community College
Phone (518) 629-4829
E-mail: specialevents@hvcc.edu
www.hvcc.edu/facilities

Adventure Training Program



DIRECTIONS FOR LIFE™

www.hvcc.edu
518 / 629 - 4822
Toll-free: 877 / 325 - HVCC
80 Vandenburg Avenue
Troy, New York 12180-6096

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Hudson Valley Community College does not discriminate on the basis of age, gender, race or color, national origin, religion, disability, marital status or sexual orientation.

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Troy, NY 12180-6096



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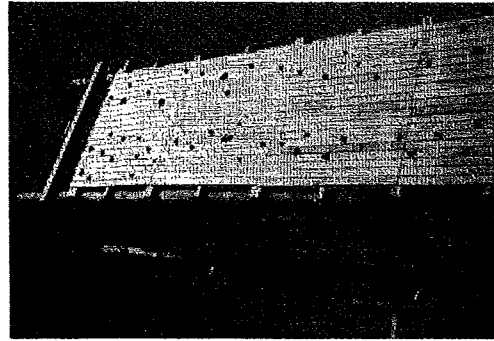
ADVENTURE TRAINING PROGRAM

What is the Adventure Training Program?

The Adventure Training Program is a unique participatory learning experience that can help companies and organizations build communication, teamwork and leadership. The program is led by experienced, knowledgeable instructors who are committed to building trust, communication and cooperation in a fun atmosphere.

This is a safe, effective training exercise where participants work together to successfully conquer obstacles and challenges, building teamwork, camaraderie and leadership skills.

While some activities involve use of the college's state-of-the-art ropes course, the majority of the program's activities rarely require participants to leave the floor.



PROGRAM HIGHLIGHTS

Hudson Valley's modern facilities offer the perfect setting for the Adventure Training Program. Indoor high ropes activities are located throughout the field house of the McDonough Sports Complex. Both high and low outdoor ropes activities are located adjacent to the Joseph L. Bruno Stadium. Conference facilities, including catering and teleconferencing, are easily arranged on site.

TEAMWORK, SUCCESS AND SAFETY

The Adventure Training Program is an ideal activity for leadership training and the development of communication skills. Corporate units, work teams and organizations can share laughter, learn trust and develop camaraderie through Adventure Training.

Using safety equipment to reduce any actual risk, participants conquer "perceived risks" with the help of their team. The program is suitable for everyone regardless of their previous physical training.

Let us help you build the skills your employees need in a fun, productive setting.

TRAINED FACILITATORS

Adventure Training facilitators are specially trained to ensure a safe and successful program. Participant to facilitator ratio will be 12:1. The college's extensive array of equipment allows its team of facilitators to work with groups of up to 50 participants. Program equipment meets or exceeds industry standards set by the Association for Challenge Course Technology.

