

MEDICAL INFORMATION

FAMILY PHYSICIAN: _____ LOCATION: _____ PHONE #: _____

HEALTH INSURANCE CO.: _____ POLICY #: _____ NAME OF INSURED: _____

LIST ANY ALLERGIES AND DESCRIBE REACTION: _____

Describe any current health conditions requiring medication, treatment, special restrictions or considerations:

IMMUNIZATION HISTORY

PLEASE GIVE ALL DATES OF IMMUNIZATION FOR VACCINE or ATTACH IMMUNIZATION RECORD: **REQUIRED TO PROCESS REGISTRATION**

Vaccines	Year of Basic Immunization	Year of Last Booster
Diphtheria/ Pertusis(Whooping Cough)/Tetanus DPT		
Tetanus Diphtheria/Tetanus (TD)		
Oral Polio		
Injectable Polio		
Measles (Hard Measles, Red Measles, Rubeola)		
Mumps		
Rubella (German Measles, 3-day Measles)		
Other		
Tuberculin test given _____ (most recent)		
Haemophilus influenza B (HB)		
Hepatitis B		

PHOTOGRAPHIC WAIVER/CONSENT – I give my permission to the YMCA of San Diego County (YMCA) to use my picture or other likeness, or a picture or other likeness of my children in the YMCA's general publicity and campaign materials.

Parent/Guardian Signature: _____

Date: _____

PLEASE READ CAREFULLY

I, the undersigned parent/person having legal custody/guardianship of the above said minor, give permission for the minor to participate in the YMCA program described above. The minor is physically able and mentally prepared to participate in all activities as described in the announcement for the program.

In consideration of said minor being permitted to enter any branch of YMCA of San Diego county ("YMCA") for observation, use of facilities and/or equipment, or participation of the above or any program, I, on behalf of myself (as parent, guardian, coach, aide, spectator or participant) hereby: (1) Acknowledge that (i) I have read this document, (ii) I have inspected the YMCA facilities and equipment, (iii) I accept them as being safe and reasonable suited for the purposes intended and (iv) I voluntarily sign this document. (2) Release YMCA, its directors, officers, employees and volunteers (collectively "Releasees") from all liability to me for any loss or damage to property or injury or death to person, whether caused by Releasees or otherwise and while such minor is in or near any YMCA branch. (3) I agree not to sue Releasees for any loss, damage, injury or death described above and I will indemnify and hold harmless Releasees and each of them from any loss, liability, damage or cost they may incur due to said minor's presence in, upon or near the YMCA branch; whether caused by the negligence of Releasees. (4) I assume full responsibility for, and risk of, bodily injury, death or property damage due to the negligence of Releasees or otherwise. (5) I do hereby authorize the YMCA as agent for the undersigned to consent with respect to said minor, to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment, and hospital care which is deemed advisable by, and is to be rendered under general or special supervision of, any physician and surgeon licensed under the provisions of the California Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of the physician or at the hospital. I understand that the YMCA is not responsible for costs incurred for medical care.

I intend this document to be as broad and inclusive as is permitted by the laws of the State of California, if any portion hereof is held invalid, I agree the balance shall continue in full force and effect.

DATED: _____

SIGNATURE OF PARENT/GUARDIAN: _____

Mission Statement

The Rancho Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of spirit, mind, and body.

<small>STAFF USE ONLY</small>
Received by _____
Medicals entered by _____
Follow Up Needed? _____



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YMCA of San Diego County/Rancho Family YMCA

Adventure Guides/Trailblazers 2009-2010 Parent Manual

Adventure Guides/Trailblazers Calendar Year

Registration begins yearly on August 1st. The AG/TB calendar year runs September – August, with some cross-over in August and September as new members are recruited and veteran members age out. New program registration required each year.

Age Out Policy

For safety and quality programming, the Adventure Guides and Trailblazers programs are designed with specific grade ranges in mind. Adventure Guides serves grades K-4 and Trailblazers serves grades 5-8. Once an Adventure Guides participant has completed the 4th grade, s/he graduates from Adventure Guides and has the opportunity to be inducted into the Trailblazers program.

Calendars & Events

Adventure Guides & Trailblazers calendars include events such as weekend campouts, hiking trips, Pinewood Derby, day outings, etc. Calendars for each group are available on our website. Adventure Guides participants have monthly Circle Meetings; please see your Circle Leader for details. Trailblazers has monthly planning meetings open to all registered dads. Families can participate in as many or as few events as desired.

Code of Conduct

The Rancho Family YMCA reserves the right to remove any participant from the program due to violation of YMCA policy or the Adventure Guides/Trailblazers Code of Conduct. Safety is our number one priority.

Communication/Roles of Staff & Volunteers

Camp & Family Director – Jessica Shiner – jshiner@ymca.org. Contact for registration and general program information.

Travelers – Travelers are YMCA staff that attend all Adventure Guides and Trailblazers events. The role of the Travelers is to be a liaison between the vendor/campsite and the volunteers/participants of the program. Travelers are available to assist with activities, event logistics and emergencies.

Expedition Navigators – Volunteers that lead each Expedition. Work with Director on event information; lead monthly Expedition meetings with all Circle Leaders; coordinate participant placement; communicate with Expedition Circle Leaders.

Circle Leaders – Attend monthly Expedition meetings; lead monthly Circle Meetings; distribute event information to participants.

Credit/Refund Policy

We schedule activities, submit payments, coordinate lodging assignments and make other arrangements based on number of registered participants. Credits will be issued for requests received by close of business Monday prior to the event. Credit requests received after this time must be accompanied by a written medical note and are subject to approval by the Camp & Family Director. Refunds are issued only with a written medical note and Director approval. Forms are available at the Rancho Family Member Services desk and on our website.

Family Participation

Some Adventure Guides and Trailblazers events are open to all members of the family in the same household. Family members attending must be listed on the dad/child's AG/TB registration form and must register and pay for events to attend. There is no main registration fee.

Fees

Adventure Guides and Trailblazers are free to those with Family Memberships at the Rancho Family YMCA. Otherwise, fees are \$74 per parent/child pair and \$37 for each additional child. YMCA Members canceling memberships are subject to paying full main registration fees. Events have separate registration and program fees. Program fees vary per event and cover various costs including lodging/tent sites, activity fees, meals, staffing and program overhead costs. There are no pro-rates or day rates for partially attended events. **New** participants joining after May 1st will receive a discount on main registration fees. Financial Aid may be available to those who qualify.

Mission Statement

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No Alcohol Policy

The Rancho Family YMCA has a strict no-tolerance policy for alcohol at all YMCA events. Any Adventure Guides/Trailblazers participant found with alcohol will be asked to dispose of it immediately. Refusal to do so or a second violation of this policy will result in removal from the event. Further violation of the policy may result in removal from the Adventure Guides/Trailblazers program.

Partner With Youth

YMCA programs such as Adventure Guides and Trailblazers are supported by the generosity of contributors to Partner With Youth. Partner With Youth is an annual fundraising campaign occurring each February. Please visit our website for more information.

Registration

Expeditions are larger groups designed geographically. Circles are smaller groups in Expeditions and are designed by age, school and gender. Participants are welcome to request specific Circles (subject to availability) and anyone is welcome to join. Once registered into the AG/TB program your contact information will be provided to your Expedition Navigator who will work with the Circle Leaders to place you in a Circle. Main registration is not considered complete until registration form, code of conduct, immunizations and payment are received in full. Participants must be registered for Adventure Guides/Trailblazers to register for events. Participants must pay and be registered for events to attend. Participants will be turned away from events if not registered and paid in full. **Event registration ends close of business Monday prior to events. No exceptions.** We schedule activities, submit payments, design lodging assignments and make other arrangements based on number of registered participants. You will receive an email with event information and registration dates prior to each event. If you do not receive emails please confirm your correct email address with our Member Services Desk.

What To Bring/Equipment

The YMCA does not provide equipment for events (tents, sleeping bags, etc.). Some events will have activities and equipment provided by the vendor/campsite. This information will be reviewed per event.

**YMCA of San Diego County/Rancho Family YMCA
Adventure Guides/Trailblazers 2009-2010 Code of Conduct**

The following Code of Conduct has been established for YMCA of San Diego County and the Rancho Family YMCA Adventure Guides & Trailblazers programs. A high level of participation is expected of all participants. The Code of Conduct shall be observed by both youth and adults.

- I will maintain an attitude of respect and cooperation in dealing with YMCA volunteers and staff.
- I will be responsible for my own actions and those of my child(ren) at all times.
- I will strive to reflect the values of Caring, Honesty, Respect and Responsibility.
- I will adhere to the guidelines for responsible use of the Native American theme.

Adventure Guides/Trailblazers Aims

- 1) To be clean in body and pure in heart.
- 2) To be friends forever with my dad/son/daughter.
- 3) To love the sacred circle of my family.
- 4) To listen while others speak.
- 5) To love my neighbor as myself.
- 6) To respect the traditions and beliefs of all people.
- 7) To seek and preserve the beauty of Our Creator's work in forest, field and stream.

FRIENDS FOREVER

- I will refrain from all activities that endanger the health and safety of myself, my child(ren) or others.
- Appropriate language will be used at all times.
- The facilities being used and the personal property of others will be respected at all times.
- I will support the YMCA of San Diego County alcohol policy: Possession and/or consumption of alcoholic beverages and illegal drugs at all Adventure Guides/Trailblazers events are strictly prohibited.
- I will abide by all campground rules and regulations.
- At no time during a YMCA program may a volunteer or staff person be alone with a single child where he or she cannot be observed by others.
- Parents will never leave a child unsupervised.
- Positive techniques of guidance are strongly encouraged, including redirection, positive reinforcement and encouragement.
- Staff will not be with children they meet in YMCA programs outside the YMCA. This includes, but is not limited to: babysitting, sleepovers and inviting children to private home.
- YMCA staff will not be permitted to transport children in personal vehicles.
- Any suspicion of child abuse will be reported to a YMCA representative immediately. YMCA staff and volunteers are mandated reporters for child abuse.

I have read the expectations for participation in this program, including the parent manual, and I will abide by and support the Adventure Guides/Trailblazers Code of Conduct. I will share this information with my child and take responsibility for their adherence to the policies.

Date

Signature of Parent

