

Participant Name: _____

BOLD & GOLD Expedition Participant Essential Eligibility Criteria (EEC)

Please keep the ECC for future reference. Signature page required (page 8 of admissions packet)

The BOLD & GOLD Essential Eligibility Criteria (EEC) is applicable to all potential BOLD & GOLD course participants.

PART I: General EEC

Each participant must:

1. Have the ability to follow verbal and/or visual instruction independently.
2. Have the ability to learn necessary skills given time limitations of a BOLD & GOLD expedition; for example, setting up a tent.
3. Have the ability to effectively communicate with other participants and staff regarding potential hazards, personal distress, injury or need for assistance.
4. Be able to do the preceding warnings and notifications up to a distance of 200 ft. and in conditions with limited visibility or inclement weather or with loud background noise, such as high winds or while near roaring rivers.
5. Have the ability to act reliably around stated hazards to decrease risk even when not directly supervised. These hazards may include, but are not limited to fast moving water (rivers, creeks, surf, tides), cliff edges, loose rock, crevasses, potentially hazardous animals and insects, allergens and rugged, steep and uneven terrain.
6. Have the ability to independently understand and follow directions and instructions given by staff and/or others to be able to successfully execute appropriate and perhaps unfamiliar techniques to avoid hazards and/or manage risks. These directions may be given before the hazard or risk is encountered or may need to be given during exposure to the hazard/risk.
7. Be able to take personal responsibility for belongings and behavior. With instruction from staff, have the awareness of the necessary level of self-care needed to remain generally healthy and to avoid environmental injuries such as hypothermia, heat stroke, sunburn, or frostbite. This includes but, is not limited to: personal hygiene, water purification techniques, drinking enough water, eating enough, appropriate dressing and care of equipment.
8. Be able to communicate ideas and concerns on an individual or group level.
9. Be prepared to work as a member of a team despite potentially stressful and challenging conditions. This includes the ability to contribute to an emotionally and physically safe environment- no harassing or abusive behavior of others for any reason; a willingness to accept differences and a willingness to put the needs of the group before those of the individual.
10. Be able to learn and safely perform skills necessary for living in remote areas in order to support self and the group. This includes, but is not limited to: cooking, setting up camp, sleeping on the ground in a tent with other members of the group, caring for gear, and packing backpacks.
11. Be able to live in a physically demanding remote backcountry environment, away from the city, for the full length of the course, which can range from one day to four weeks. Environmental conditions may vary from below 20 degrees to above 90 degrees depending on the course location, season and may include, but not limited to, extended periods of rain, snow, and/or wind, or the absence thereof. The remoteness is such that it may require a minimum 1 day's travel, but perhaps in excess of 3 days travel to reach the nearest trailhead and advanced medical care.
12. Travel conditions may include, but are not limited to, rough, rugged, uneven steep and sloping terrain, human and/or animal made trails, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders, needing to cross rivers and creeks without the aid of bridges up to two feet or more in depth, moving up, going down and crossing slopes covered in snow, rocks or vegetation, bushwhacking off trail through thick standing and/or downed vegetation. Any and all travel can occur during periods of inclement weather.
13. Travel distances can range from less than one mile to more than ten miles with possible elevation gain in excess of, but not limited to 5000 feet in one day.
14. Travel duration can range from less than one hour to more than 10 hours in one day and occur on successive days.
15. Be able to wear and commit to wearing the required safety equipment.
16. Possess the strength, fitness, balance and agility to accomplish the above tasks.

Participant Name: _____

PART II: EEC for Specific Activities

The following section describes EEC specific to the various expedition types and activities. All participants must satisfy the EEC listed in Part I and the EEC below that are specific to the expedition elements they are considering.

WILDERNESS BACKPACKING

The EEC Part 1 requirements apply to wilderness backpacking with the addition of:

1. Be able to move through and travel over varied wilderness terrain with a backpack weighing up to 30-40% of their body weight.
2. Have the ability to use a third point of contact by supporting yourself with hands and feet for balance, by holding a trekking pole/stick, or by holding onto another person for travel through rivers and while ascending or descending slopes.
3. Possess the strength, fitness, balance and agility to accomplish the above tasks.

ROCK CLIMBING

The EEC Part 1 requirements apply to rock climbing with the addition of:

1. Be able to learn and reliably provide a safe belay to a climber by applying and releasing friction to the rope using an ATC or Gri-Gri belay device.
2. Be able to wear climbing safety equipment such as a helmet and harness.
3. Be able to learn to tie into a harness using a figure eight knot with follow through.
4. Be able to learn and effectively communicate climbing signals which may include hand signals, verbal signals or a rope tug system.
5. Grip a rope firmly, grasp the rock face, and move upwards, downwards and/or sideways on a climb.
6. Pay close attention while climbing and while others are climbing for up to 45 minutes.
7. Possess the strength, fitness, balance and agility to accomplish the above tasks.

MOUNTAINEERING

The EEC Part 1, rock climbing and wilderness backpacking requirements apply to mountaineering with the addition of:

1. Be able to communicate clearly over a distance of up to 200 feet without the assistance of another person when participating in multi-pitch alpine mountaineering or during glacier travel.
2. With instruction from staff be able to perform a self-arrest with/or without an ice axe if traveling on snow or glaciers.
3. Be able to wear and understand the use of safety equipment including helmet, harness, crampons, ice axe and sunglasses.
4. Willing to participate as a part of a rope team.
5. Withstand cold temperatures which may be 20 degrees or lower.
6. Dress appropriately.
7. Possess the strength, fitness, balance and agility to accomplish the above tasks.

SEA KAYAKING

The EEC Part 1 and wilderness backpacking requirements apply to sea kayaking with the addition of:

1. Be able to remain seated and balanced in a floating kayak.
2. Be able to swim or be comfortable in the water, while wearing a personal flotation device (PFD)
3. Be able to maintain a closed mouth / lips and hold breath while under water.
4. Be able to enter and exit kayak unassisted including while in moving water.
5. Be able to paddle without assistance in order to move a boat.
6. Identify, make progress to and ascend the shoreline, in moving water.
7. Be able to understand and respond to commands given by boat partner or be able to communicate commands to boat partner.
8. Be able to steer boat away from obstacles.
9. Be able, in the event of an unexpected capsizing, to independently demonstrate the ability to self-right self from face down to face up position while wearing the appropriate PFD.
10. Possess the strength, fitness, balance and agility to accomplish the above tasks.

Participant Name: _____

RIVER RAFTING

The EEC requirements for wilderness backpacking/hiking courses apply to river rafting with the addition of:

1. Be able to enter and exit a boat including pulling self up without assistance.
2. Be able to respond to verbal and/or visual commands.
3. Be able to paddle as part of a team.
4. Be able to swim or be comfortable in the water, including fast moving water, while wearing a personal flotation device (PFD).
5. Be able to maintain a closed mouth / lips and hold breath while under water.
6. Be able, in the event of an unexpected capsized, to independently demonstrate the ability to self-right self from face down to face up position while wearing the appropriate personal floatation device (PFD).
7. Possess the strength, fitness, balance and agility to accomplish the above tasks.

WINTER SNOWSHOEING

The EEC requirements for wilderness backpacking/hiking courses apply to winter snowshoeing with the addition of:

1. Be able to put on own snowshoes.
2. Be able to walk on uneven terrain.
3. Be able to respond to verbal and/or visual commands.
4. Be able to withstand cold temperatures which may be 20 degrees or lower.
5. Be willing to dress appropriately.
6. Possess the strength, fitness, balance and agility to accomplish the above tasks.

Please proceed to page 8 of the admissions packet for the participant & parent/guardian signature page.

Participant Name: _____

Parent Questionnaire

What is the participant's physical activity level? (Scale: 1 Not Active—5 Very Active)

1 2 3 4 5

What is the participant's comfort with prolonged physical activity? (Scale: 1 Not Comfortable—5 Very Comfortable)

1 2 3 4 5

What is the participant's comfort level around water? (Scale: 1 Not comfortable—5 Very Comfortable)

1 2 3 4 5

What is their swimming ability? Non-swimmer Beginner Intermediate Strong

Does the participant have any wilderness camping experience?

What are you hoping the participant gains from this experience?

Additional Information

Please provide any additional information about the participant's behavior and physical, emotional, or mental health about which the program staff should be aware. You may call us at 206 382 5009 to discuss any special needs the participant may have. All information will be held confidential and will only be shared with the Course Director and staff as deemed appropriate.

Participant Name: _____

Participant Questionnaire

This questionnaire is to be completed by the participant. This information helps us get to know you and plan your experience.

Why do you want to come on this adventure?

Please list four words you would use to describe yourself.

_____	_____
_____	_____

In what ways do you like to be creative?

What are some of your hobbies and interests?

What does courage mean to you?

Give an example of how you have shown courage in your life. (i.e. an obstacle you overcame, a situation at school, etc.)

What helps you get through hard times/stressful situations?

What do you hope to gain from this experience?

Participant Name: _____

What is one thing you are nervous about or afraid of when you think about going on this adventure?
Please feel free to call us if you want to talk about it. 206.659.0231

How did you learn about this course? Is this your decision to go?

On a scale of 1-5, where 1 is, "I don't really want to go" and 5 is, "I can't wait!" How excited are you?

1 2 3 4 5

Is there anything else you want to tell us or ask us?

PLEASE SIGN HERE



Participant Agreement

- I agree to be positive and open to new things.
- I will try my best even when I find things challenging.
- I will support the other participants in my group and will work to build a strong community.
- I will be myself.

In signing this contract I agree to all the statements listed above.

Your Signature: _____ Date _____

Participant Name: _____

**THIS FORM IS REQUIRED FOR 2-3 WEEK COURSES ONLY, UNLESS OTHERWISE
DIRECTED BY ADMISSIONS STAFF**

INFORMATION FOR THE MEDICAL PROFESSIONAL:

YMCA BOLD and GOLD Programs consist of spending 10–22 consecutive days outdoors hiking, backpacking, sea kayaking, river rafting, and/or rock climbing in a variety of uneven and challenging terrain. The course is designed with 13–18 year old youth in mind. We need your help in screening, as we believe a thorough medical review will help to avoid any serious medical events. Given that we may be in remote wilderness areas, an evacuation to advanced medical facilities may take more than 24 hours.

Please review and fill out the following section and let us know of any possible clues of potential problems that may need further evaluation.

If you have questions feel free to contact us:

YMCA Camping & Outdoor Leadership — 206.382.5009 — campforms@seattleyymca.org

Thank You!

Vital Signs and Statistics:

Date of Birth: ____/____/____

Blood Pressure BP: ____/____

Date taken: _____

Height: _____

Weight: _____

Pulse: _____

Last Tetanus Inoculation: _____

Date of second MMR: _____

On the basis of the information provided about our courses and your examination, do you feel this individual is able to participate in our program?

Yes No

General comments and concerns:

PLEASE SIGN HERE

This health history is correct and not falsified to the best of my knowledge.

Physician, Nurse or PA Signature: _____

Printed Name: _____ Date _____

Participant Name: _____

Gear Rental Information:

- Please allow up to 2 weeks for confirmation via email for all rental requests. Rentals are issued during course gear check on expedition/course start day. Technical climbing gear is included in the expedition tuition. Rentals are for use during BOLD & GOLD expeditions only.
- Payment for gear rentals is processed at time of confirmed reservation with the card on file in your account. Please contact our office if you need to make different arrangements: 206.382.5009
- Financial aid & scholarship recipients must complete this gear rental form to receive their basic gear package free of charge.

Participant's Name: _____

Parent/Guardian email: _____ Phone: _____

Course Name: _____ Course Dates: _____

FOR ADDITIONAL INFORMATION ABOUT REQUIRED GEAR:

Refer to expedition/course specific packing lists found on our website www.ymcaleadership.org under the "Already Enrolled?" section, or to speak with staff, email campinfo@seattleyymca.org or call the admissions office at 206.382.5009.

GEAR & CLOTHING RENTAL AGREEMENT

I/my child understands that clothing will undergo normal wear and tear, and that clothing should be returned to BOLD & GOLD in roughly the same condition as when it was lent. I/my child understands that if I/my child has intentionally damaged or lost any clothing on their trip, we may incur a replacement fee.

I agree and authorize YMCA BOLD & GOLD to charge my card on file for repairs and/or replacement of damaged, lost or stolen gear.

I agree not to hold the YMCA of Greater Seattle responsible for any injuries incurred through the use of its rental equipment. I accept all terms and conditions of the agreement.

Signature: _____ Date: _____

Participant Name: _____

***BASIC GEAR PACKAGE INCLUDES:**

- Internal Frame Backpack
- Sleeping Bag and Closed Cell Foam Sleeping Pad
- Medium Weight Hiking Boots
- Headlamp

CHECK BOX TO RESERVE GEAR ITEMS	1 WEEK	2 WEEKS	3 WEEKS
<input type="checkbox"/> Basic Gear Package*	\$70	\$122	\$165
<input type="checkbox"/> Internal Frame Backpack	\$25	\$40	\$50
<input type="checkbox"/> Sleeping Bag & Closed Cell Foam Sleeping Pad	\$20	\$35	\$45
<input type="checkbox"/> Medium Weight Hiking Boots	\$20	\$40	\$60
<input type="checkbox"/> Day Pack	\$15	\$25	\$35
<input type="checkbox"/> Headlamp	\$5	\$7	\$10
<input type="checkbox"/> Clothing (see below)	No fee	No fee	No fee

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CHECK BOX TO RESERVE CLOTHING ITEMS	
<input type="checkbox"/> Warm hat	<input type="checkbox"/> Sun hat
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Bandana
<input type="checkbox"/> Long underwear top	<input type="checkbox"/> Long underwear bottoms
<input type="checkbox"/> Warm water-resistant jacket	<input type="checkbox"/> Warm synthetic long pants
<input type="checkbox"/> Warm fleece jacket	<input type="checkbox"/> Light-weight hiking pants
<input type="checkbox"/> Rain jacket	<input type="checkbox"/> Rain pants
<input type="checkbox"/> Short sleeve t-shirt	<input type="checkbox"/> Shorts
<input type="checkbox"/> Sports bra	<input type="checkbox"/> Gloves
<input type="checkbox"/> Warm socks (# pairs) _____	

Height ____ Weight (lbs) ____ Shoe Size (US) ____ Waist (in) ____ Inseam (in) ____

Questions? Email: campinfo@seattlemca.org or call 206.382.5009