

## Medical Statement

I recognize that challenge course activities can be a strenuous endeavor requiring me to be in good physical condition. I hereby certify that I do not suffer from any physical infirmities or illnesses which would affect my ability to engage in the challenge course activities. If I have concerns about any of the following conditions, I may discuss them with a FaHoLo Camp & Conference Center instructor.

Cardiac or Pulmonary Condition or Disease  
Nervous Disorder  
High or low Blood Pressure  
Diabetes  
Fainting Spells or Convulsions  
Kidney Related Diseases

Hearing Loss or Impairment  
Shortness of Breath  
Drug Addiction or Dependency  
Back or Neck Injury  
Any Orthopedic Problem  
Alcoholism

Mental Distress  
Pregnancy  
Insect Allergies  
Recent Injuries  
Anything Other Concerns

I further certify that I am not on any regular medication that will impair my ability to perform the activities and have not taken/will not take any alcoholic beverages or drugs at least 12 hours before participating in the adventure course or activity.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

### ACKNOWLEDGEMENT OF RISK AND ASSUMPTION OF PERSONAL RESPONSIBILITY

I understand that during my participation in this adventure course or activity I may be exposed to psychologically and physically stressful and challenging situations.

I understand, too, that although the program has taken precautions to provide proper organization, supervision, instruction, and equipment for each activity, it is impossible for the program to guarantee absolute safety. Also, I understand that I share responsibility for safety and I assume that responsibility. Further, I waive any claim that may arise against FaHoLo Camp & Conference Center and/or its employees as a result of my participation in the program, except those which are the direct result of the negligence of FaHoLo Camp & Conference Center or its employees.

I accept responsibility for my personal health and medical history and verify that I have no physical or psychological problems that would prohibit my participation in this program.

I agree to comply with all instructions and directions of FaHoLo Camp & Conference Center staff during my participation. I also authorize FaHoLo Camp & Conference Center to have and use photographs, slides, or video of me, my child, or my family as may be needed for its public relations.

Print Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_

I (we) acknowledge that there can be no guarantee of safety against risk and unforeseen accident, as detailed above, and consent to the participation of the above named participant in the adventure program. I also authorize the treatment of my son or daughter by a licensed medical doctor in the event of an emergency. This authority is granted only after a reasonable effort has been made to reach me.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_



## Community Values Agreement

Key Leader participants, adult advisors and invited guests are expected to demonstrate behavior consistent with the high ideals of the Key Leader program and should abide by the provisions of this agreement while in attendance at any Key Leader event. Every member will respect the authority of the Key Leader district chairs and site coordinators, as well as the Kiwanis International designated staff.

### Responsible Behavior

1. Participants may not possess or consume any alcoholic beverages.
2. Participants may not possess or use any drugs or other controlled substances, with the exception of medication prescribed for the attendee.
3. Participants may not possess or use tobacco products.
4. Participants are expected to abstain from any activity of a sexual nature.
5. Participants may not possess weapons, firecrackers, or anything of a dangerous nature or act in any way unbecoming of a Key Leader.

### Lodging

1. Participants staying in a camp or conference center must sleep in their assigned room or cabin.
2. Female participants are not allowed in the room of any male participant, and male participants are not allowed in the room of any female participant.
3. Male and female participants may be present together in cabin lounges when an adult chaperone is present.
4. All participants are expected to abide by a curfew from 12:00 a.m. and lasting until 6:00 a.m. unless otherwise specified by the camp or conference center.

### Dress Code

1. All participants are expected to wear "camp casual" clothing. This includes shorts, t-shirts, jeans, sweatshirts, and closed-toe shoes.
2. At no time will any clothing with inappropriate language or graphics be allowed. Any shirts, shorts, or skirts deemed to be of inappropriate length will not be allowed. Additionally, participants will not be allowed to wear saggy clothing. Flip-flops or sandals are not appropriate for a Key Leader event because of the nature of activities in which students will participate.
3. All participants are required to wear name badges for all weekend events.

### Enforcement

1. Violations of this agreement will result in notification to the respective nominator and sponsor.
2. Violations involving destruction of property, or possession, consumption or use of alcoholic beverages or controlled substances will result in dismissal of the attendee from the event.
3. Notification, in writing, will be made by the Key Leader International staff or his or her representative, to the participant's high school, and to the parents of any member disciplined under this section.
4. The Key Leader program has been designed as a complete educational experience from 4 pm on Friday afternoon through 11:30 am on Sunday morning. All participants are expected to attend the full experience and these values will be in effect during this whole time.

Key Leader Participant Name (please print) \_\_\_\_\_

Date

Key Leader Participant Signature \_\_\_\_\_

Date

Key Leader Parent/Guardian Signature \_\_\_\_\_

(Required if under the age of 18)

Date

**By signing this document, I acknowledge that I am aware that photos taken of me during the event weekend may be published in magazines, Web or other marketing and promotional materials.**

# KEY LEADER®

## What you need for a Key Leader weekend!

### Shoes

Closed-toe shoes such as sneakers or tennis shoes.

Flip flops are okay, but only for the shower.

No slip-on shoes are allowed on the ropes course.

(Example: TOMs shoes, etc).

### Clothing

Comfortable clothes - jeans or shorts, T-shirts (long sleeved T-shirts), hoodies or a light jacket.

Appropriate sleep wear.

Raingear - rain slicker or umbrella

. Check the weather forecast before packing.

### Bedding

Sleeping bag

Pillow

Blanket

Pillow

Bring whatever works best for you.

### Linens

Towel and wash cloth

(An old towel or beach towel is best.)

### Toiletries

Toothbrush

Toothpaste

Shampoo

Soap

Deodorant

### Food and beverages

Most camps do not allow food or beverages in the cabins. Do not bring food or drinks with you.

We will provide plenty of great meals and snacks throughout the weekend. If you require special meals/snacks, do not hesitate to let us know so that we can see to your needs.

### Electronics

Do not bring expensive items with you to Key Leader, such as iPod, iPad, Kindle, Nook, smart phones or cash.

**Key Leader is not responsible for any loss or damage to personal property.**

### Other needed items

Water bottle

Flashlight – if you have one.

Small self portrait photo for your Key Leader mailbox.

All forms sent to you by email, signed by a parent.

All medications needed for the weekend.

### Medication

- We will not collect medications; you are responsible for taking your own medicine.
- Be sure to list all medications on your medical form.

### Forms

**Bring forms sent to you by email prior to the weekend.** A **medical form** and **community values form** is required. Both forms need a parent/guardian signature. If the camp you are attending requires a specific release form, it will be sent to you the week of the scheduled weekend. You can also find these forms on our website at [www.key-leader.org](http://www.key-leader.org).