

# College of the Atlantic

## OOPs

### Outdoor Orientation Program

In this packet you will find documents pertaining to the Outdoor Orientation Program. Please use this page as a check-off list for the Outdoor Orientation Program (OOPs) materials you've read and submitted.

Participant Materials	Read	Filled Out	Sent to COA	Due Date
Welcome Invitation and Information	—			
OOPs Information	—			
Equipment List	—			
Trip Registration and Program Fee	—	—	—	June 1 <sup>st</sup>
Participant Medical Record	—	—	—	June 1 <sup>st</sup>
Release and Indemnification of Claims	—	—	—	June 1 <sup>st</sup>

# Welcome!

## You are invited to OOPs

Imagine the hundred mile view as you summit Mount Katahdin, the tallest peak in Maine. Imagine being surrounded by the vastness of the ocean as you sea-kayak from island to island on the pristine waters of the Gulf of Maine. Imagine yourself canoeing down the rapids of the wild and scenic Allagash River. Imagine relaxing in the cool waters of a mountain lake after a beautiful day hiking on the Appalachian Trail. This is the OOPs experience.

You are cordially invited to participate in College of the Atlantic's *Outdoor Orientation Program* (OOPs). The OOPs wilderness-based trips are a long-standing tradition at COA and a powerful way to make a successful transition to college. These trips will help you make connections with new and returning students, you'll be exploring the awesome natural beauty of Maine, and you will start to learn about the culture and community of the College.

Whether you choose to kayak along the coast of Maine or summit Maine's highest peak, the experience of working hard together—whether lifting a pack or paddle—will carry through to the work you'll do in the classroom. In this packet I hope you will be inspired by the exciting trips we've planned for you this year.

We've included trip descriptions and an equipment list so you can choose which trip is right for you. All OOPs excursions are designed to introduce the outdoor activity to beginners as well as challenge skilled participants.

The *Appalachian Trail* backpacking route and the *Peaks of Baxter State Park* trip are the only trips designed for more experienced attendees. To ensure you are placed in one of your top choice trips, it is imperative you meet the June 1 deadline for turning in all of the OOPs forms and fees. We will do our best to match you with your first- or second-choice trip, but after the deadline we cannot guarantee a place on one of the trips. You can use the checklist on the cover of this packet to keep track of what you have turned in.

In order to cover the cost of food, equipment, and transportation, we require a program fee of \$450. Because we place significant importance on the OOPs experience, we have created a limited financial aid pool within the program to make this opportunity economically more accessible. Any student interested in exploring financial support for OOPs should fill out the financial aid portion of this application and submit it with your application. Nevertheless, we do expect every participant to make some contribution toward the cost of the program.

Students participating in OOPs should plan to arrive at COA with their equipment (see Trip Descriptions and the Equipment List) on Sunday, August 26, 2018 between noon and 2 PM. When you arrive you will be able to register for the academic year and receive your room key (if you're in campus housing), move into your room and, at 2 PM, meet with your trip leaders and members. Trips will depart from COA Monday morning and return to campus the following Saturday, September 1. I hope you will join us for this wonderful experience.

If you have any questions, please contact COA's Outing Club at [outingclub@coa.edu](mailto:outingclub@coa.edu).

I look forward to meeting you and getting to know you over the next coming years!

With best regards,

Nick Jenei  
Coordinator of Community Engagement  
[njenei@coa.edu](mailto:njenei@coa.edu)  
(207) 801-5672

# OOPs Information

All forms must be submitted by June 1 to Donna McFarland (College of the Atlantic, 105 Eden Street, Bar Harbor, ME 04609, [dmcfarland@coa.edu](mailto:dmcfarland@coa.edu), fax: 207-288-4126). The \$450 fee can be paid online at [coa.edu/accepted](http://coa.edu/accepted), by enclosing a check via postal mail, or by calling the Admission Office with a credit card (800-528-0025). Students should print a copy of all the documents in this packet for their records.

## Overview

The Outdoor Orientation Programs (OOPs) are wilderness trips designed to help incoming students transition to college. The experience helps students understand the culture of COA and form relationships with peers and mentors in a safe, community-focused setting before academic demands arise. Begun in 1973, OOPs is the college's longest standing program and occurs each year in early September during the week prior to the required on-campus orientation. The goals for the week-long OOPs trips are:

- To provide incoming students with an insight to the values of the college through student leaders and faculty/staff/trustee/alumni mentors
- To establish a common experience that will serve as an anchoring point for students' emerging relationships and academic journeys
- To provide a structured learning and leadership opportunity for returning students
- To expose students to some of the unique natural areas in Maine

Each year about ten trips (with 6-12 people in each) explore Maine's wilderness. Students can choose to canoe, backpack, sea kayak, or hike. Returning students lead these trips for incoming first-year, transfer and graduate students. Students who have questions regarding the OOPs trip can contact the outing club at [outingclub@coa.edu](mailto:outingclub@coa.edu) or by phone (207) 801-5672.

## Explanation of the Sections of this Packet

### Equipment List

The Equipment List provides students with a list of core materials used on any OOPs trip, as well as lists of required equipment used with specific OOPs trips. This list is drawn from years of experience and if attendees bring all recommended items, they will be comfortable in almost any situation. Once students have reviewed foundational equipment, they should look at the Trip Specific Equipment page to see specialized materials or clothing they may need to bring. Attendees may also refer to the trip descriptions for specific trip equipment.

### Trip Registration (Due June 1)

The Trip Registration Form allows students to indicate their OOPs trip preferences. The college uses this form to assess the level of outdoor experience the student has had and therefore ensures that trips are balanced in terms of skill level and interest.

### Participant Medical Record (Due June 1)

The Participant Medical Record is used in conjunction with the Trip Registration Form to ensure the student is able to participate in the OOPs trip of his or her choosing. This form is also used to inform OOPs leaders of any physical and mental medical history that might affect a participant's trip. In the case of an emergency, this form is shared with a doctor to ensure an attendee receives proper medical treatment. Applicants are strongly encouraged to review the Participant Medical Record with their primary physician.

### Release & Indemnification of Claims (Due June 1)

The Release & Indemnification of All Claims is a contract issued by the college that explains the rights and risks of the participants while partaking in the OOPs trips.

# OOPs Information

## (continued)

### What's planned for this year?

We offer three different trip levels: low intensity, medium intensity, high intensity. None of our trips require previous outdoor experience, these different levels are based on physical fitness levels.

**Low intensity trips** require no outdoor experience, are suitable for all participants who feel comfortable walking on short, relatively flat trails and are willing to learn how to paddle canoes on gentle rivers and lakes.

**Medium intensity trips** require reasonable physical stamina, but still no outdoor experience is necessary. You'll be active up to 8 hours per day, with many breaks in between. These trips are more physically challenging than low intensity trips, but are suitable for most students.

**High intensity trips** are for students who are physically fit and want to push themselves by hiking long distances and climbing high peaks. Previous outdoor experience is wonderful but it is not required to participate in this trip as long as you are ready for long days and heavy packs.

If you have any concern about your personal level of fitness and want help determining an appropriate trip for you please be in touch with Nick Jenei. We can accommodate all levels of physical fitness and most medical and physical conditions.

### ~ Low Intensity Trips ~

#### Exploring Baxter State Park

Baxter State Park is the last true wilderness area in the Northeastern United States and one of the jewels of Maine's landscape. For students interested in being introduced to a variety of activities, including hiking and canoeing, Baxter State Park is a perfect trip. Participants will have the opportunity to explore the Park on a variety of day-hikes with the option to climb Maine's highest peak, Mount Katahdin (Baxter Peak, 5,267'). The group will base at drive-in campgrounds and will move from one side of the park to the other to give students greater access to the trails that criss-cross glacial ridges and bowls of the Park. In addition to wildlife, participants will witness dramatic topography that inspired generations of American writers and painters, including Thoreau, Frederic Church, and Marsden Hartley. Baxter State Park is an incredibly beautiful and very rugged place, this is certainly an awesome trip.

Please note:

- Since you will be based at drive-in campsites, a duffel bag packed with clothing and equipment will be sufficient.
- Students will need a daypack for the week's excursions. Also, students should bring a reliable pair of lightweight hiking boots.
- Climbing Mount Katahdin is optional.
- There is no running water in Baxter State Park, but there are very lovely, well maintained outhouses

#### Paddling the W. Branch of the Penobscot

The west branch of the Penobscot river is one of the routes Henry David Thoreau was led on by Wabanaki guides, and chronicled in his essays The Maine Woods. The 45 mile stretch runs from Old Roll Dams to Chesuncook Village. You will wind your way along the flat water river for the first three days, with a stop at Lobster Lake--a small bejeweled lake with sand beaches. The last two days you will paddle across Chesuncook Lake before heading back onto the river for the final day. All the campsites have picnic tables, as well as outhouses (during the day the forest will be our bathroom). The upper branch of the Penobscot is an ideal canoe trip for beginner paddlers as there are neither rapids nor portages.

Please note:

- This trip is appropriate for novice paddlers who can spend up to 6 hours in a canoe.
- The campsites are large and well maintained but have no running water or flush toilets. Bathrooms are outhouses.
- Students will need two pairs of footwear for wet and dry weather.

# OOPs Information

## (continued)

### ≈ Medium Intensity Trips ≈

#### Canoeing the Allagash River

On the Allagash Lower River Canoe trip you will paddle the lower Allagash Wilderness Waterway from the Churchill Dam to Allagash Village. Your group will pass through several lakes and ponds and the river will fluctuate from slow flowing water to rips and rapids, including a seven-mile stretch of Class II Whitewater called Chase Rapids. Due to the success of the Waterway's protection and preservation, there will be opportunities to see the same animal and bird life Thoreau saw in 1857, including moose, bald eagles, and bears. You'll see part of the last remaining wilderness waterway in the eastern United States on one of the most beautiful canoe trips in the northeast. COA provides all boating equipment. Students who have paddles, life jackets, dry bags, and camping gear should bring them.

Please note:

- This trip is appropriate for both novice and experienced paddlers who are comfortable spending up to 8 hours a day in a canoe.
- The campsites are large and well maintained but have no running water or flush toilets. You must be open to the idea of going to the bathroom in an outhouse and in the woods.
- Students will need two pairs of footwear for wet and dry weather.

#### Sea Kayaking Frenchman Bay

Students who attend the Sea-Kayaking Adventure experience Maine islands from a different perspective — absolute sea level. Participants will see the power of the glaciers that scoured out striking, bare-granite ridge lines (as well as the fjord of Somes Sound) some 18,000 years ago. These moving forces made the island a beacon for the native Abenaki people who called the island Pemetic, the “sloping land”. Students will explore MDI from the vantage point of the Italian explorer Giovanni da Verrazano who christened this part of Maine “Acadia,” and the French explorer Samuel de Champlain who gave the modern name, “Île des Monts Déserts,” the island of dry mountains. The group will depart from Stonington in the company of experienced guides, and they will cross the open water of the Jericho and Blue Hill bays. They will make camp at Indian Point, before passing through the Mount Desert Narrows and arriving at the college pier in Frenchman Bay. In mostly tandem kayaks, the group will hop from island to island to hike and camp. This trip is suitable for paddlers with even just a little experience.

COA provides all boating equipment. Students who have paddles, life jackets, dry bags, and camping gear should bring them.

Please note:

- Those with back problems should contact COA before signing up for this trip, as long periods in a kayak can exacerbate previous back conditions.
- Because of the sensitive island ecologies, you will have to carry out all waste, including human, in a specially designed bag. The trip leaders will provide you with all necessary information.
- Students will need two pairs of footwear for wet and dry weather.

#### Rock Climbing Acadia

During this OOPs trip students will experience the beauty of Mount Desert Island's rosy-pink granite slabs and faces and challenge themselves by learning how to climb or by honing their established rock climbing skills. Students will work as a team, communicate, and build trust in a supportive learning environment. In the company of experienced local guides, the group will move through a succession of skills from bouldering to top-roping, and through a variety of locations from the ledges at Otter Cliffs to the dramatic promontory at Great Head which looks out over Frenchman Bay. The group will camp near beautiful Beech Mountain and Canada Cliff. This trip is intended for beginner, intermediate, and advanced climbers as a way of introducing students to working in small, communicative teams and exposing them to some of the most striking and challenging natural features of our once glacial landscape.

Please note:

- While COA will provide all technical climbing equipment, if students have rock climbing equipment, they are encouraged to bring it. The college will inspect any personal gear and may ask the participant not to use his or her equipment for institutional safety reasons.
- The group will hike in Acadia National Park for at least one day. Students should plan to bring day-hiking gear.
- The campgrounds in Acadia have running water and flush toilets, though when you are out in the field climbing you will have to “go in the woods”.

# OOPs Information

## (continued)

### « High Intensity Trips »

#### Backpacking the Appalachian Trail

This trip is for two small groups that will hike from opposite ends of Maine's rugged 100-mile Wilderness, which is on the Appalachian Trail, and meet in the middle at The Hermitage — a section of incredible white king pine declared a National Landmark in 1968. A group will head south from Monson and hike beside small ponds and lakes and including Little Wilson Falls. The other group will leave from Cooper Pond and hike over Little Boardman Mountain to prepare for a steady climb over White Cap Mountain (3650'). The students will drop down a side-trail into the deep-walled canyons and waterfalls of Gulf Hagas. Both trips will witness dramatic scenery and majestic wildlife such as moose, eagles, and even bears.

Please note:

- These trips are very physically demanding. Participants should have experience multi-day backpacking, and be able to carry up to a 40 pound (18kg) backpack for up to 10 miles (16 km) per day. If you don't have backpacking experience but are in very good physical condition you could also apply for this trip.
- Bathroom facilities are limited to simple outhouses at some of the camp sites and holes that you dig in the woods.
- Students are welcome to bring as much personal backpacking gear to share with their group.
- Participants need to have either an internal or external frame backpack that will carry six-days of gear.
- It is imperative participants have a reliable pair of well broken-in, mid-weight hiking boots for six days of backpacking. Boots should fit comfortably with two pairs of socks (a light synthetic liner sock and a heavy wool sock).

#### The Peaks of Baxter State Park

This trip is for people who are avid hikers and want to climb challenging trails up the two biggest peaks in Baxter State Park: Mount Katahdin and Doubletop Mountain. The views from these mountains are of the magical; seemingly endless lakes, streams, and woods that make up our great state of Maine. Additionally you will stay in a backcountry campsite during a big 2-day loop of the Baxter backcountry. The other nights you will be car-camping in several different campgrounds around the park. You are going to see a lot of this beautiful park!

Please note:

- This trip is very physically demanding.
- You must be able to hike up to 15 miles a day and up very steep terrain.
- The pace of hiking will be quite fast.
- Good, broken in hiking boots or trail running shoes are a must.

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# Equipment List

## General Philosophy

With a selection of trips in a variety of environments, ranging from fast-changing marine weather to cool, wooded valleys, the following list is intended to provide students with basic, core equipment that will work for any of the college's OOPs trips. This list is drawn from years of experience—if students bring all the recommended items, they should be comfortable in almost any situation. It is very important participants bring a variety of interchangeable layers of clothing to give one the flexibility to monitor and adapt their own personal micro-climate. Once students have reviewed the foundational equipment, they should look at their specific trip to see the specialized equipment required.

### Layers

#### Inner

The inner layer keeps the skin dry and comfortable. During the day you will most likely hike in a synthetic T-shirt and shorts.

#### Middle

The middle layer provides some insulation and protection from the elements. Long-sleeve shirts and long pants make up this layer. You may wear these during the day for sun protection or in the evening when your activity level is low and it starts to cool off or to protect yourself from bugs.

#### Outer

The outer layer provides insulation and is usually a wool sweater or fleece jacket. You will wear this around camp at night.

#### Shell

The shell layer protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. Coated nylon is lightweight and works just fine. Waterproof-breathable fabrics like Gore-tex are also possible but are more expensive.

#### Head

For the head layer, bring a wide-brimmed hat for sun and rain protection. At night, you might be more comfortable wearing a wool or synthetic fleece hat for warmth.

#### Feet

You need two layers on your feet. You should wear a lightweight synthetic liner sock against your foot, which helps pass moisture away from your foot. On top of this you wear a wool/nylon-blend hiking sock. People wonder why you should wear a wool sock with summer heat. Since wool doesn't absorb water it passes the moisture from your foot outwards, keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers means that your socks will slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters). The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon).

### Fabrics

The clothing you pack should consist of several different types and weights of fabrics.

#### Cotton

Cotton is comfortable; but cotton absorbs and retains water, and will not keep you warm when wet (and in fact will draw your body heat away from you). Cotton clothing should not be brought on our trips.

#### Wool and Synthetic Fleece Fabrics

Wool and synthetic fleece fabrics (such as Polartec 100 or Capeline) don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a chilly evening. A combination of these types of fabrics creates a layering system.

**Please note: The College does not provide any personal equipment.**

# Equipment List

## (continued)

### OOPS CORE GEAR

Reminder:

The College does not provide, rent, or loan personal gear/equipment. Please contact [outingclub@coa.edu](mailto:outingclub@coa.edu) if you have any questions.

#### Lower Body

- \_ Underwear as needed
- \_ 1 pair long pants
- \_ 1–2 pairs of loose fitting shorts
- \_ 1 long underwear thermal bottom
- \_ 1 swim suit
- \_ 1 pair rainproof pants

#### Upper Body

- \_ 2 non-cotton T-shirts
- \_ 1 long underwear top
- \_ 1 wool shirt, wool sweater, or fleece jacket
- \_ 1 rain jacket or poncho

#### Head

- \_ 1 brimmed cap for sun and rain protection
- \_ 1 wool or fleece hat for warmth at night
- \_ 2 pairs glasses or contact lenses\*

#### Sleeping

- \_ 1 closed cell foam sleeping pad (3/8 in. Ensolite foam) or inflatable mattress (Thermarest)
- \_ 1 sleeping bag with stuff sack: any summer weight synthetic fill bag (e.g. Polarguard, Hollofil) will do; down bags are acceptable but extra care must be taken to keep them dry. Line your stuff sack with a sturdy plastic bag to give yourself added protection from rain and/or the river.

#### Medications

- \_ Any medications you will need to take during the trip (prescriptions, allergy medications, etc.). Please bring two sets of medications: one for you to carry and one for your leader to carry.

\*If you wear contact lenses and will have difficulty cleaning them in the field, it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.

\*\*Repellents with high concentrations of deet may be hazardous (do not use products with more than 35% deet) or use a non-deet repellent.

#### Feet

- \_ 1 pair of sturdy running shoes or hiking boots
- \_ 2–3 pairs of medium weight wool hiking socks
- \_ 1 pair closed-toe shoes for ground camp

#### Toilet Kit

- \_ toothbrush & toothpaste
- \_ sunscreen
- \_ lip balm
- \_ insect repellent (no aerosols please)\*\*

#### Miscellaneous

- \_ 2 one-quart water bottles or canteens
- \_ 1 unbreakable cup with handle
- \_ 1 unbreakable bowl
- \_ 1 spoon or spork
- \_ 1 pocket knife
- \_ 1 pair of sunglasses or clip-ons
- \_ 2 bandanas
- \_ 1 flashlight/headlamp, fresh batteries



# Equipment List

## (continued)

### TRIP SPECIFIC EQUIPMENT

#### **Allagash River Canoe/Sea Kayaking**

If you have a paddle, life jacket, or dry bags of your own, feel free to bring them, but mark them with your name. Remember you will need two pairs of footwear, one for wet and one for dry.

#### **Exploring Baxter State Park**

You will be based at a drive-in campsite, and so you can bring all your clothing and equipment in a duffel bag; you will nevertheless require a daypack for the week's excursions. You should also bring a solid pair of lightweight hiking boots.

#### **Backpacking the Appalachian Trail**

You are welcome to bring as much personal backpacking gear as you are willing to carry. However, please make sure you have either an internal or external frame backpack that has enough space to carry six-days' gear; please remember that you will be carrying some shared group gear in your pack. Please ensure that you have a solid pair of mid-weight hiking boots for the six-days of backpacking. Boots should fit comfortably with two pairs of socks, a light synthetic liner sock and a heavy wool sock; you should therefore also plan to bring three pairs of lightweight polypropylene liner socks. Above all, make sure that your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots invariably cause chafing and blisters.

# Trip Registration

For office use only.  
App rec'd \_\_\_\_\_  
Payment \_\_\_\_\_  
Release \_\_\_\_\_  
Med-Form \_\_\_\_\_  
Follow-up \_\_\_\_\_

All forms and payment should be submitted by June 1. The \$450 fee can be paid online at [coa.edu/accepted](http://coa.edu/accepted), by enclosing a check via postal mail, or by calling the Admission Office with a credit card (800-528-0025).

Post mail address: Donna McFarland  
College of the Atlantic  
105 Eden Street  
Bar Harbor, ME 04609  
[dmcfarland@coa.edu](mailto:dmcfarland@coa.edu), fax: 207-288-4126

## PRIMARY ADDRESS

## SUMMER ADDRESS

Name _____	Name _____
Address _____	Summer Address _____
Apt # _____	Apt# _____
City/State/Zip _____	City/State/Zip _____
Primary Phone (____) _____	Summer Phone (____) _____
Cell Phone (____) _____	Use Summer Address Until _____
Email _____	

Do you have a physical disability that would require a reasonable accommodation under the Americans with Disabilities Act (ADA)?  
\_ Yes    \_ No

If your answer was yes to the previous question, we will require current documentation from a physician stating either the extent of the disability or the medical condition. This should include a specific diagnosis and recommendations. If you would prefer to send these under separate, more confidential cover, please address them to Nick Jenei, Coordinator of Community Engagement.

In order to contribute to a safe, inclusive group experience, all the OOPs Trips are substance-free (including tobacco). In the event that a participant is found to be using alcohol or other drugs (whether of legal age or not), they may be immediately removed from a trip and processed through the College's Judiciary Hearing process. If you are unsure that you can go through this experience substance-free, please think seriously about not registering for this experience.

I am registering for the OOPs having read and understood the expectations supplied in this and other materials. I also affirm that the information I am providing is true.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant's Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_

# Trip Registration

## (continued)

The following questions are very helpful for trip placement. There are OOPs trips for every fitness level and range of comfort in the outdoors. We want to give you the opportunity to challenge yourself and try new experiences, but not to put you in a situation in which you are unhappy.

### Exercise Frequency

How would you describe how frequently you exercise?

- ☐ Exercise is abhorrent to my very soul. I break out in hives when anyone mentions it.
- ☐ I intend to exercise... but rarely put my intention into practice.
- ☐ I lead an active lifestyle.
- ☐ I exercise every day.
- ☐ I am ready to climb up Mt Everest.

### Physical Condition

Describe your current level of stamina over long time periods. (ie hiking, or walking to and from school)

What type of strength do you have? (upper body, lower body)

Please describe the physical and/or outdoor activities that you do often. (ie running, sports teams, hiking)

Describe your outdoor experience.

Do you like camping?

What has been your worst camping experience and how did you deal with it?

What was your favorite camping experience?

# Trip Registration

## (continued)

### Previous Experience

With the exception of *Backpacking the Appalachian Trail*, and *the Peaks of Baxter State Park*, our trips presume little or no experience. We encourage you to try an activity that, perhaps, you have barely tried before. Just because you haven't done something before will not necessarily eliminate you from the trip; we encourage you to be honest.

The following information is useful to us so we can assess whether a trip will be a good fit for you without over-challenging the leaders or other participants. Please indicate level in all categories:

#### Swimming:

☐ strong swimmer      ☐ average      ☐ weak      ☐ do not swim

#### Flatwater Canoeing (total accumulated experience)

☐ months      ☐ weeks      ☐ days      ☐ never paddled before

#### Whitewater Canoeing (total accumulated experience)

☐ months      ☐ weeks      ☐ days      ☐ never paddled before

#### Backpacking Experience (longest continuous trip)

☐ months      ☐ weeks      ☐ days      ☐ never backpacked before

#### Camping Experience (longest continuous trip)

☐ 10+ days      ☐ 4-7 days      ☐ 1-4 days      ☐ never camped before

#### Sea Kayaking (total accumulated experience)

☐ months      ☐ weeks      ☐ days      ☐ never sea kayaked before

trip descriptions can be found in the beginning of this document.

### Trip Preferences

Please number your trip choices in order of preference, "1" being highest: (We reserve the right to modify any trip as required by participants, weather, or other circumstances.)

**Low intensity trips:**    \_\_\_ Exploring Baxter State Park    \_\_\_ Paddling the West Branch of the Penobscot

**Medium intensity trips:** \_\_\_ Canoeing the Allagash River    \_\_\_ Sea Kayaking Frenchman Bay    \_\_\_ Rock Climbing Acadia

**High intensity trips:**    \_\_\_ The Peaks of Baxter State Park    \_\_\_ Backpacking on the Appalachian Trail

All trips cost \$450/participant. A 50% refund will be given until August 1; after that date, no refunds will be given. Financial aid is available. Contact Nick Jenei at [outingclub@coa.edu](mailto:outingclub@coa.edu) with any and all questions. Group sizes range from 6-12 people.

### Final Details

- Registration and payment are due June 1, 2018.
- Technology and substances are not allowed on OOPs trips. This includes iPads, computers, cell phones, alcohol, drugs, cigarettes, etc.
- We reserve the right to modify any trip as required by participants, weather, water levels, or other unexpected circumstances.

# Participant Medical Record

To be completed by the applicant.

Applicants are strongly encouraged to review this questionnaire with their primary physician.

For office use only.

Rec'd \_\_\_\_\_

Approval \_\_\_\_\_

Follow-up \_\_\_\_\_

## PART 1: APPLICANT GENERAL INFORMATION

### Participant

Name \_\_\_\_\_ Evening Telephone ( ) \_\_\_\_\_  
Gender \_\_\_\_\_ Cell Phone ( ) \_\_\_\_\_  
Age at Course Start \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_ Fax ( ) \_\_\_\_\_  
Daytime Telephone ( ) \_\_\_\_\_ Email \_\_\_\_\_

### Parent/Guardian 1

Name \_\_\_\_\_  
Relationship \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Occupation \_\_\_\_\_  
Phone ( ) \_\_\_\_\_  
Alternative Phone ( ) \_\_\_\_\_  
Email \_\_\_\_\_

### Parent/Guardian 2

Name \_\_\_\_\_  
Relationship \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Occupation \_\_\_\_\_  
Phone ( ) \_\_\_\_\_  
Alternative Phone ( ) \_\_\_\_\_  
Email \_\_\_\_\_

### Emergency Contact (not parent/guardian)

Name \_\_\_\_\_  
Relationship \_\_\_\_\_  
Cell Phone ( ) \_\_\_\_\_  
Alternative Phone ( ) \_\_\_\_\_

### Family Physician

Name \_\_\_\_\_  
Phone ( ) \_\_\_\_\_  
Fax ( ) \_\_\_\_\_  
Email \_\_\_\_\_

## Insurance information

Each participant is responsible for any medical expenses and should be covered by his/her own illness and accident insurance. Please attach a photocopy of both the front and back of your insurance card.

These questions must be answered for our record.

Do you have insurance? \_ Yes \_ No

Insurance Company \_\_\_\_\_

Policy/Certificate # \_\_\_\_\_

Prescription Plan # \_\_\_\_\_

Phone ( ) \_\_\_\_\_

### Signature Required

Consent is hereby given for the applicant to attend a College of the Atlantic (COA) program and permission is given for any emergency anesthesia, operation, hospitalization or other treatment which may become necessary. All information will remain confidential. You should know that over the years, many students with a variety of medical/psychological difficulties have successfully completed our programs, but we must be aware of these conditions. Failure to disclose such information could result in serious harm to you and your fellow students.

If you arrive at the start of a program with a pre-existing condition or injury which has not been indicated on your medical form and you are subsequently forced to leave the program because of that condition, you will be charged an evacuation fee and will not receive a refund of tuition.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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Participant Name \_\_\_\_\_

## PART 2: APPLICANT HISTORY OF PAST AND PRESENT MEDICAL CONDITIONS

### A. Conditions and Symptoms (please fill in every blank)

	Y / N							
1		High Blood Pressure	24		Frostbite	47		Ankle Problems
2		Heart Disease	25		Circulation Problems	48		Leg Problems
3		Heart Murmur	26		Bed-wetting	49		Feet Problems
4		Irregular Heartbeat	27		Headaches	50		Currently Pregnant
5		Family History of Heart	28		Head injury with	51		Medical Equipment/
6		Tuberculosis	29		Stomach Ulcers	52		Learning Disability
7		Recent Exposure to TB	30		Intestinal Problems	53		Special Diet
8		Positive TB Test	31		Heatstroke	54		Unexpected Weight Loss
9		Active Hepatitis	32		Bladder Infection	55		Other
10		History of Hepatitis	33		Difficulty Urinating	Do you currently or regularly have any of the following symptoms?		
11		Seizure Disorder/Epilepsy	34		Kidney Problems			
12		Seizure within past year	35		Thyroid Problems	56		Chest Pain/Pressure
13		Bleeding Disorder	36		Endocrine Problems	57		Hear Palpitations
14		Blood Disorder/ Anemia/Sickle Cell Trait	37		Hearing Impairment	58		Frequent Shortness of Breath
15		Chronic Cough	38		Vision Impairment	59		Unexplained Sweating
16		Recurrent Lung Infections	39		Motion Sickness	60		Frequent Dizziness
17		Asthma	40		Sleep Walking	61		Frequent Fainting
18		Diabetes	41		Broken Bones	62		Heartburn
19		Hypoglycemia (blood sugar)	42		Neck Problems	63		Muscle Cramps
20		Anorexia Nervosa	43		Back Problems	64		Intolerance to Warm or
21		Bulimia	44		Arm Problems	65		Cold Temperatures
22		Cancer	45		Shoulder Problems	66		PMS/Menstrual Prob-
23		Skin Problem	46		Knee Problems	67		Other

If you have answered "yes" to any of the above items, or have a condition that does not appear on this list, please use the bottom and the back of this page to explain. Please include the following:

- Specific symptoms that are occurring
- How often symptoms/condition occurs
- How symptom/condition restricts your activity in any way, including your ability to run, lift, and climb
- How long your symptom/condition lasts
- Date of your last occurrence
- How you care for the symptom/condition

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Participant Name \_\_\_\_\_

**B. Allergies (including allergies to medicines, foods, insect bites/stings, etc.)**

Please check here \_\_\_\_\_ if applicant has no known allergies

Allergy (list below)	Reaction(s)	Medication Required (if any)

Note: If you experience systemic allergic reactions that require the use of an EPI-pen or ANA-Kit, please consult your physician about bringing two doses with you on a trip; one dose will be held by a trip leader in the First-Aid kit.

**C. Medications You are Currently Taking (if psychiatric medication, please list any taken within the past two months)**

Please check here \_\_\_\_\_ if applicant has no medications

Medication (list below)	Taken for (Symptom/Condition)	Dosage (size/frequency)	Date Started	Current Side Effects (if any)

Note: If you are on a trip and currently taking a medication, bring double amounts in separate, non-breakable, waterproof containers, along with the dosage instructions; one dose will be held by the trip leader in the First-Aid kit.

**D. Immunization and Physicals**

College of the Atlantic recommends all participants have a current tetanus immunization (within 10 years).

Please contact the Registrar's Office for a list of all required immunizations. College of the Atlantic does not require physicals.

**E. Blood Pressure (must be taken within 6 months of course start)**

Blood Pressure \_\_\_\_/\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

If BP is over 150/90, please take a second reading:

Blood Pressure \_\_\_\_/\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**F. Height/Weight**

Height \_\_\_\_\_ Weight \_\_\_\_\_

**G. Hospitalizations/Emergencies/Urgent Care**

Please check here \_\_\_\_\_ if applicant has not been hospitalized, had an health emergency or received urgent care within the past two years

Date of Visit/Admittance	Reason	Length of Stay

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Participant Name \_\_\_\_\_

**H. Personal/Counseling History (please answer with regards to the past two years)**

	Y	N
Have you been in counseling with a psychiatrist, psychologist, guidance counselor, or other counselor?	—	—
Are you currently in counseling or treatment with a counselor, psychiatrist, psychologist, or prescribing physician?	—	—
Have you arranged a release of information with your counselor and/or prescribing physician so we may contact them for further information? (This would be used to define your ability to participate in COA sponsored trips.)	—	—

Please check the appropriate responses that indicate the reason(s) for counseling:

<input type="checkbox"/> Academic/Career	<input type="checkbox"/> Divorce	<input type="checkbox"/> Family Issues	<input type="checkbox"/> Maintenance of Medication
<input type="checkbox"/> Substance Abuse	<input type="checkbox"/> Depression	<input type="checkbox"/> Eating Disorder	<input type="checkbox"/> Suicide
<input type="checkbox"/> Bereavement/Grief	<input type="checkbox"/> Other (Please Explain)		

Name of current (or most recent) counselor \_\_\_\_\_

Telephone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_ Email \_\_\_\_\_

Please use the following spaces to list any psychological problems that are current or ongoing.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**I. Life Style and Trip Expectations**

In order to contribute to a safe, inclusive group experience, all College of the Atlantic trips are substance-free (including tobacco). In the event that a participant is found to be using alcohol or other drugs (whether of legal age or not), they may be immediately removed from a trip and processed through the college's Judicial Hearing process. If you are unsure you can go through an experience substance-free, please think seriously about not registering for the experience.

**J. Current Exercise Activity and Physical Limitations (needed as important trip assessment tool)**

Please list the activities you engage in daily or weekly which indicate your current fitness level. Be sure to include activities such as walking a pet, mowing the lawn, or after school activities like playing basketball or skateboarding.

Activity (list below)	Frequency	Approximate	Date Started	Current Side Effects (if any)

Please use the back of this page to disclose any physical limitations you may have.

Note: You will be expected to engage in rigorous physical activity during your COA OOPs experience. It is vital that you start (or continue) a conditioning regimen in preparation for the program.

**K. Swimming Ability (please check one)**    ☐ Non-Swimmer    ☐ Cannot swim more than 100 yards    ☐ Moderate Swimmer  
☐ Strong Swimmer    ☐ Current Lifesaving Certificate

**L. Food Preferences (please check one):**    ☐ Vegan    ☐ Vegetarian    ☐ Omnivore

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# Release & Indemnification of all Claims

**Please complete this form and return it with your OOPs Registration and Medical Form. (Due June 1)**

THIS DOCUMENT WILL AFFECT YOUR LEGAL RIGHTS. PLEASE READ CAREFULLY.

I agree that my participation on this Outdoor Program trip (OOPs) on August 26 through September 1, 2018, is entirely voluntary; in the event of unsuitable weather, the trip will take place the next day. That in consideration for participation, I agree, on behalf of myself, my assigns, executors, and heirs, to release, indemnify and hold harmless College of the Atlantic, its trustees, officers, agents, employees, and the trip leaders, from any cause or action, claims or demands of any nature whatsoever, including but not limited to a claim of negligence, which I, my heirs, representatives, and executors may now have, or have in the future, against the college, on account of personal injury, property damage, death or accident of any kind arising out of or in any way related to my participation on this trip including any act or omission of any third party (rescue squad, hospital, etc.).

I understand and hereby agree that I am financially responsible for all expenses related to any emergency and rescue care that results from my own, independent decision-making, contrary to the instructions, explicit or otherwise, of my trip leaders or the conditions laid out below.

I understand that all participants are subject to COA regulations, the laws of the State of Maine, and the laws of the United States, and that in the event of violation of these or behavior which is considered by the trip leader and/or the Dean of Student Life to be detrimental to the participant, to the other participants, or to the college, the leaders shall have the right to dismiss the participant from the trip while retaining all payments.

I have read and understand the terms of this agreement and release and agree to all terms and conditions on behalf of myself and my heirs, and my heir's representatives. I hereby certify by my signature that I am physically fit and able to participate in the field trip. Consistent herewith, I assume responsibility for my own physical fitness and capability to participate in the trip and have taken such steps as I deem appropriate to assure myself that I am fit and capable of such participation.

I further state that I am cognizant of all the inherent dangers of participation and risks involved in the wilderness experience which include but are not limited to drowning, rock fall, lightning, environmental injuries, road crossings, wildlife attacks, sprained ankles, broken legs, etc.. I understand that I may be a long distance from medical facilities.

I certify that I am of lawful age or my parent or guardian is of lawful age and legally competent to sign this affirmation and release; that I understand the terms herein are contractual and not mere recital, and that I have signed this document as my own free act.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Participant's Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_

*Updated February 13, 2018.*

# OOPs Financial Assistance Application

For office use only.

Date received \_\_\_\_\_

Amount awarded \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_) \_\_\_\_\_

Email \_\_\_\_\_

Because we place significant importance on the OOPs experience, we have created a limited financial aid pool within the program to make this opportunity economically more accessible. Any student interested in exploring financial support for OOPs should submit this form and a **\$100 deposit** with your OOPs registration materials. You will be responsible for the balance due after your request has been considered.

All forms can be submitted to Donna McFarland, Admission Office, College of the Atlantic, 105 Eden St, Bar Harbor, ME 04609, [dmcfarland@coa.edu](mailto:dmcfarland@coa.edu), fax: 207-288-4126. **Deadline for submission is June 1.**

PLEASE COMPLETE THE FOLLOWING:

What is the situation surrounding your request for OOPS financial assistance?

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What amount are you able to contribute? \$ \_\_\_\_\_

I have applied for financial aid at COA and give permission for you to speak with Bruce Hazam, Director of Financial Aid regarding my financial need.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_