

College of the Atlantic

OOPs 2022

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 Introduction and Information	—			
OOPs Information	—			
Trip Registration**	—	—	—	June 1 st
Program Fee*	—	—	—	June 1 st
Participant Medical Record**	—	—	—	June 1 st
Release and Indemnification of Claims**	—	—	—	June 1 st

*submit online, send a check, call admission office

**Send physical copy or scanned PDF

Introduction

Welcome to College of the Atlantic. My name is Nick Jenei, and I direct the Outdoor Orientation Programs (OOPs). Many years ago, I was reading this very same packet wondering whether I should participate in OOPs. I decided to go for it, and I am so thankful I did. I often think back to that epic adventure on the Appalachian Trail: it is when I first fell in love with Maine and with COA. I came out of that trip with a great group of friends and excited for my COA experience start. I am very lucky to be able to facilitate these trips and share this very meaningful experience with you.

You are about to embark on a life-changing journey of learning and self-discovery at COA. To help you have a strong and successful start to your COA career, I invite you to join our very popular OOPs experience. OOPs is an integral part of COA's orientation process and it is all about making connections—connections to people, places, and human ecology.

Here is what you will get out of the OOPs experience:

People: Building community with your classmates

- Learn the art of building and sustaining community
- Make deep connections with the individuals in your crew
- Work as a team to explore and overcome challenges

Place: Learn the stories that Maine has to tell

- Explore the natural beauty of Maine
- Learn about the regions' fascinating culture and natural history
- Hear stories of this place told in the languages of Penobscot, French, and English, as well as in fire and ice, birch bark, and pine
- Experience the rapid economic, ecological, and cultural changes in Maine

Human Ecology: Experience the connections between all things

- See how Maine is deeply connected to complex global issues
- Start exploring the world through the interdisciplinary lens of human ecology
- Grapple with the biggest questions that face us in this moment, the questions that brought you to COA

The connections you make on your OOPs trip will be the strong foundation on which to build your COA experience. You'll look back fondly on your OOPs adventures, friendships, and stories long after you graduate, I certainly have. I invite you to join us for this powerful experience.

In the packet you'll find everything you need to register for OOPs: detailed descriptions of all the OOPs trips and a medical form. At the end of the packet is a financial aid form. Please know that we strive to make OOPs financially accessible for all.

If you have any questions at all, please feel free to call or email:

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

Trip Descriptions

If you have any questions 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.

The Peaks of Baxter State Park

Type of activity: Day hiking

Exertion type: Strenuous

Physical requirements: You should be comfortable hiking up up to 15 miles (24km) a day and up very steep terrain

Accommodation: Camping with well-maintained outhouses, no running water.

This trip is for people who are avid hikers and want to climb challenging trails up to 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. You are going to see a lot of this beautiful park!

Mount Desert Rock Research Station

Type of activity: Various island life activities

Exertion type: Moderate

Physical requirements: Though this trip is less physically demanding, the remoteness and small size of MDR, as well as the exposure to the elements, make this trip demanding in other ways.

Accommodation: MDR station house with bunk beds

This unique trip will take you to one of COA's satellite campuses on Mount Desert Rock (MDR), a remote, treeless island situated approximately 25 nautical miles south of MDI. Since the early 19th century, the island has had a light tower and various buildings to house light-keepers' families. In the 1950's the island was occupied by the United States Coast Guard but is now home to COA's Edward McC. Blair Marine Research Station. While on MDR you will learn to work and live as a team at a small research station. You will help collect data for an ongoing ecology research project, spend time watercoloring and creating art inspired by the natural history, go whale watching, and learn about the rich culture of Maine's islands.

Sea Kayaking the Stonington Archipelago

Type of activity: Sea kayaking

Exertion type: Moderate

Physical requirements: You should be comfortable paddling up to 6 hours in a kayak. Those with back problems should contact COA before signing up for this trip, as long periods in a kayak can exacerbate previous back conditions.

Accommodation: Camping. Due to the sensitive island ecologies, you will have to carry out all waste, including human, in a specially designed bag.

This trip offers a spectacular perspective on Maine's islands from absolute sea level. You will see how glaciers scoured out the striking, bare-granite valleys and ridges of Mount Desert Island around 18,000 years ago and shaped the distinct coastal landscape. You will depart from Stonington and explore the spectacular Stonington archipelago, a chain of almost one hundred small islands. You will camp on beautiful, protected islands rich in natural history and sensitive island ecology which are integral components of Maine's cultural heritage and island life.

Discovering Downeast Maine

Type of activity: flat ground walking, visiting museums

Exertion type: Low

Physical requirements: You should be comfortable walking up to 2 hours on fairly flat terrain.

Accommodation: Cabins, with running water

Downeast Maine is the union of ocean, coastline, and inland wonders. The Wabanaki native Americans call this place the "Dawnland" and it is where the first rays of sunshine touch the U.S. This trip will explore the ancient stories that have shaped the region's iconic landscape and rich maritime culture. If you want to engage in a range of low-intensity activities and still enjoy Maine's beautiful scenery and history, then this is the perfect trip! The trip will start by exploring Downeast Maine's Ice Age trail and learning why Maine's geology is so important to its state fruit, blueberries. You will visit shell middens, museums, and archaeological wonders to uncover the stories of the Wabanaki who have lived in this region since the last glacier retreated some 12,000 years ago. With over 2,330 miles of coastline, you will discover iconic lighthouses and fisheries as well as hop out to some of Acadia National Park's remote trails on Isle au Haut and surrounding islands.

Canoeing the W. Branch of the Penobscot River

Type of activity: Canoeing

Exertion type: Moderate

Physical requirements: Appropriate for novice paddlers who can spend up to 6hrs in a canoe.

Accommodation: Camping

The west branch of the Penobscot River is one of the routes Henry David Thoreau was led on by Wabanaki guides, and he chronicles it in his essays The Maine Woods. The 45-mile stretch runs from Old Roll Dam 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 lake with sand beaches and great swimming. In the last two days, you will paddle across Chesuncook Lake before heading back onto the river for the final day. You will paddle up to 9 miles a day.

OOPs Information

(continued)

Canoeing the Debsconeag Lakes

Type of activity: Canoeing and portaging (carrying canoes)

Exertion type: Strenuous

Physical requirements: Appropriate for novice paddlers who can spend up to 6hrs in a canoe and have the strength to tandem-carry a canoe.

Accommodation: Camping

Debsconeag, meaning “carrying place,” was named by the Wabanaki for the number of portage sites where they carried their canoes around lakes, rapids, and waterfalls. This is a perfect trip for students (with or without previous canoeing experience) interested in learning about the traditional skills that people have used to paddle and portage across Maine’s most pristine lakes for centuries. As part of 50,000 acres of contiguous conservation lands, these magical lakes are home to a rich ecological diversity including pine martens, moose, bobcats, black bear, brook trout, and rare freshwater mussels. You will be camping at designated campsites along the sandy shores of the lakes nestled amongst 300-year-old trees in an ancient old-growth forest. One group will paddle clockwise across Pemadumcook Lake, portage across to Third Debsconeag Lake, hop across to Second Debsconeag Lake, portage across to First D. Lake and pull out at Omaha Beach, while the other group does the same route counterclockwise. You will paddle up to 10 miles a day and the longest portage is ~2 miles.

Exploring Baxter State Park

Type of activity: Day hiking, lake canoeing, (optional) hike up Mt. Katahdin (5,267’).

Exertion type: Low/moderate

Physical requirements: You should be comfortable hiking up to 3-4hrs a day over low-level terrain.

Accommodation: Camping with well-maintained outhouses, no running water

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, walking between 1-3 miles a day, and will spend one day canoeing on a calm lake. There is an optional hike up Maine’s highest peak, Mount Katahdin. 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 writers and painters.

Backpacking the Appalachian Trail

Type of activity: Multi-day backpacking

Exertion type: Strenuous

Physical requirements: You should either be experienced with multi-day backpacking or in very good physical condition. You must be able to carry up to a 40-pound (18kg) backpack for up to 10 miles (16 km) per day.

Accommodation: Camping

The 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 pines declared a National Landscape in 1968. One group will head south to Monson and hike beside small ponds and lakes, 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 (3,650’). The trail will drop down a side-trail into the deep walled canyons and waterfalls of Gulf Hags. Both trips will witness dramatic scenery and majestic wildlife such as moose, eagles, and even bears.

OOPs Information

(FAQs)

Food

- Do I need to bring personal snacks?
 - Your OOPs leaders will bring enough snacks for the entire group. However, if there is any lightweight, packable snack that you really like, bring it along. You could also bring some extra to share with the group as a little treat.
- I require a lot of calories during the day, will there be enough food? Will I get hungry?
 - We plan trips making sure there will be plenty of food for everyone.
 - If you are concerned about getting hungry during the trip, you can share this information with your OOPs leaders, either by writing it in the 'Registration and get to know you' section of this packet or by telling them in person when you meet them. It is useful information for them to have as they plan the trip menu.
- Will there be vegan options?
 - Yes! We take dietary requirements and preferences very seriously. As long as you indicate clearly on your medical form then your trip leaders will design a menu to cater for all participant needs.
- What about food allergies?
 - Don't worry! Trip leaders carefully read the allergy section of your medical forms and will plan the menu according to everybody's dietary restrictions. Be thorough when listing your allergies and you won't have anything to worry about.

The Trips

- Who is leading these trips?
 - Students from sophomore through senior year who have trained for at least one year in wilderness leadership and first aid, through the COA Outing Club's Leadership Program.
- What does exertion level mean?
 - The amount of physical and/or emotional effort required for the OOPs trip.
- Will I be able to canoe or kayak for 6 hours if I have never done it before?
 - Yes! As long as you do not have any back problems and engage in regular physical exercise.
- How many people will be in my group?
 - Between 6 - 12 depending on the type of trip.

Other

- Am I eligible for financial aid?
 - We ask that all students contribute towards their OOPs trip; however, if there are financial barriers in your life that prevent you from paying the total cost then you are eligible for financial aid.
- How much financial aid can I get?
 - Financial aid covers up to 100% of the OOPs trip cost, depending on your needs and eligibility.
- Why is OOPs not mandatory?
 - We recognize that some students are unable to get to campus so early due to jobs, etc. The majority of students do go on an OOPs trip.
- Why are they off-campus?
 - Our trips are intentionally off campus because we want you to experience community building, experience the culture of this place, experience human ecology in action. An off-campus experience, paired with a small group size creates the perfect environment to experience these things.

Important Dates

June 1: All OOPs registration documents and payment due

End of July: OOPs trip assignments given

August 28: OOPs participants arrive at COA between 12:00pm and 2:00pm

August 29: OOPs trips depart early morning

September 3: OOPs trips return

September 4-9: On-campus orientation

September 9: Convocation

September 12: Classes begin

Cost

In order to cover the cost of food, equipment, and transportation, we require a **program fee of \$470**. This can be paid online at coa.edu/accepted, by enclosing a check via postal mail, or by calling the Admission Office with a credit card (800-528-0025).

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 accessible to all. Any student requiring financial support for OOPs should fill out the financial aid portion of the application.

Contacts

Students who have questions regarding the OOPs trip can contact Nick Jenei, Director of the Outdoor Orientation Program, at njenei@coa.edu or by phone +1 (207) 801-5672.



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 \$470 fee can be paid online at 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: Linda Black
College of the Atlantic
105 Eden Street
Bar Harbor, ME 04609
lblack@coa.edu, fax: 207-288-4126

PRIMARY ADDRESS

SUMMER ADDRESS (if different)

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

How would you describe your physical fitness level?

Below Average

Average

Above Average

Do you get out of breath walking up a flight of stairs?

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

Getting to know you

Do you have a favorite snack?

Do you have previous outdoor or team experience? If so, what was it? How did you like it?

When you are working in a group, what role do you normally take? (ie. the joker, leader, motivator, team player etc.)

Trip Registration

(continued)

What are you hoping to get out of the OOPs experience?

What are you most nervous about?

Tents

Each year we rely on students bringing tents to make these trips work!

Do you have a tent that you would be willing to bring on OOPs?

If so, how many people does it sleep?

Would you be willing to loan it to a trip that you are not on?

If there is anything else that you would like us to know about yourself, please use the following space to explain.

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 ___ Discovering Downeast Maine ___ Mount Desert Rock

Moderate intensity trips: ___ Canoeing the W. Branch of the Penobscot ___ Sea Kayaking the Stonington Archipelago

Strenuous intensity trips: ___ The Peaks of Baxter State Park ___ Backpacking on the Appalachian Trail
___ Canoeing the Debsconeag Lakes

All trips cost \$470/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 njenei@coa.edu with any and all questions. Group sizes range from 6-12 people.

Final Details

- Registration and payment are due June 1, 2022.
- Technology and substances are not allowed on OOPs trips. This includes tablets, 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 _____

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.

Insurance Company _____

Prescription Plan # _____

Do you have insurance? Yes No

Policy/Certificate # _____

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.

Participant's Signature _____ Date ___/___/___

Parent or Guardian's Signature _____ Date ___/___/___

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PART 2: APPLICANT HISTORY OF PAST AND PRESENT MEDICAL CONDITIONS

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

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

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

Do you menstruate? yes no

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. 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 _____

G. 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:

- Academic/Career Divorce Family Issues Maintenance of Medication
- Substance Abuse Depression Eating Disorder Suicidality
- Bereavement/Grief 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.

H. 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.

I. 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 time/distance

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.

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

- K. 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 29 through September 3, 2022, 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 January 2022

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 Linda Black, Admission Office, College of the Atlantic, 105 Eden St, Bar Harbor, ME 04609, lblack@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?

What amount are you able to contribute? \$ _____

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

Participant's Signature _____ Date ____/____/____