



Global Retreat Center Medical Release Form

Please complete the information on this form for each participant attending a conference/retreat or participating in Recreation at Global Retreat Center (GRC) no matter what age. If participant is under age 18, parent must also sign this release form. **This completed form is necessary for GRC to make arrangements for urgent care as needed, as well as assisting group leaders with any enroute emergencies. Group leaders should also be familiar with each person’s health history and should keep a copy and provide Global with the original form at check-in.**

Please read the prescribed activities description on Page 3 and initial that you understand all approved activities for the person herein described.

- 3.1 Adventure Recreation _____
- 3.2 Adventure Recreation off Property _____
- 3.3 Horseback Riding _____
- 3.4 Waterfront _____
- 3.5 Paintball _____

For the right to participate in the activities initialed above and other good and valuable consideration I, _____ (Participant and/or Parent/Guardian of _____ a minor) do hereby agree that I am fully informed of the risks of the above activities and assume the risk for such activities and furthermore agree to release, indemnify and hold harmless GRC , its employees, officers, administrators, agents and/or associates from any and all liability, actions, causes of action, claims, debts, fees, costs, expenses and demands of every kind of and nature whatsoever, which I now have or may have in the future in connection with my participation or my child’s participation in any activities arranged by or for me and/or my child by GRC and/or its agents and associates. I also understand that GRC staff or designee has the right to disqualify me or my child from any activities if in their judgment I or my child am incapable of that activity and/or if my or my child’s continued participation in the activity will endanger me or my child and/or the safety of others. I acknowledge that it is my obligation to inform GRC, in advance of any activity, of any medical or physical disability or limitation that might disable me or my child or render me or my child unable to perform or safely participate in an activity unless initialed above.

I hereby give permission to the medical personnel selected by GRC’s Director/his designated personnel, Nurse, or the participant’s group sponsor(s) to order X-rays, routine tests and treatment for me or my child. In the event of an emergency and I cannot be reached, I hereby give permission to the physician anesthesia and/or surgery for me or my child as named above. I further authorize the release of the above medical information to appropriate medical supplement will assist within current/prescribed **limitations** in a similar way to a secondary carrier. If no insurance is provided by the family or the sponsoring church/organization, GRC guest medical supplement will also assist within current/prescribed **limitations**.

The undersigned understands that Global Retreat Center intends to take reasonable precautions against injuries and accidents: notwithstanding any precautions, the undersigned agree without reservation that I WILL RELEASE, HOLD HARMLESS AND INDEMNIFY GLOBAL RETREAT CENTER and its officials, administrators, employees and all sponsors and individuals assisting in presentation of these activities and all owners of the property on which the activities are held from any liability and all claims of damages, demands, and actions whatsoever in any manner resulting from my and/or my child’s participation in these activities.

Photo Release: Please indicate in the appropriate space whether GRC has permission to photograph and/or videotape the guest listed on the form. I do _____ do not _____ give permission for my child to be photographed, and/or videotaped while participation in the above stated conference/retreat for the purposes of publicity, staff training, and/or promotion.

Health History is correct so far as I know.

Signature of Participant or Parent/Guardian of Minor	Date
Witness	Date
Signature of Child/Youth Participant	Date
Conference/Retreat Name _____	Date _____



Guest Information

Name _____ Date of Birth _____ Age _____ Sex _____
Address _____ City _____ State _____ Zip _____
Phone: Daytime _____ Evening _____
Church _____ City _____ State _____ Zip _____

Emergency Contact

Parent/Guardian _____
Address _____ City _____ State _____ Zip _____
Phone: Daytime _____ Evening _____
Alternate Contact in case of emergency _____ Phone _____

Health History

Please indicate any physical conditions that might limit your participation at programs at GRC. This information may not exclude you from participation but gives imperative information to protect your health and safety. If you are unsure of any health issues please discuss this with GRC staff. Check all that apply:

- | | |
|---|--|
| <input type="checkbox"/> Hearing or Vision Problems
(do not include glasses or contacts) | <input type="checkbox"/> Serious Allergies (bee stings, peanuts,
shellfish, iodine, etc.) |
| <input type="checkbox"/> Respiratory Problems | <input type="checkbox"/> High/Low Blood Sugar |
| <input type="checkbox"/> Back Problems | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Joint Problems
(knees, ankles, shoulders, etc.) | <input type="checkbox"/> Muscle Cramps |
| <input type="checkbox"/> Recent Serious Illness | <input type="checkbox"/> Recent Exposure to Contagious Disease |
| <input type="checkbox"/> Activity Limitations | <input type="checkbox"/> Serious Reaction to Temperature Extremes |
| <input type="checkbox"/> Operation or Serious Injuries | <input type="checkbox"/> Current Medications: |
| <input type="checkbox"/> Heart Problems | |

Fitness Level (circle one): No Exercise
Occasional Exercise / Frequent Exercise
Excellent Athlete

Swimming Ability (circle one) : Non-Swimmer
Fair Swimmer / Good Swimmer

Please give a brief but detailed description of any such circled condition:

Immunizations current? _____ If no, Explain _____
Date of last tetanus shot _____ Date of last TB Skin Test _____
Name of Family Physician _____ *Address and Phone* _____

Medical Insurance

Company name _____
Company Address _____
Company Phone _____ Group # _____ Contract # _____
Primary/Policy Holder _____ Day Phone _____ Evening Phone _____



GRC Prescribed Activities Description

The Recreation programs at GRC strive to offer fun, safe, and challenging activities that engage the whole person—body, mind and soul. Our program staff are trained and as a team committed to your rewarding experience. To do so our highest priority is safety. We have done everything possible to mitigate any risk involved in our recreation programs. However there are inherent risks to participation in recreation activities, including but not limited to, initiative games, alpine tower, outdoor education, blob, horseback riding and aquatics.

You could experience any of the following- elevated heart and respiratory rates, uncomfortable group dynamics, climbing or descending unpredictable and possibly slick or uneven terrain, crossing narrow wires and logs, jumping, running, climbing/descending steep rock faces, traveling long distances in remote settings, carrying weight on your backs and shoulders, unforeseen forces of nature or weather, any of which could result in injury/illness that could result in loss of life, limb, and/or property.

3.1 Adventure Recreation on Property:

- A. **Trail System and Roads-** We have a trail system that covers many miles of relatively mountainous terrain. These trails can be used by foot and bicycle traffic only. As you traverse several peaks that rest within our 46 acres you should be aware of four things 1. You are in the woods and could be as far as two miles from road access, 2. You are in someone else's home; i.e. . . . insects (some poisonous), birds, snakes (some poisonous), deer, bear, and many other wild animals who usually like to be left alone, 3. Our trails are maintained but relatively un-improved, in other words we leave naturally rocks, roots, trees etc. that could injure, 4. We have unpredictable weather. In light of these things please plan ahead and prepare. We recommend maps, weather, proper clothing and letting someone know where you are going. RFCC has trained rescue staff available if needed.

3.2 Adventure Recreation off Property

- A. **GRC Wilderness Programs-** This particular curriculum is intended to offer individuals and groups the opportunity to grow and learn together in a dynamic outdoor setting. The primary purpose of the GRC wilderness program is two fold—first, to offer in depth wide ranged wilderness, camp craft and mountain adventure skills, and second, to remove the many distractions this world offers in exchange for life changing commune with God! We hope to offer groups and individuals the opportunity to reflect on their surroundings as they develop the leadership skills needed to expand God's kingdom. You can expect to receive instruction and experience in rock climbing, river travel, natural elements, and various other outdoor "hard" skills. You will not be living but exerting and stretching yourself in wilderness settings which are inherently unpredictable. Rocks, trees, steep terrain, weather, other people, and the like all put you at risk for unforeseen injury or loss.

3.3 Horseback Riding

- A. **GRC Horseback Riding Program-** This particular curriculum is intended to offer individuals and groups the opportunity to grow and learn together in a dynamic outdoor setting. We want them to learn to a little bit about nature, how to treat and enjoy animals, and pay attention to their surroundings. We hope that the group will enjoy doing something that they usually do not do. Riding the horse can be a great experience for a lot of groups. You can expect to receive instruction and experience on riding, getting on a horse, how to treat a horse, follow instructions, and admire various surroundings. You will not be living but exerting and stretching yourself in wilderness settings on a horse which are inherently unpredictable. The horses are broken and have been on several rides with lots of groups. There is always the possibility that the horse will throw a rider off but that is unlikely. Rocks, trees, steep terrain, weather, other people, and the like all put you at risk for unforeseen injury or loss.

3.4 Waterfront

- A. This activity includes all on property water based activities; i.e. . . . Aqua jump and swimming in pond. All GRC -sponsored Aquatic activities will be supervised by trained lifeguards. You will be swimming, diving, wading, and paddling in open water. You will also be running, climbing, and jumping on the GRC Aqua- Jump, blob, etc. Due to inherent risks involved with water activities, including possible drowning, we must ask that all poor and non-swimmers use a lifejacket. You will also be exposed to all natural elements inherent to outdoor environments. You will also be exposed to some area wildlife. They should not be messed with because they are unpredictable.

3.5 Paintball

- A. Paintball is another exciting and challenging team building program offered by GRC. All participants are outfitted with a mandatory protective face shield during play. Long pants, shirts and gloves are recommended but not required. Depending on program goals, you can expect to be facilitated through various exercises and scenarios that require your group to work quickly and efficiently to accomplish certain tasks. There is certainly a militaristic overtone that frames this particular activity but we encourage teams to work as a whole, discouraging "lone wolf" operations. You will be running, jumping, sliding, ducking and hiding in and on mountainous terrain that will be muddy, rocky, uneven, and possibly dangerous. You will also be carrying a paintball marker that uses compressed gas to propel small, lightweight plastic paint filled pellets towards your opponent. Yes, being hit by just such a paintball can be painful. However it is just painful enough to make you not want to get hit, but not so painful as to keep you from coming back for more round after round. It is just about the ideal degree of consequence to keep people both engaged and working together towards victory!