



LOMB BAND CAMP

Parent Information

**August 20 – August 26, 2023
(Sunday through Saturday)**

Storer Camp is located in Jackson Michigan.

6941 Stony Lake Rd, Jackson MI 49201



OVERVIEW

All members of the 2023 Lake Orion Marching Band are required to attend band camp. Students will concentrate on improving marching skills as well as memorizing music and drill.

In addition to LO Band Directors, an expanded staff of instructors and technicians will attend camp to provide individual attention to students in music and marching skills. A small group of parents attend band camp as chaperones. Chaperones serve as cabin monitors, meal supervisors, and work behind the scenes to insure that camp activities flow smoothly. In order to limit camp costs, we take as few chaperone's as possible.

Facilities include a large dining hall with a fully staffed kitchen, historic log cabin meeting hall with stage, modern cabins with bathrooms and showers, and restroom facilities, a grassy area converted to rehearsal field, and several clear areas for rehearsal sessions. Activity areas include a bon-fire amphitheater, volleyball and basketball courts.

TRANSPORTATION

Departure: LOMB will transport all band members to camp by district school bus. Students are required to ride the bus to camp except in extraordinary situations. Please contact Mr. Steele to seek approval for alternative arrival date or method.

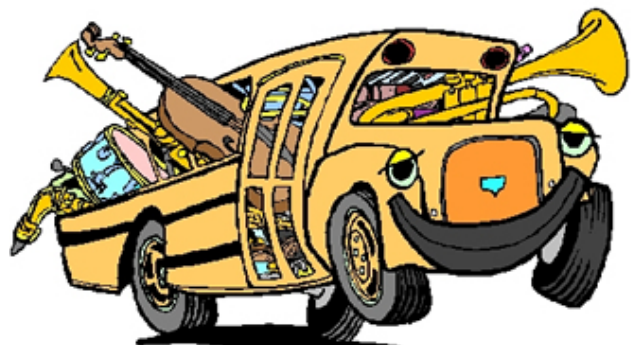
Buses depart from the LOHS parking lot at 1p on August 20th after all students have been checked in. Please arrive promptly at 11:30a but expect to wait in line at the check-in stations. Check-in stations are located in front of LOHS and include medicine drop off, emergency form confirmation, name tags, and possible uniform details. We must process all students before buses can leave.

Late luggage, medicine, or personal items will be the responsibility of the parent to transport to camp.

PARENTS: When picking up your students on Saturday from their return from camp, you must sign out your student and are expected to help unload returning equipment trailers in the LOHS parking lot.

Return: Buses and students will return on Saturday August 26th. Estimated time will be announced via the BAND APP, email and posted on Facebook. Many students leave camp with low cell phone batteries- do not rely solely upon your student to notify you of their arrival time.

* Please make arrangements with Mr. Steele should you decide to pick your child up on the last day of camp. Please note there will **NOT** be a sneak peak of the show on the last day of camp.



CAMP CHAPERONES

Band Camp requires the assistance of parent chaperones. The week is definitely not a vacation for adults. Chaperones supervise 6-10 students each, insuring that each sleeps, eats, and drinks enough each day to remain healthy.

Chaperones are selected for a variety of factors including the grade level of their student and what role/task they can fulfill at camp. We bring a mixture of experienced camp chaperones and new parents to insure that we continually train parents to assume leadership roles for future camps.

Please insure that your student's chaperone knows of any allergies, health conditions, or personality traits that might make camp life difficult.

Most chaperones are available by cell or text throughout the week; some provide periodic updates or pictures but it varies by chaperone. Please do not hesitate to contact your student's chaperone during camp week; they sincerely want to help your student have the best camp week possible. If you cannot reach your chaperone (some cabins do not receive cell signals), please contact Lyla Dyer.

Typical Chaperone Responsibilities:

- 2-3 Chaperones ride each bus to camp.
- Enforces bed time hours and student hygiene.
- Attends all meals with assigned students and insures proper eating & drinking habits.
- Facilitates harmonious relationships.
- Ensures that each student has time to complete nightly homework, seeks out help for students who struggle with assignments.
- Night Patrol duty.
- Performs various duties for band directors, including building projects, equipment repair, equipment transport, monitoring rehearsals or ill students, copy services, and miscellaneous errand running.



COMMUNICATION, AND INTERNET

Because the week is dedicated to learning and unit bonding, parents and family are requested **not to visit** and to keep communications to a minimum.

We encourage students to spend the week unplugged from technology but cell phones are not specifically banned. Wi-fi is not available, so be clear with your student about your data plan and rates. Cell coverage is very spotty throughout camp; there are large areas of no coverage. No computers are available for student use.

Do not expect instantaneous responses to text messages or prompt return on cell phone calls. We keep the students VERY busy.

Homesickness: If your student contacts you about feeling lonely, homesick, sad, or has problems dealing with another student, **PLEASE CONTACT YOUR STUDENT'S CHAPERONE IMMEDIATELY.** Chaperones are prepared to deal with such problems and will keep you updated until the problem is resolved.

The Wall: About mid-week, many students hit a mental barrier. They're tired, out of their normal routine and environment, and have been bombarded with constant activity. Please make every effort to help your child deal with this, but from a gentle distance. Band camp can be a challenge to some students, but without exception, they all make it over the wall.

CAMP CABINS

Space is a premium and most students will not have time for electronics, games, or activities brought from home.

Each bunk has 1 thin foam mattress- no pillow, blankets, or sheets are provided.

Cabin floors are tile. Glass items are highly discouraged; this includes mirrors.

Please do not send your student with multiple electronic devices that require charging.

Students have nightly homework but homework time is usually after 9pm.

Students are responsible for cleaning out their cabin at the end of the week and a cabin inspection must be passed before any student is cleared to leave camp.

FOOD: PERSONAL STASHES

Each chaperone provides a variety of healthy snacks and drinks for each cabin.



MEALS

Students are served 3 hot meals per day and a snack or treat each night.

Meals are served in a dedicated dining hall at the same time each day:

Breakfast- 7:30am

Lunch- 12pm

Dinner- 5pm



All students are required to attend all meals. Students must sit with their cabin at an assigned table. Students are required to arrive on time for all meals. All students walk to and from meals unless they receive an exemption due to injury.

Meals are served family style and second helpings are available. No student goes hungry.

Each meal is well balanced- a main dish, several sides, and a sweet option.

Students are welcome to take whole fruit (apples, bananas, oranges) with them for later snacks. Water, milk, juices, coffee, hot tea, and cocoa are available.

The camp has no restaurants, snack-bars, or vending machines.

If your student has special health or dietary needs, please contact the camp chairperson ASAP to insure these are addressed:

Lyla Dyer: president@lodragonbands.org

We cannot accommodate all picky eaters but we do try to make sure that there are options available so that every student finds something appetizing.

MEDICATION AND TREATMENTS



Note: Asthma inhalers should be carried by students and are not subject to the same rules as pills or liquid medication. Please fill out a medication form for inhalers.

Prescriptions and over-the-counter medicines must be turned in to the camp medical officer for the duration of camp. A nurse or physician's assistant is on site 24 hrs per day for the entire week of camp; they dispense medications as directed.

Chaperones do not carry medications or prescriptions; chaperones will not dispense medication to students. Students should not have medication in their possession, this ban includes over the counter pain relievers and allergy relief. Insurance rules state very clearly that only trained medical personnel may administer medication while at camp.

A medication form is available at the back of this packet. Please cite each medicine your student may take during camp week. Enclose this along with the medication in officially marked bottles in a zip lock bag marked with your student's full name. Please turn this in during camp check-in time on the morning of departure.

Please do not forget to collect unused medication at the end of camp.

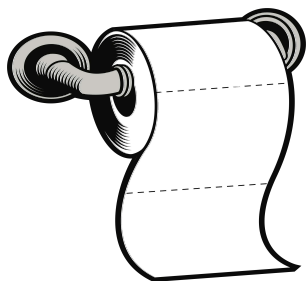
If you do not send medication with your student, there is no need to fill out a medication form.

YMCA

BATHROOM AND SHOWER FACILITIES

Each sleeping room has its own personal shower and toilets.

Please send your student with full bathroom supplies and towels- only toilet paper is provided.



Personal Grooming: Electrical outlets are scarce and bathroom time is limited. Please leave unnecessary appliances at home- this includes hairdryers, curling irons, and shavers. Sink space is at a premium, so keep makeup and styling to a minimum.



SPENDING MONEY

The camp has a souvenir shop, mostly t-shirts and hoodies with the camp name on it. The shop does not open until late in the week and only for a limited time. You may send money for Storer Camp clothing but this is entirely optional.

Other than the souvenir shop, there is no place for a student to spend money at camp. There are no vending machines, no snack bars, and no trips to town.



HYDRATION & SUN PROTECTION

Water: ½ gallon water jugs are **REQUIRED** during band camp week. Students will have many opportunities to refill their water jugs throughout the day.

Feel free to send sealed, individual portioned drink-powder packets with your student. Camp water is filtered well water and students may drink less if they dislike the taste. Sugar free or sports drink powders can mask the taste as well as provide flavor variety, encouraging students to drink properly all week.

Sun: While the cabins are mostly shaded within dense trees, practice fields are in full sun with no shade. Hot rehearsal conditions often mean that students roll up sleeves and cuffs, further exposing them to sun. Please send an ample amount of sunscreen, enough for several applications per day for 7 days.

Brimmed hats, sunglasses, sweat bands and bandannas are highly prized items. Send several personal shade options.



CLOTHING NEEDS

All clothing must conform to school rules and guidelines.



No sandals will be allowed during any rehearsal time. Students are on their feet for much of the day and they walk a good distance between cabins, dining hall, activity areas, and rehearsal space. Good, sturdy shoes are a necessity. If possible, bring several pairs of good walking or athletic shoes.

Please send enough clean clothing to get students through the week. No laundry facilities are available.

Warm items like hoodies and long pants are wise when the sun goes down. Rain gear is recommended.



Students will rehearse outdoors in any condition including light rain.

Drill rehearsal space is a stubby grass field, not a manicured lawn. After the first day, little grass remains. You can see the band's dust cloud from a great distance. In addition, the kids work hard and sweat harder. Send enough clothing to insure that they have several clean options daily.

SAMPLE PACKING LIST

Note: Students are required to carry their own items to and from their cabins. Pack as light as possible and use luggage or bags which have sturdy yet manageable handles.

½ Gallon Water Jug is mandatory!

Luggage: Students are limited to one suitcase and one bag for bedding, these will be packed in a luggage trailer. Please make sure all bags and luggage close securely- duct tape is not a good replacement for a broken zipper! Students may also bring one reasonably sized carry-on bag for the bus. Please label everything well.

Clothing:

- Shorts
- Shirts (both short and long sleeved)
- Jeans/Sweatpants
- Pajamas
- Comfortable shoes
- Socks & Undergarments
- Jacket/Coat/Hoodies
- Rain jacket or poncho
- Bathing suit + beach towel
- Hat, bandana, sunglasses, sun-gear

Toiletries:

- Bath towel + wash cloth(s)
- Shower shoes
- Shampoo, soap, lotions
- Deodorant
- Toothpaste & toothbrush
- Mosquito repellent
- Sunscreen
- Band aids or pads for blister prevention or protection
- Feminine supplies (even if not expected to be needed)

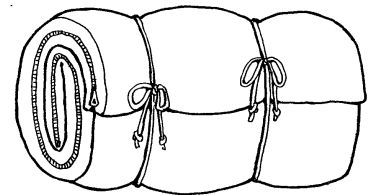


Bedding:

- Pillow
- Sleeping bag and/or sheets and blanket

Additional Needs:

- Camera/Film
- Flashlight
- Hands-free lighting
- Sunglasses
- Umbrella
- Paper clips, sheet protectors, pencils, sharpener, highlighter
- Drill Book and index card binder
- Drill number sign on neck string (if band directors are using them this year)
- Instrument
- Music
- Extra reeds, valve oil
- Music and Flip Folio



DO NOT BRING:

- Food in unsealed containers or plastic bags
- Electronic appliances such as hot plates, popcorn poppers, large audio equipment
- Silly string, shaving cream, balloons, air horns- No students are authorized to bring any form of prank items for any reason.
- Bicycles, motorbikes, skateboards

EMERGENCY CONTACTS

YMCA Storer Camp main office- (517) 536-8607. This is an emergency number only; please try LOBB staff first.

Lyla Dyer- Camp Chairperson
Cell/text- 248.709.1388
Email- president@lodragonbands.org

Terri Schneider- Communications Secretary
Cell/text- 248.361.8275
Email- communications@lodragonbands.org

Stacy Benn-VP of Fundraising
Cell/text-248.318.8180
Email-Fundraising@lodragonbands.org

Alison Abraham- Records Secretary
Cell/text- 248.842.5075
Email-Records@lodragonbands.org

Alice Cruz- Treasurer/Account
Cell/text- 248.860.0119
Email- accounts@lodragonbands.org

Kelly Miller- Budget/Accounts Payable
Cell/text- 248.797.3895
Email-budget@lodragonbands.org



Sue Louvar- Camp Nurse
Cell/text- 248.459.8862
Email- volunteer@lodragonbands.org

Your Students Chaperone: _____

Cell/text- _____
Email- _____

Mr. Steele- Band director
Email- michael.steele@lok12.org

**Storer Camp:
6941 Stoney Lake Rd, Jackson MI 49201**

Daily Schedule

DAILY SCHEDULE

6:30am- Wake up
Showers are open for use
7:30am- Morning announcements & breakfast
8:30am- Morning rehearsal
Rehearsals may include sectional instruction, music block rehearsal or field drill
11:30am- Brief time to clean off and report to dining hall
12pm- Lunch
1pm- Afternoon rehearsal
3:30pm- Recreation free time
Showers are open for use
5pm- Evening announcements & dinner
6pm- Evening rehearsal
9pm- Group activity

Getting To Know You Social Mixer
Star Gazing with Steele
Senior Stories
Cabin Night
Skit Night
Senior Campfire/Pizza Party

*specific days determined by local weather

10pm- Cabin time and homework
Showers are open for use
11pm- Lights out

Note: Ample water breaks will be provided during all rehearsals.



2023 SPIRIT DAYS

When packing, keep spirit days in mind. They add a fun twist to the rehearsal schedule.

Sunday- Hat Day *baseball, cowboy, visor, beanie...if you have it, wear it

Monday- Tropical Day *wear your favorite tropical summer gear

Tuesday- Twin Day *Pick a buddy and dress alike for Twin Day

Wednesday- Short Shorts/Crazy Sock Day *nuff said

Thursday- Tank Top Day *Suns out guns out...show us those arms

Friday- Section Shirt Day *Show your sections pride by wearing your section shirt

Saturday- Tie-dye day *bring your favorite groovy tie dye to wear

SPIRIT DAYS

BUS RULES

1. No excessive noise or moving around.
2. Do not hang arms, head, hands, or objects out the windows.
3. Music devices are allowed on the buses but headphones are preferred so as not to disturb others. Anything played on speakers must be kept to tolerable levels.
4. All trash must be deposited in a trash receptacle.
5. Please treat all chaperones with respect. Proper disciplinary action will be taken with those refusing to respect authority. This could include being sent home at your own expense.
6. Students will be assigned to assist chaperones and drivers with loading/unloading instruments and baggage.



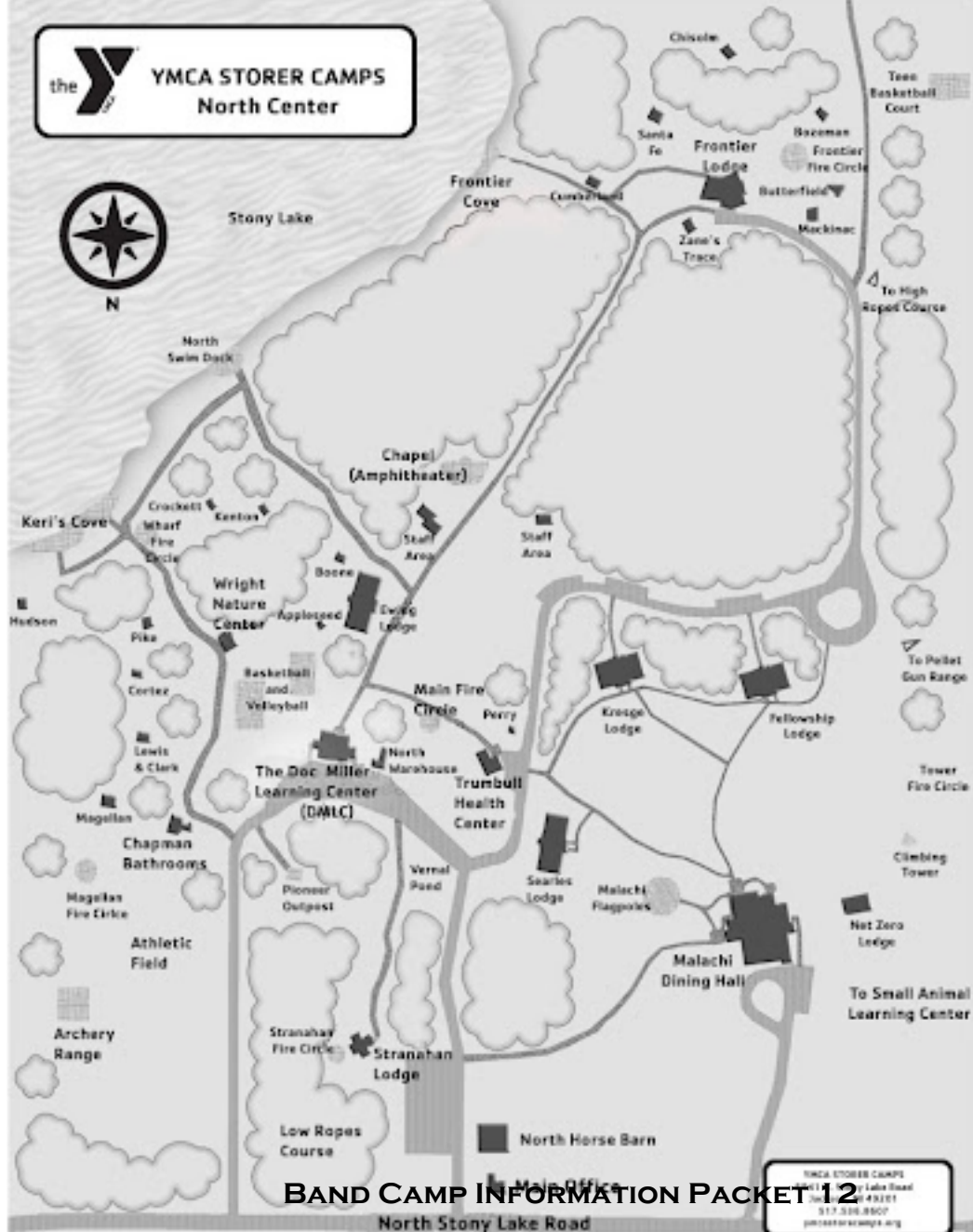
CAMP RULES

All school rules apply at camp.

7. We are guests of the camp. It is a privilege to use their facilities. You will be held responsible for any damage that occurs during your stay.
8. Absolutely no guests will be allowed at camp- **NO BAND ALUMNI VISITORS.**
9. Parents must obtain permission in advance to enter camp grounds.
10. Students are not allowed to leave camp.
11. Students must attend all meals. No meals will be eaten in the cabins.
12. All students will attend all rehearsals.
13. Students will report to all rehearsals on time. Failure to be prompt will result in disciplinary action.
14. No students will be allowed outside their cabin after 11pm or before 6am.
15. Please do not visit the inside of other cabins; you may do your visiting outside. Ladies are not allowed into the men's cabins; men are not allowed into ladies' cabins.
16. All students must attend evening activities- no exceptions, do not ask.
17. Any student caught sneaking out at night or leaving camp premises will be immediately sent home at their own expense.
18. Some areas of camp are off limits to students. Wandering into these areas may result in disciplinary action.
19. Maintain proper etiquette; treat all camp staff, band staff, and chaperones with respect.
20. Proper hygiene is required. Students will be required to shower regularly.
21. No prank items of any kind are allowed in camp.
22. Band members will be placed on a work detail on a rotation basis. Details will consist of specific room cleanup and other assigned duties.
23. Cabins must also be cleaned and inspected before final check-out.



YMCA STORER CAMPS North Center



BAND CAMP INFORMATION PACKET 12

YMCA STORER CAMPS
1000 N. Stony Lake Road
PO Box 41301
Silt, CO 80587
jones@storer.camps.org

LAKE ORION DRAGON BANDS
MEDICINE AND ALLERGY INFORMATION

(Present this form along with labeled medications [prescription medicine in its pharmacy bottle] in a zip-lock bag to the designated medical bag parent)

Student: _____ Birthdate: _____

Primary Address: _____

Primary Phone: (____) _____ Student Cell: (____) _____

Parent(s): _____ Work: (____) _____ Cell: (____) _____

_____ Work: (____) _____ Cell: (____) _____

Emergency Contacts: *(not a parent listed above, not travelling with band)*

Name: _____ Relation: _____ Phone: (____) _____

Name: _____ Relation: _____ Phone: (____) _____

Medical Info- Please indicate if you child has any of the following conditions. Indicate on the backside of this page what action to take if aggravated while in the care of band personnel.

_____ Heart Trouble	_____ Seizures	Allergies: _____
_____ Bee Sting Allergy	_____ Hemophilia	Other: _____
_____ Penicillin Allergy	_____ Diabetes	Other: _____

Medication to be Dispensed: (please indicate the enclosed medication name & dosage schedule)

Recent Serious Illness: _____

DELEGATION OF PARENT/GUARDIAN CONSENT: While my child is in the care and custody of Lake Orion Bands, I hereby give consent 1) to any medical care, diagnosis, surgical procedure and/or other treatment of any type or nature; 2) to any dental procedure; 3) for admission to any hospital or medical center; 4) to the use of any medication, therapeutic devices, or items related to the child's health; 5) to the general power to authorize all acts with respect to my child's health and well being, and to expend all amount in connection therewith the same as I could do.

Signed: _____ Print Name: _____

Relationship to patient: _____ Address: _____

Telephone: (____) _____ Effective Date: _____ to _____

Name _____
 (Last) (First)

Date of Birth _____ Medication Allergies _____

Please note that all medications MUST be in a current prescription bottle (less than 1 year old). Any over the counter medications provided cannot be expired. I can only give the dose ordered, or less. Not more. If your child takes more than the prescribed or recommended dose, I must have a current prescription or note from the physician. **PLEASE PRINT CLEARLY.*

Name of Medication	Strength (10mg etc)	Dose (1 pill, ½ pill etc)	What time? (breakfast, lunch, before meals, after meals, at bedtime, 4pm as needed etc)	If taken “as needed”, please list why med is taken and how often it can be given in 24 hours	Is this a rescue med that student must keep on person?	Common side effects for your student I should know about?	Special Instructions? (keep refridgerated etc)



RESPONSIBILITY CONTRACT FOR OVERNIGHT TRIPS

It is a privilege for you to participate in the District-sponsored trip to LOMB BAND CAMP @ STORER CAMP. Because this trip is part of the District's educational program, it is imperative that you adhere to the Code of Conduct for overnight trips as well as the applicable provisions of the general Code of Conduct. You must remember that from the time of departure to your arrival home, you are the responsibility of the District.

I agree to:

- A. refrain at all times from the consumption of alcoholic beverages, use of tobacco and/or drugs unless said drugs are prescribed by a physician and dispensed by school personnel;
- B. sleep in my assigned room and not entertain members of the opposite sex in my room, unless my room door is fully opened, and an adult chaperone is notified;
- C. keep my assigned chaperone advised of my whereabouts at all times;
- D. attend all mandatory activities and meal functions;
- E. adhere to all established curfews;
- F. conduct myself in such a manner as to bring pride to myself, my family, my school, and my community;
- G. adhere to any established dress code;
- H. comply, throughout the trip, with any and all instructions directed to me and/or the group by a chaperone or staff member.

If a problem arises that is serious enough in nature to warrant the below-named student's removal from the travel group, we (the student and parent/guardian) agree to bear any additional costs to return the student home. NOTE: This removal decision will be made by the accompanying professional staff member after a student has been provided the opportunity to respond to any allegations. The student may also be subjected to discipline upon return home in accordance with general District policies.

Student Signature	Date
-------------------	------

Parent Signature	Date
------------------	------



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PARTICIPANT WAIVER, RELEASE, INDEMNIFICATION OF ALL CLAIMS & COVENANT NOT TO SUE

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right and the named minor's right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of your participation in YMCA STORER CAMPS, a branch of the YMCA OF GREATER TOLEDO (herein referred to as YMCA) programs or activities, now or any time in the future.

ACKNOWLEDGMENT OF RISK

Initial I do hereby acknowledge and agree that participation in any activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with any activity or program participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, (4) equine related injuries, (5) boating related injuries, (6) target sports related injuries and (7) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with any activity or program participation and that said list in no way limits the operation of this Agreement.

CORONAVIRUS / COVID-19 WARNING & DISCLAIMER

Initial Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in YMCA programs or accessing YMCA facilities could increase the risk of contracting COVID-19. YMCA in no way warrants that COVID-19 infection will not occur through participation in YMCA programs or accessing YMCA facilities.

WAIVER, RELEASE, INDEMNIFICATION & COVENANT NOT TO SUE

Initial In consideration of my participation in YMCA activities and programs, I, _____, agree to release and on behalf of myself and my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE YMCA, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of YMCA facilities/equipment or participation in YMCA programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In consideration of participation in activities and programs, I, the undersigned agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to the activity and program participation.

I hereby certify on behalf of myself that I have full knowledge of the nature and extent of the risks inherent in any activity and program participation and that I am voluntarily assuming said risks. I understand that I will be solely responsible for any loss or damage, including personal injury, property damage, or death, sustained while participating in any activities and programs and that by signing this agreement I, on behalf of myself, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that I am in good

health and have no conditions or impairments which would preclude safe participation in any activities and programs.

I further certify that my date of birth is _____ (MM/DD/YYYY), that my present age is _____, that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

Participant Name (Print Clearly)

Date

Signature



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MINOR PARTICIPANT WAIVER, RELEASE, INDEMNIFICATION OF ALL CLAIMS & COVENANT NOT TO SUE

NOTICE: THIS IS A LEGALLY BINDING AGREEMENT. Read this document carefully and in entirety. By signing this agreement, you give up your right and the named minor's right to bring a court action to recover compensation or obtain any other remedy for any personal injury or property damage however caused arising out of the named minor's participation in YMCA STORER CAMPS, a branch of the YMCA OF GREATER TOLEDO (herein referred to as YMCA) programs or activities, now or any time in the future.

ACKNOWLEDGMENT OF RISK

Initial I, in my legal capacity as the parent/guardian of the minor named below, do hereby acknowledge and agree that participation in any activities comes with inherent risks. I have full knowledge and understanding of the inherent risks associated with any activity or program participation, including but in no way limited to: (1) slips, trips, and falls, (2) aquatic injuries, (3) athletic injuries, (4) equine related injuries, (5) boating related injuries, (6) target sports related injuries and (7) illness, including exposure to and infection with viruses or bacteria. I further acknowledge that the preceding list is not inclusive of all possible risks associated with any activity or program participation and that said list in no way limits the operation of this Agreement.

CORONAVIRUS / COVID-19 WARNING & DISCLAIMER

Initial Coronavirus, COVID-19 is an extremely contagious virus that spreads easily through person-to-person contact. Federal and state authorities recommend social distancing as a mean to prevent the spread of the virus. COVID-19 can lead to severe illness, personal injury, permanent disability, and death. Participating in YMCA programs or accessing YMCA facilities could increase the risk of contracting COVID-19. YMCA in no way warrants that COVID-19 infection will not occur through participation in YMCA programs or accessing YMCA facilities.

WAIVER, RELEASE, INDEMNIFICATION & COVENANT NOT TO SUE

Initial In consideration of _____'s participation in YMCA activities and programs, I, _____, the parent/guardian of the minor named above, agree to release and on behalf of myself and the minor named above, my heirs, representatives, executors, administrators, and assigns, HEREBY DO RELEASE YMCA, its officers, directors, employees, volunteers, agents, representatives and insurers ("Releasees") from any causes of action, claims, or demands of any nature whatsoever including, but in no way limited to, claims of negligence, which I, the named minor, my heirs, representatives, executors, administrators and assigns may have, now or in the future, against YMCA on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to the use of YMCA facilities/equipment or participation in YMCA programs whether that participation is supervised or unsupervised, however the injury or damage occurs, including, but not limited to the negligence of Releasees.

In consideration of the named minor's participation in activities and programs, I, the undersigned parent/guardian of the named minor, agree to INDEMNIFY AND HOLD HARMLESS Releasees from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way related to the named minor's activity and program participation.

I hereby certify on behalf of myself and the named minor that I have full knowledge of the nature and extent of the risks inherent in any activity and program participation and that I, on

behalf of myself and the named minor, am voluntarily assuming said risks. I understand that I and the named minor will be solely responsible for any loss or damage, including personal injury, property damage, or death, the named minor sustains while participating in any activities and programs and that by signing this agreement I, on behalf of myself and the named minor, HEREBY RELEASE Releasees of all liability for such loss, damage, or death. I further certify that the named minor is in good health and has no conditions or impairments which would preclude his/her safe participation in any activities and programs.

I further certify that my date of birth is _____ (MM/DD/YYYY), that my present age is _____, that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement, and that I have legal capacity to act as the parent/guardian of the named minor. I further understand that the terms of this agreement are legally binding and certify that I am signing this agreement, after having carefully read it, of my own free will.

Participant Name (Print Clearly)

Date

Parent/Guardian Signature

Parent/Guardian Name (Print Clearly)