



**Lutheran
Outdoor
Ministries**

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Bernidji, MN 56619
218-751-4208
Fax 218-751-1453
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**Camp Emmaus
218-564-4766**

**Lake of the Woods
Bible Camp
218-634-2200**

**Camp Minne-Wa-Kan
218-335-6159**

Pathways is an
Outdoor Ministry of the
Evangelical Lutheran
Church of America.

Dear Challenge Course participant,

We are excited to have you visit our challenge course! You must fill out both of the attached forms. **Even if you are just planning on observing and not participating you still need to fill out both forms!** New forms need to be filled out each time you return to use the course.

Please fill out the appropriate forms. Youth up to age 18 need to fill out a youth health history form and an assumption of risk form. Both require a parent/guardian signature. Adults ages 18 and up need to fill out adult forms. These are available online at the address below or by calling the Pathways office. If you do not have the paperwork completed, you will not be able to participate on the course.

If you have any questions about these forms or the challenge course program, please contact Marie at 218-751-4208 or marie@pathwaysbiblecamps.com.

See you soon!

Marie Kirschstein
Adventure Program Director

These forms were printed from
<http://www.pathwaysbiblecamps.com/forms.asp>.

PATHWAYS INC. CHALLENGE COURSE YOUTH HEALTH HISTORY

Health information on this form is held confidential unless there is a medical emergency.

Name _____ Sex _____
 Address _____ Date Attending _____
 City _____ State _____ Zip Code _____
 Birthdate _____ Age _____ If over 18, fill out an ADULT health form. To get one, call 218-751-4208.
 Parent/Guardian(if under 18) _____ Home Phone _____ Work Phone _____
 Address (if different than above) _____
 Emergency Contact (name and relationship) _____
 Home Phone _____ Work Phone _____

INSURANCE COMPANY _____ POLICY NUMBER _____
 FULL NAME OF POLICY HOLDER _____
 IF YOU DO NOT HAVE INSURANCE, SS# _____
 FAMILY DOCTOR _____ CLINIC/CITY _____
 PHONE NUMBER _____

HEALTH HISTORY

(If participant has had in the past, please give approximate date(s), If participant **HAS NOW**, please mark with a “N”)

_____ ADD/ ADHD	_____ Asthma (We require you have your inhaler readily available.)	
_____ Anorexia/Bulimia	_____ Appendicitis	_____ Arthritis
_____ Constipation	_____ Convulsions	_____ Depression
_____ Diabetes	_____ Diarrhea	_____ Smoker
_____ Ear Infections	_____ Fainting Spells	_____ Headaches
_____ Hepatitis	_____ Nervousness	_____ Pregnant
_____ Ulcers	_____ Sleep Walking	_____ Homesickness
_____ Sinus Trouble	_____ Measles	_____ German Measles
_____ Mumps	_____ Tonsillitis	_____ Chicken Pox
_____ Bronchitis	_____ Seizures (Please describe) _____	
_____ Heart Defect/Disease	_____ Bleeding Disorders	_____ Hypertension
_____ Mononucleosis	_____ Rheumatic Fever	Other: _____

ALLERGIES

_____ Hay Fever _____ Insect Stings
 _____ Poison Ivy _____ Penicillin
 _____ Food Products _____ Other Drugs
 Other: _____

IMMUNIZATIONS

(give approximate dates)

_____ DPT Permanent Shots _____ Tuberculin
 _____ Polio Immunization _____ MMR
 _____ Tetanus Booster Other: _____

Other illness or needs that may affect participation _____
 Surgeries or serious illnesses & dates _____
 Dietary restrictions _____
 Any restricted activities by physician _____
 Swimming ability: _____ Non-Swimmer _____ Beginner (avoids deep water) _____ Intermediate
 (Note: If swimming should be restricted, please note under “restricted activities” above.)

MEDICATIONS

Does this person take medications on a regular basis? _____
 If yes, please list **ALL** medications (prescription and non-prescription) taken routinely:

 May acetaminophen/ibuprofen be administered if needed? ___ YES ___ NO

People with the following medical conditions should consult a physician prior to attending the program.

1. If you have a **history of heart problems or high blood pressure**, you are at risk if you physically participate in this program. Due to the types of physical demands inherent to the activities, you may be jeopardizing your health and well being if you choose to fully participate.
2. If you are **pregnant**, you and your unborn child are at risk if you participate physically in this program. Unintentional impacts to your abdomen can occur during many of the activities that involve physical contact.
3. If you are **recovering from broken bones, dislocated joints, sprains, strains, back or neck injuries**, you are risking re-injury if you participate physically in this program.
4. If you have **an enlarged organ, are a transplant recipient, or have Downs Syndrome**, you are risking injury to the weakened areas of your body.

Pathways, Inc.
Assumption of Risk, Medical Authorization, and Publicity Consent Form

By signing this release form I agree to release and hold harmless Pathways Inc., its agents, employees, facilitators, and others, (hereby referred to as "Pathways, Inc.") for any damage or injuries, physical or mental, which I might incur as a result of my voluntary decision to participate in all facets of a Pathways, Inc. program, which may or may not include the Challenge Course program.

If I do voluntarily choose to participate in the program, I recognize that there is a significant element of risk in any adventure, sport, or activity associated with the outdoors. Knowing the inherent risks, dangers, and rigors involved in the activities, I certify that I am fully capable of participating in the activities. I understand that Pathways, Inc. has the right to deny participation if there are any safety concerns.

I assume full responsibility for myself for bodily injury, sickness, disease, death, loss, or damage, and expenses thereof, as a result of my negligence, or other risks, including but not limited to those caused by the Challenge Course, the terrain, the weather, my athletic and physical condition, and other participants.

By signing this release form, I agree that if I do sustain any physical injury or mental damage of any nature as result of my voluntary decision to participate in the Pathways, Inc. program, I voluntarily agree to hold harmless and release the above named parties from any liability therefore and that this release is binding on my heirs and assigns. I agree to accept financial responsibility for any medical expenses and/or loss of income not covered by my insurance policy. In the event of an emergency, I authorize the Pathways, Inc. staff to seek emergency medical treatment.

By signing below I authorize Pathways, Inc. to use any photos or video taken during the visit to Pathways, Inc. in publicity materials for Pathways, Inc.

I acknowledge that I have been given the opportunity to ask questions regarding any aspect of this release form and by signing in the space provided below I do acknowledge that I have read completely and fully understand all aspects of this release form and agree to its terms in its entirety.

Print Participant Name	Date of Program
Participant Signature	Date
Signature of parent or guardian (if under 18)	Date
Print name of parent or guardian	Telephone
Address of participant	