

SUMMER 2016 UPDATE



SCHOOL'S OUT FOR SUMMER and we are excited to celebrate the warm weather and sunshine with a ton of awesome O2 activities! We are kicking off the summer season with our **Annual Summer BBQ** on June 29 and our annual White Water Rafting Trip on July 1. These events are great opportunities to start your summer off right and meet a lot of great, new people at the same time.

To make the most of our summer, we have packed amazing day and week long trips into every week of the season. O2 has four unique **Week Long Expeditions** that will get you out and exploring! You can spend a week on the open road and camping along the west coast, backpack for six days through the forest and mountains, canoe around pristine lakes for a week, or join us for six days of rock climbing in Squamish, Canada. More information about our week-long trips can be found on page 10.

O2 will also be offering a variety of **Day Trips** for you to enjoy! These day trips will include adventures in kayaking, stand-up paddle boarding, horseback riding, hiking, bike riding, and more! As usual, south-end day trips will be on Tuesdays and north-end day trips will be on Wednesdays. Check out pages 6-9 for all of our summer day trip opportunities.

As you may have noticed, O2 likes to take advantage of the beautiful Seattle summer by getting out on the water. However, **to participate in any of the listed aquatic events, you need to pass a Float Test**. An aquatic event includes white water rafting, kayaking, boating, etc. Once you take a float test, your certificate will make you eligible for all O2 aquatic events for the next three years! Dates, pickup, and drop-off times for both the north and south-ends can be found on the float test information page (pg. 26).

Lastly, in order to provide opportunities to new O2 participants joining us from Cleveland High School, we will be extending the application deadline for the **Summer Stipend Program**. Please submit your applications (pg. 12-13) to Kate by June 17. Thank you to those of you who have already turned in your applications. We look forward to working with many of you this summer season!

Our summer events are always very popular so make sure to sign-up early! If you are interested in any of these O2 events, sign up with either Emily (north-end) at 206-390-1018 or Kate (south-end) at 206-423-3460. You can sign up for events no more than a month ahead of time. In order to confirm your slot for any O2 event, please contact Emily or Kate no later than a week before the event. Please keep track of the O2 events you sign up for and make sure to confirm your space.

We are very excited to share this summer with you and are looking forward to getting outside!

~ Bob, Emily, Kate, and Marlo ~

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Kate Waind | 206-423-3460
Bob Warner | 206-890-2513
Emily Sachwald | 206-390-1018
www.seattle.gov/parks/teens/o2
Join our group on Facebook!

June



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7 South-end Float Test <i>Page 26</i>	8 North-end Float Test <i>Page 26</i>	9 South-end Float Test <i>Page 26</i>	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24 LAST DAY OF SCHOOL	25
26	27 JOINT Day Trip Summer BBQ KICK-OFF <i>Page 6, 8</i>	28 North-end Float Test South-end Float Test <i>Page 26</i>	29	30	1 JOINT Day Trip White Water Rafting <i>Page 6, 8</i>	

Day Trip pickup time: 8:45-9:30 a.m.
 Day Trip drop-off time: by 6 p.m.
 Multi-Day trip pickup time: 8:45-9:30 a.m.
 Multi-Day trip drop-off time: by 8 p.m.

Contact us to sign up for events!
 Emily | 206-390-1018
 Kate | 206-423-3460
www.Facebook.com/groups/O2program



July



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27 JOINT Day Trip Summer BBQ KICK-OFF <i>Page 6, 8</i>	28 North-end Float Test South-end Float Test <i>Page 26</i>	29	30	1 JOINT Day Trip White Water Rafting <i>Page 6, 8</i>	2
3	4	5 Stipend Program Mandatory Rock Climbing Training <i>Page 12</i>	6 Stipend Program Mandatory Hiking Training <i>Page 12</i>	7 Stipend Program Rock Climbing <i>Page 6, 8</i>	8 Stipend Program Hiking <i>Page 12</i>	9
10 Stipend Program TRAIL CREW <i>Page 12</i>	11 Stipend Program TRAIL CREW <i>Page 12</i>	12 South-end Day Trip Tourist in Seattle <i>Page 8</i> Stipend Program TRAIL CREW <i>Page 12</i>	13 North-end Day Trip Lawn Sports <i>Page 6</i> Stipend Program TRAIL CREW <i>Page 12</i>	14 Stipend Program Rock Climbing <i>Page 6, 8</i> Stipend Program TRAIL CREW <i>Page 12</i>	15 Stipend Program TRAIL CREW <i>Page 12</i>	16
17	18	19 South-end Day Trip SUP/Kayaking <i>Page 8</i>	20 North-end Day Trip SUP/Kayaking <i>Page 6</i>	21 Stipend Program Rock Climbing <i>Page 6, 8</i>	22 Stipend Program Hiking <i>Page 12</i>	23
24 31	25 North-end Road Trip <i>Page 10</i>	26 South-end Day Trip Horseback Riding <i>Page 9</i> North-end Road Trip <i>Page 10</i>	27 North-end Road Trip <i>Page 10</i>	28 Stipend Program Rock Climbing <i>Page 6, 8</i> North-end Road Trip <i>Page 10</i>	29 North-end Road Trip <i>Page 10</i>	30 North-end Road Trip <i>Page 10</i>

Day Trip pickup time: 8:45-9:30 a.m.
 Day Trip drop-off time: by 6 p.m.
 Multi-Day trip pickup time: 8:45-9:30 a.m.
 Multi-Day trip drop-off time: by 8 p.m.

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August



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 South-end Backpacking <i>Page 10</i>	2 South-end Backpacking <i>Page 10</i>	3 North-end Day Trip Urban Biking <i>Page 7</i> South-end Backpacking <i>Page 10</i>	4 South-end Backpacking <i>Page 10</i>	5 Stipend Program Hiking <i>Page 12</i> South-end Backpacking <i>Page 10</i>	6 South-end Backpacking <i>Page 10</i>
7	8 North-end Canoeing Trip <i>Page 10</i>	9 South-end Day Trip Sailing <i>Page 9</i> North-end Canoeing Trip <i>Page 10</i>	10 Stipend Program Restoration <i>Page 12</i> North-end Canoeing Trip <i>Page 10</i>	11 North-end Canoeing Trip <i>Page 10</i>	12 North-end Canoeing Trip <i>Page 10</i>	13 North-end Canoeing Trip <i>Page 10</i>
14	15	16 South-end Day Trip Berry-picking/ Hiking <i>Page 9</i>	17 North-end Day Trip Rock Climbing <i>Page 7</i>	18	19 Stipend Program Hiking <i>Page 12</i>	20
21	22 South-end Climbing Trip <i>Page 10</i>	23 South-end Climbing Trip <i>Page 10</i>	24 North-end Day Trip Rattlesnake Hike <i>Page 7</i> South-end Climbing Trip <i>Page 10</i>	25 North-end Day Trip Peter Pan <i>Page 7</i> South-end Climbing Trip <i>Page 10</i>	26 South-end Climbing Trip <i>Page 10</i>	27 South-end Climbing Trip <i>Page 10</i>
28	29	30 South-end Day Trip NW Trek/Rainier <i>Page 9</i>	31 North-end Day Trip Horseback Riding <i>Page 7</i>			

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 Kate (South) | 206-423-3460
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September



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		30 South-end Day Trip NW Trek/Rainier <i>Page 9</i>	31 North-end Day Trip Horseback Riding <i>Page 7</i>	1	2	3
4	5 Labor Day	6	7 FIRST DAY OF SCHOOL	8	9	10 JOINT Day Trip Mountain Fest <i>Page 7, 9</i>
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Day Trip pickup time: 8:45-9:30 a.m.
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NORTH-END WORKSHOPS—mostly WEDNESDAYS

Pickups and Drop-offs:

NORTH-END students can meet the green Parks van at:

Rainier Community Center—9:00 a.m.

Garfield Community Center—9:15 a.m.

Northgate Community Center—10:00 a.m.

Return to Rainier CC/Garfield CC/Northgate CC—by 6 p.m.

Monday, June 27: Summer Kickoff BBQ

Note: Pickup times for this event are:

*North-end—Rainier CC 9:30 a.m./Garfield CC 9:45 a.m./Northgate CC 10:30 a.m.

*South-end—Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.

With school finally over and summer just beginning, please come and celebrate with an O2 barbecue at the beach! This will also be an opportunity to see the newly-released summer calendar, sign up for summer trips, eat yummy food, play beach games, and hang out with old and new friends.

Friday, July 1: White Water Rafting

Note: Pickup times for this event are:

*North-end—Rainier CC 7:45 a.m./Garfield CC 8 a.m./Northgate CC 8:30 a.m.

*South-end—Camp Long 8 a.m./Jefferson CC 8:15 a.m./Rainier Beach CC 8:30 a.m.

The O2 rafting trip is one of our most popular day trips. We will raft the Wenatchee River, a classic Eastern WA river with rapids, waves and sandy beaches. This is the only rafting trip for the year, so let's get out and have a blast! *A Float Test (pg. 26) and Orion Expeditions Waiver (pg. 15-16) are required to attend this event.*

Thursdays, July 7, 14, 21 & 28: Outdoor Rock Climbing

*Meet at Camp Long at 7a.m. Return by 6 p.m.

The O2 outdoor rock climbing sessions are rare and exciting events to climb on actual rock in the picturesque mountain setting around North Bend. While this is also a stipend program, all O2 participants are welcome to attend. Please bring close toed shoes and baggy pants. No experience needed!

Wednesday, July 13:

Lawn Sports Extravaganza

Seattle has some of the most beautiful city parks in the nation. Let's get together at one of our favorite parks for a super festive day of picnicking, volleyball, Frisbee, and assorted lawn sports. It's bound to be a great time!

Wednesday, July 20:

Lake Washington Stand Up Paddle Boarding and Kayaking

Join O2 for a day on Lake Washington! We will spend the day learning to stand-up paddleboard and kayak with Mt. Baker Rowing and Sailing. If water is your thing, this workshop is for you! *A Float Test (pg. 26) and a Waiver (pg. 18) are required.*



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Northgate Community Center—10:00 a.m.

Return to Rainier CC/Garfield CC/Northgate CC—by 6 p.m.

Wednesday, August 3: Urban Biking

Cycling in the summer sun is even better when you get to see the great sights of Seattle's city and naturescape. Enjoy a picnic lunch and a day laughing and peddling around some of our favorite places.

Wednesday, August 17: Rock Climbing

Summer is the perfect time to get out and climb some rocks in North Bend. Join O2 and get out of the city to soak up some sun, climb some epic rock and enjoy the weather. Please wear close-toed shoes and pants/shorts you can climb in. No experience necessary!

Wednesday, August 24: Rattlesnake Lake Hike

Come on out and enjoy the summer with us! We are going to Rattlesnake Lake and Ridge, a popular place for Seattleites to cool off and relax. Hike to Rattlesnake Ridge and enjoy some of the best views of the mountains in the area. Hang out by the lake, play games and have a picnic on this day trip.

Thursday, August 25:

Peter Pan—My Brother's Keeper

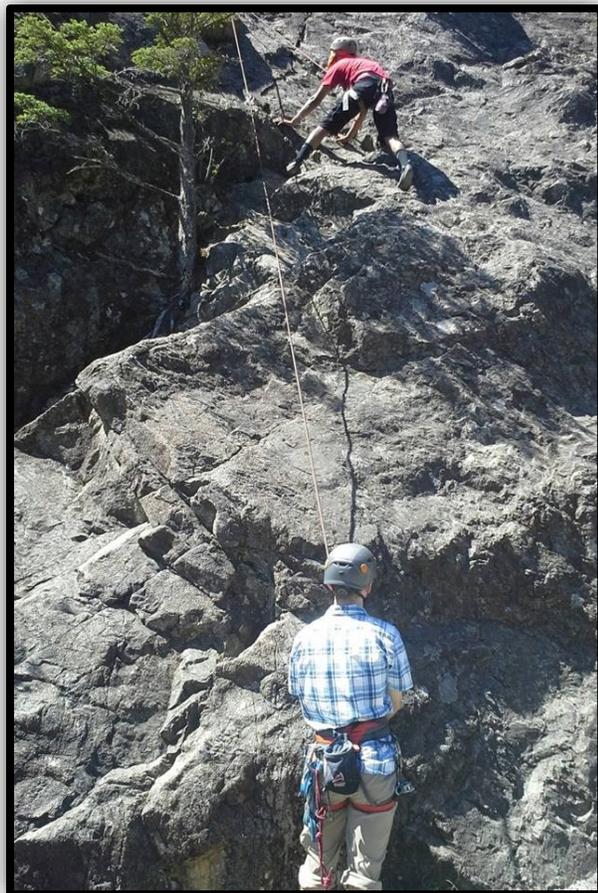
Seattle Parks and Recreation's summer musical is back and Broadway ready. This stellar performance will be sure to satisfy the theater-goer in all of us. Contact Emily to sign up!

Wednesday, August 31: Horseback Riding

We are very excited to offer horseback riding as an O2 day trip this summer! This is one of our most popular events. Please contact Emily to sign up. No prior horseback riding experience is necessary. *Please bring a Flying Horseshoe Ranch waiver, signed by your guardian (pg. 17) in order to attend the event. Also, it is extremely important that you wear pants and close-toed shoes to this event.* If you have been float tested, feel free to bring swim wear and a towel as we may have the option of swimming in the pool. See you there!

Saturday, September 10: Mountain Fest!

Camp Long's Mountain Fest event is a great way to experience all of the amazing outdoor opportunities right here in Seattle. Try out rock climbing or rappelling, enter in contests for a chance to win free swag, and get vertical on Camp Long's aerial Challenge Course! This day trip is bound to get the adrenaline pumping! *A Waiver is required to attend this event (pg. 20-25).*



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Rainier Beach Community Center—9:00 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Rainier Beach CC/Jefferson CC/Camp Long—by 6 p.m.

Monday, June 27: Summer Kickoff BBQ

Note: Pickup times for this event are:

*North-end—Rainier CC 9:30 a.m./Garfield CC 9:45 a.m./Northgate CC 10:30 a.m.

*South-end—Rainier Beach CC 10 a.m./Jefferson CC 10:15 a.m./Camp Long 10:30 a.m.

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*Meet at Camp Long at 7a.m. Return by 6 p.m.

The O2 outdoor rock climbing sessions are rare and exciting events to climb on actual rock in the picturesque mountain setting around North Bend. While this is also a stipend program, all O2 participants are welcome to attend. Please bring close-toed shoes and baggy pants. No experience necessary!

Tuesday, July 12: Tourist in Seattle

Get out your Hawaiian shirts, sock-sandal combinations, and large-brimmed hats for a fun-filled day in Seattle! We will parade around our very own city, on the prowl for the most highly coveted tourist sites and have the most fun possible!

Tuesday, July 19: Lake Washington Stand Up Paddle Boarding and Kayaking

Join O2 for a day on Lake Washington! We will spend the day learning to stand-up paddleboard and kayak with Mt. Baker Rowing and Sailing. If water is your thing, this day trip is for you! *A Float Test (pg. 26) and a Waiver (pg. 18) are required.*



SOUTH-END WORKSHOPS— TUESDAYS

Pickups and Drop-offs:

SOUTH-END students can meet the white Parks van at:

Rainier Beach Community Center—9:00 a.m.

Jefferson Community Center—9:15 a.m.

Camp Long—9:30 a.m.

Return to Rainier Beach CC/Jefferson CC/Camp Long—by 6 p.m.

Tuesday, July 26: Horseback Riding

Have you ever wanted to reenact an old western movie or ride a spectacular unicorn off into the sunset? With this O2 day trip you can get fairly close to living your dreams! Join O2 in experiencing the outdoors in a whole new way – on horseback! *Long pants and closed-toed shoes are required to participate in this event. Western gear and/or unicorn horns optional. A Waiver is required for this workshop (pg. 17).*

Tuesday, August 9: Sailing Excursion

Set sail for the adventure of a lifetime! We will learn the fundamentals of sailing and get a first-hand experience of exploring the open sea. *Please complete the Waiver from Mt. Baker Rowing and Sailing (pg. 18). A float test is also required to attend this event (pg. 26).*

Tuesday, August 16: Berry-picking and Hiking Adventure

Every summer O2 plans a hiking day trip, but be prepared to experience a hiking like never before! Our mission: To hike. Our other mission: To collect and consume as many delicious summer berries as possible. After our hike into the Cascades we will return to the kitchens of ye' old Camp Long to create delicious berry concoctions: berry pies, berry milkshakes, and berry smoothies, galore!! It's bound to be a scrumptious day trip, for sure!

Tuesday, August 30:

Northwest Trek Wildlife Park

Hey, O2, take a walk on the wild side! With this day trip we will experience native northwest wildlife, up-close-and-personal during a day trip to Northwest Trek Wildlife Park. Since this is our last day trip of the summer, come prepared to party like animals!



Saturday, September 10:

Mountain Fest!

Camp Long's Mountain Fest event is a great way to experience all of the amazing outdoor opportunities right here in Seattle. Try out rock climbing or rappelling, enter in contests for a chance to win free swag, and get vertical on Camp Long's aerial Challenge Course! This day trip is bound to get the adrenaline pumping! *A Waiver is required to attend this event (pg. 20-25).*

Space is limited on these events, so please call or text Emily or Kate and leave a message to sign up for all events!
Emily (North-end) : 206-390-1018 | Kate (South-end) : 206-423-3460

Pickups and Drop-offs for Trips:

NORTH-end students can meet the green Parks van at: Rainier Community Center —9 a.m. Garfield Community Center —9:15 a.m. Northgate Community Center —10 a.m. Return to Rainier CC/Garfield CC/Northgate CC —by 8 p.m.	SOUTH-end students can meet the white Parks van at: Rainier Beach Community Center —9 a.m. Jefferson Community Center – 9:15 a.m. Camp Long – 9:30 a.m. Return to Jefferson CC/Rainier Beach CC/Camp Long — by 8 p.m.
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NORTH-END TRIPS

Monday-Saturday, July 25-30: National Park Road Trip

This year is the centennial celebration of our nation’s National Park system, and we want to be a part of it! Join us on a once in a lifetime trip to see some of America’s most beautiful and unique places. We will be traveling through Washington, Oregon and California to see unique natural wonders, including Crater Lake National Park, Redwood National Park, and much more! There will be caves to explore, oceans to see, and good times to be had. This is an O2 original and not to be missed.

Monday-Saturday, August 8-13: Cooper Lake Canoe Expedition

Instead of hiking in the backcountry, we are going to let our canoes guide the way! On this week long canoeing expedition, we will be packing all of our gear, clothes, and food onto a canoe for a week of fun and exploration of Cooper Lake as we paddle from destination to destination. Everything we need for the trip we will carry in our canoes. We will try fishing and day hiking in the surrounding wilderness! During the trip we will be living without electricity and amenities for the entire week. Come visit one of the most beautiful canoeing destinations in Washington. Beginner paddlers are welcome. *A float test (pg.29) is required to attend this event.*

SOUTH-END TRIPS

Monday-Saturday, August 1-6: Mount St. Helens Backpacking Excursion

Are you ready to test your outdoorsy metal? Are you prepared to form a hardcore connection with nature?? Here’s your chance to see if you’ve got what it takes to win Teen Survivor. O2 will be adventuring into the wilderness to test our survival skills, live amongst woodland critters, and experience the awe-inspiring beauty of the backcountry and the Mount St. Helens wilderness.

Monday-Saturday, August 22-27: Rock Climbing in Squamish, British Columbia

Many of our O2 veterans have claimed that the Canada Climbing Trip has been the most amazing trip they have ever done with your program! We are travelling north of the border to the world famous climbing Mecca of Squamish, British Columbia. We will camp by a beautiful lake and spend the days exploring and climbing the surrounding mountains. **A passport, school ID, and NOTARIZED Canada Trip PERMISSION FORM (pg. 19) are required to attend this trip* The permission form can be notarized at a local bank or post office.*

OVERNIGHT TRIPS

Please call or text **Kate** and leave a message
to sign up for the Summer Service Project! **206-423-3460**

For the first time ever, O2 will offer a Summer Service Project opportunity! If you are working to complete your service hours required for graduation AND wanting to have fun at the same time, we have a great experience for you!



Summer 2016, Ongoing: Videography Team Service Project

O2 is working on creating a promotional video made for and by teens! We need your help in capturing epic video footage, telling the O2 story through moving pictures, and editing our video to create a masterpiece of film! To complete this awesome video project, we are offering the opportunity to earn service hours by participating in the O2 Videography Team. *In order to earn these service hours you need only attend a minimum of two O2 summer events (day or week-long trips), pick up a camera, and start shooting. You can earn additional service hours by shooting more video footage at additional events OR by helping with the editing process.* We will supply the necessary video equipment; you will supply the creative genius! Together we will make a video record of O2 that will wow the masses for years to come. To sign-up for this awesome service project call or text Kate—(206) 423-3460!



SERVICE PROJECTS



\$TIPEND PROGRAM\$



STIPEND PROGRAMS: The O2 stipend programs are wonderful opportunities for participants to gain valuable work skills while having an amazing time. If you are interested in participating in our stipend programs, you will need to go through an application and selection process. **The deadline to submit your application is June 17. No late applications will be accepted.** We will then contact you to discuss your enrollment status. **Please note that the Rock Climbing and Hiking positions rely on outside funding and if we do not receive this money we will be unable to offer those opportunities.

How do I sign up?

Print and complete the Stipend Application (see page 13). Then return it to Kate via mail, hand delivery, or email. Mail/Hand Delivery: Camp Long, 5200 35th Avenue SW, Seattle, WA 98126, Attn: Kate Waind
Email: kate.waind@seattle.gov

O2 Rock Climbing Program: July 7, 14, 21, 28 and September 10**

Earn \$200.00

What: You will be belaying (the rope safety system for climbing) and teaching community center youth how to rock climb. This is an empowering, motivating experience and you will gain valuable skills to use at future jobs. To get full compensation you need to work 4 of 5 of the rock climbing dates PLUS the training day. No climbing experience necessary!

Mandatory Training: Tuesday July 5, 10 a.m.-4 p.m. Meet at Camp Long, 5200 35th Ave SW.

Work days: You must attend 4 out of 5 climbing days (July 7, 14, 21, 28 and September 10). Meet at Camp Long at 7 a.m. Return by 6 p.m.

O2 Hiking Program: July 8, 22 and August 5, 19**

Earn \$150.00

What: Lead trips for community center youth learning how to hike and navigate through wilderness. You will be responsible for teaching them safety and technical skills as well as encouraging and helping them. To get full compensation you need to work 3 out of 4 of the hiking dates PLUS the training day. No hiking experience necessary!

Mandatory Training: Tuesday, July 6, 9 a.m.-4 p.m. at Garfield Community Center, 2323 E Cherry Street.

Work days: You must attend 3 out of 4 of the Friday hiking days (July 8, 22 and August 5, 19). Meeting time is to be determined. Meet at Garfield Community Center.

Week Long Trail Crew: July 10– July 15

Earn \$378.80

What: This is a 6-day trip into the Mount Baker-Snoqualmie National Forest. We will be working long, hard days maintaining and building trails. We will be camping with limited shower access. Take advantage of this opportunity to build muscles, get dirty and get paid!

Mandatory Training: Training will be on Sunday, July 10 at Camp Long beginning at noon.

Parents are invited to an informational session from 12-1 p.m. We will spend the night at Discovery Park and leave Monday morning for the National Forest.

Work days: Trail crew will begin Sunday, July 10 at Camp Long, 12 p.m. We will return by 8 p.m. on Friday, July 15. **Yes, you have to attend the entire project!**

Steven's Pass Restoration Project: August 10

Earn \$45.00 for one day!

What: A one-day restoration trip to help keep our wild spaces pristine! You will spend about 5 hours working, and then we will have a picnic to finish off the day. *Please be prepared with clothes that you don't mind getting dirty: long jeans or work pants, covered toed shoes, and a long sleeve shirt.*

When: South-end pickups will be at Camp Long at 8 a.m. and Jefferson CC at 8:15 a.m. North-end pickups are Rainier CC at 8 a.m. and Garfield CC at 8:30 a.m. Return by 8 p.m.

In order to be eligible for a summer stipend position you must complete this application and mail or deliver it to: **Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Kate Waind**. Kate will need to have this application in her possession by June 10. Late applications will not be accepted.



The selection process will be open now until **June 17, 2016**.

Applications received after this date will not be accepted.



O2 Summer Stipend Opportunity Application

Name: _____

Address: _____

Phone numbers: _____

Email: _____

Please rank your stipend preference using 1, 2, 3, and 4 in the spaces below (1 being your first choice).

Preference: Rock Climbing _____ Hiking _____ Trail Crew _____ Restoration _____

Please complete the following short answer questions. These questions will be evaluated to determine the best candidates for the available summer stipend opportunities.

1. How have you positively contributed to the community?

(This can include the O2 community, your school community, family/friend community, city community, etc.)

2. What positive contributions will you make to the stipend program you are applying for?

(Please list your first and second job choices)

3. What do you seek to gain by participating in the stipend program?

Please mail, hand deliver, or email your application to Kate by June 17!

Mail: Camp Long, 5200 35th Ave SW, Seattle WA 98126 Attn: Kate Waind

Email: kate.waind@seattle.gov

1. Rainier Community Center
4600 38th Ave. S, Seattle, WA
(206) 386-1919

Bus lines: 7, 9

Directions from the corner of Rainier and Alaska:

Walk downhill (east) on Alaska. Walk one block past the Rainier Playfield on your left.

Meeting Location: Meet the Parks van in the parking lot of the community center.

2. Garfield Community Center
323 E Cherry St, Seattle, WA
(206) 684-4788

Bus Line(s): 3

Directions: The Community Center is located on the corner of E. Cherry St and 23rd Ave.

Meeting Location: Meet the Parks van in the community center parking lot on East Cherry Street.

3. Northgate Community Center
10510 5th Ave NE, Seattle, WA
(206) 386-4283

Bus Line(s): 16, 68, 75, 242

Directions: The community center is located behind the Northgate Library, across from Macy's on 5th Ave., between NE Northgate Way and NE 105th St.

Meeting Location: Meet the Parks van in the lot behind the library next to the playground.

4. Camp Long Environmental Learning Center
5200 35th Ave. SW, Seattle, WA
(206) 684-7434

Bus lines: 21, C Line

Driving Directions From I-5:

Take exit 163A, merge onto West Seattle Bridge. Take a left onto 35th Ave SW. Follow 35th Ave. SW past Alaska St. Turn left on SW Dawson St.

Meeting Location: Meet the Parks van in the parking lot in front of the Camp Long Lodge.

5. Jefferson Community Center
3801 Beacon Ave. S, Seattle, WA
(206) 684-7481

Bus lines: Light Rail, 36

Driving Directions From I-5:

Take exit 163A toward S. Columbian Way. Turn left onto S. Spokane St. Turn right on Beacon Ave S.

Meeting Location: Meet the Parks van in the parking lot of the community center near the front entrance.

6. Rainier Beach Community Center
8825 Rainier Ave S, Seattle, WA
(206)-386-1925

Bus Lines: 106, from downtown: 7

Driving Directions: Down the street from Rainier Beach High School, cross street Rainier and S. Henderson St.

Meeting Location: Parking lot in front of the community center.



Orion Rafting Waiver (1 of 2)

ORION EXPEDITIONS, INC.

RELEASE AGREEMENT AND ACKNOWLEDGEMENT OF RISK

I, the undersigned, in consideration of the services of Orion Expeditions, Inc., its officers, directors, employees, contractors, agents and representatives (collectively referred to in this Agreement as "Orion"), hereby agree to release and discharge Orion, on behalf of myself, my heirs, assigns, personal representatives, dependents, and estate as follows:

1. I understand and acknowledge that the activity I am about to voluntarily engage in as a participant and/or volunteer bears known risks and unanticipated risks which could result in serious injury, death illness or disease, physical or mental, or damage to myself, to my property or to spectators or other third parties. The following describes some, but not all, of those risks:

- (a) Accident or mishap while traveling to and from the river, whether in vehicles operated by Orion, or in vehicles operated by other persons;
- (b) Collision with any object or person in or outside the boat, or on land, or on the river, or in the river, including, among others, collisions with equipment, other persons, rocks, boulders or trees;
- (c) Any attempt on my part to perform beyond my physical and/or mental ability, and/or the aggravation, recurrence or onset of any pre-existing medical condition of mine;
- (d) Failure on my part or on the part of other guests to comply with any Orion instruction;
- (e) Falling from the boat into the river, or onto a rock, tree or other object, or onto the river bank, and any slip or fall on any terrain;
- (f) Entanglement in, or entrapment by any rope, line, webbing or other equipment, or entanglement in, or entrapment by any other object in or around the river, including, among others, rocks, boulders, trees or man-made objects;
- (g) Failure of equipment, whether owned by me, or provided by or rented from Orion;
- (h) The forces of nature, including, among other things, strong currents, large waves, powerful hydraulics, and/or inclement weather;
- (i) Swimming or floating in the river, drowning, hypothermia, exposure, heat-related illness and/or shock; and/or
- (j) Emergency evacuation and rescue, including among other things, evacuation and rescue from remote and/or hazardous situations.

WHITEWATER RAFTING DOES NOT TAKE PLACE IN A CONTROLLED ENVIRONMENT. AND WILL ALWAYS BE SUBJECT TO THE RISKS POSED BY THE FORCES OF NATURE. THE NATURE AND EXTENT OF THOSE RISKS ARE NOT CAPABLE OF PRECISE DETERMINATION OR CONTROL. EVEN BY PERSONS WITH MANY YEARS OF RAFTING AND GUIDING EXPERIENCE. RAFTING AND/OR ASSOCIATED ACTIVITIES ARE DANGEROUS ACTIVITIES.

2. Being aware that this activity entails known and unknown risks of my serious injury, death or property damage, and risks of serious injury, death or property damage to spectators or other third parties in consequence of my actions, I expressly agree, covenant and promise to accept and assume all responsibility and risk for all and any injury, death, illness or disease, or damage to myself, to others, or to my property arising from my participation in this activity. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of the risks.

3. I hereby voluntarily release, forever discharge, and agree to hold harmless, defend and indemnify Orion from and against any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in this activity, including specifically but not limited to the negligent acts or omissions of Orion, its agents or employees, and all other persons or entities, for any and all injury, death, illness or disease, and damage to myself or to my property.

Orion Rafting Waiver (2 of 2)

IN SIGNING THIS DOCUMENT, I FULLY RECOGNIZE THAT IF ANYONE, INCLUDING ME, IS HURT OR DIES OR PROPERTY IS DAMAGED WHILE I AM ENGAGED IN THIS EVENT, I WILL HAVE NO RIGHT TO MAKE A CLAIM OR FILE A LAWSUIT AGAINST ORION, OR ITS OFFICERS, DIRECTORS, EMPLOYEES, AGENTS, CONTRACTORS OR REPRESENTATIVES, EVEN IF THEY OR ANY OF THEM NEGLIGENTLY CAUSED THE BODILY INJURY, DEATH OR PROPERTY DAMAGE.

4. Should it become necessary for Orion, or someone on Orion's behalf, to incur attorneys' fees and costs to enforce and/or interpret this agreement, or any portion of this Agreement, I agree to pay the reasonable costs and attorneys' fees incurred by Orion and such persons, or for which they incur any liability.

5. I agree to refrain from consuming any alcohol or other intoxicants for any period during which they may adversely affect me while rafting. I am affected by the following medical conditions (including allergies), and am taking the following drugs: _____

I have consulted with a medical professional concerning the use of such drugs and the effect of such conditions while rafting. In the event of illness or injury occurring while rafting, I hereby consent in advance to whatever medical or surgical diagnostic and/or restorative procedure or treatment is considered necessary in the judgment of the attending physician, medical technician or guide furnishing medical services.

6. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while participating in this event and to cover bodily injury or property damage caused to a third party as a result of my participation in this event. If I have no such insurance, I certify that I am capable of personally paying for any and all such expenses or liability.

7. If any provision of this Agreement is held to be invalid, such invalidity shall not render invalid the remainder of this Agreement or the remainder of the section of which such invalid provision is a part. If any provision of this Agreement is so broad as to be held unenforceable, such provision shall be interpreted to be only so broad as is enforceable.

Signature of participant: _____ Print name: _____

If under 18, signature
of parent or guardian: _____ Print name: _____

Address: _____

Phone: _____ Date: _____

River: _____ Witness: _____

(Print Name) _____

Flying Horseshoe Ranch Horseback Riding Waiver (1 of 1)

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT
FLYING HORSESHOE RANCH
READ BEFORE SIGNING**

PARTICIPANT'S NAME _____ AGE _____

Name of Parent or Guardian (if participant is a minor) _____
(Please Print)

IN CONSIDERATION of being permitted to participate among and on horses on the premises or under the authority of the Flying Horseshoe Ranch, on my behalf and on behalf of the participant named above I acknowledge, appreciate, and agree that:

1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis or death. The risk includes, but is not limited to, my being in the presence of, mounted on, and/or leading horses and includes but is not limited to property damage, injury, or death resulting from the dangers or conditions that are an inherent risk of equine activity. Examples of these dangers are: getting kicked, bitten, bucked off, or falling off of a horse.

2) By signing this RELEASE OF LIABILITY, I UNDERSTAND AND KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, EVEN IF ARISING FROM THE NEGLIGENCE OR LEGAL LIABILITY of those persons released from liability below, and assume full responsibility for my participation. I understand that there may be other risks, as well, and I agree to assume them; I am not relying on the Flying Horseshoe Ranch to list all possible risks to me.

3) I will comply with all rules and regulations of the Flying Horseshoe Ranch. If I have any questions, or observe any unusual or unnecessary hazard during my participation, I will immediately notify the nearest wrangler, manager, or owner of the Flying Horseshoe Ranch.

4) I feel that the possible benefits to myself / my son / my daughter / my ward of participation in equine activities or being around horses or on the Flying Horseshoe Ranch's property are greater than the risk assumed. I hereby, intending to be legally bound, for myself on behalf of my heirs and assigns, personal representatives, and next of kin, waive and release forever all claims of damages against the Flying Horseshoe Ranch and its wranglers, employees, owners and affiliated persons for any and all injuries and/or losses I / my son / my daughter / my ward may sustain while participating in the Flying Horseshoe Ranch's horsemanship programs either on or off site, or while being on or near the premises of the Flying Horseshoe Ranch.

This release shall be valid starting from date executed for as long as participant either (1) participates in any activities associated with or (2) is on or near the premises of the Flying Horseshoe Ranch. If participant is a minor, Parent or Guardian executes this agreement on behalf of himself/herself as well as the minor child or legal ward.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT OR COERCION BY ANYONE.

X _____ Age _____ Date Signed _____
Client/Volunteer/Parent or Guardian if Minor (Under age 18)

Received by _____ Date _____

Mount Baker Rowing and Sailing (SUP) Waiver (1 of 1)



Seattle Parks and Recreation
Small Craft Programs



ASSUMPTION OF RISK AND RELEASE FORM

Participant Name _____

Address _____

City _____ State _____ Zip _____

Phone-home (____) _____ Phone-work/cell (____) _____

Emergency Name _____ Emergency Phone(____) _____

E-mail _____ . (All addresses are kept under strict confidentiality)

Sex: M F Birthdate: _____ Ethnic Origin** _____

****ETHNIC ORIGIN:** Information is used for statistical purposes and is not required for participation. A=Asian; B=Black/African American; H=Hispanic; M=Mixed, N=Native American; P=Pacific Islander, W=Caucasian; O=Other.

Injuries to participants in small craft programs may occur from risks inherent in the sports or activities; from placing stress on the body that it has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety or racing rules; from the use of transportation to and from regattas, races and other events and from administration of first aid. For example, I might slip and fall; I might be struck by part of a boat; my boat might capsize or I might be thrown overboard into cold water; it may hit another boat or run into an obstruction or the shore, and the collision injure me. The severity of the injury can range from minor cuts, scrapes, or muscle strains to catastrophic injury such as paralysis or even death. I will be exposed to the weather, including rain, wind, cold, and sun, I might become ill through chill or suffer sunburn and heat exhaustion. In order to avoid injuries I will obey the directions of my instructors and will follow all safety rules. I will tell my instructor about any limitations or medical restrictions on my participation.

In consideration for my acceptance as a participant, I agree to assume the risks, release and hold the City of Seattle, its advisory councils, and sponsoring organizations, and their employees and agents harmless from claims for injuries and damages, which may occur from or as a result of my participation in the program. I agree that this assumption of risk and release shall bind my heirs and my estate.

Participation authorized; risks assumed; and release granted. Authorizing signature below acknowledges having read all statements above. Participant's signature required, or the signature of a parent or guardian is required for participants under 18 years of age.

Signature of Participant (if 18yrs and older)

Date

Parent or Guardian signature required for participants under the age of 18.

Seattle Parks and Recreation, the Associated Recreation Council, Boating Advisory Council may use stills/video photography of this participant for use in publications. Yes No Initial Here _____

How did you hear about our facility or programs? Drive/Walk by _____ Word of Mouth _____
Brochure _____ Parks Web-site _____ Other – please specify: _____



**Permission and Parental Approval Form
For Canada Rock Climbing Trip:
August 22—27, 2016**

I _____ (parent or Guardian), Parent or Guardian of
_____ (full name of son / daughter) authorize the named
individual to attend a week-long camping and climbing event in Squamish, Canada for
the period of August 22—27, 2016. I understand that my son / daughter will be
attending a camping and rock climbing event in Canada for the stated period under the
supervision of the Seattle Department of Parks and Recreation's Outdoor Opportunities
Program.

Signature of Son / Daughter: _____

Signature of Parent or Legal Guardian: _____

Space for Notarization:



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info@mountainmadness.com / www.mountainmadness.com

PLEASE READ AND UNDERSTAND THESE POLICIES BEFORE YOU OR YOUR CHILD (18 & UNDER) PARTICIPATES

ACKNOWLEDGMENT AND ASSUMPTION OF RISK, RELEASE AND INDEMNIFICATION:

In consideration of the services provided by Mountain Madness, Inc., its shareholders, directors, officers, employees, agents, volunteers, participants and all other persons or entities associated with or acting in any capacity on its behalf (collectively referred to as "MMI"), I hereby agree to release, indemnify and discharge MMI, on behalf of myself, my heirs, assigns, personal representative and estate and for all members of my family, including minor children, as follows:

1. I acknowledge that rock climbing/rappelling at Camp Long entails known and unanticipated risks that could result in physical or emotional trauma, injury, paralysis, death or damage to myself, property and/or third-parties. Although MMI has taken reasonable steps to provide me with appropriate equipment and skilled guides, I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. The risks include, among other things: the hazards of traveling in uneven mountainous terrain and slips and falls; being struck by rock fall or other objects dislodged or thrown from above; the use of climbing ropes and equipment; the forces of nature, including lightning, weather change; the risk of falling off the rock; the risk of exposure to insect bites; my own physical condition or that of my child; and the physical exertion associated with this activity. I understand that this description of these risks is not complete and that other unanticipated inherent risks may occur. Furthermore, MMI has a difficult job to perform. It seeks safety but is not infallible. It might be unaware of my or another participant's fitness or abilities. It might misjudge the weather or other environmental conditions. It may give incomplete warnings or instructions and equipment being used might malfunction. I acknowledge that engaging in this activity may require a degree of skill and knowledge different than other activities and that I have responsibilities as a participant. I acknowledge that MMI has been available to more fully explain to me the nature and physical demands of this activity and the risks, hazards, and dangers associated with this activity.
2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in the activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge and agree to indemnify and hold harmless MMI from any and all claims, demands or causes of action which are in any way connected with my participation in this activity or my use of MMI's equipment or facilities including any such claims which allege negligent acts or omissions of MMI.
4. Should MMI or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this Agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

Mountain Fest Waiver (2 of 6)

6. The laws of the State of Washington will govern this Agreement and I consent to the jurisdiction and venue of the federal and state courts sitting in Seattle, Washington. If there is a dispute between the parties relating to this document, the party substantially prevailing will be entitled to recover all costs and expenses of any subsequent proceedings (including trial appellate, and arbitration proceedings), including the attorney fees incurred therein. By signing this document, I acknowledge that if anyone is hurt or property damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against MMI on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. If any part of this Agreement is deemed unenforceable, all the parts shall be given full affect to the extent possible. I have read and understand it, and I agree to be bound by its terms.

7. Model Release: I authorize and release to MMI the use of my image in any photograph or video recording for any purpose of MMI.

Signature of Participant _____

Printed name _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)
In consideration of _____ (print minor's name, the "Minor"), being permitted by MMI to participate in its trip/activities and to use its equipment and facilities, as the parent or guardian of Minor, I hereby give my permission for Minor to participate in the foregoing and further agree, individually and on behalf of Minor, to the terms of the above and to indemnify and hold harmless MMI from any and all claims which are brought by or on behalf of Minor.

I authorize MMI personnel to call for medical care for the minor or to transport the minor to a medical facility or hospital if, in the opinion of such personnel, the minor needs medical attention. I further authorize appropriate personnel to render such medical treatment as is necessary for the health of the minor, in their professional opinion. I agree that once the minor is in the care of medical personnel or a medical facility, MMI shall have no further responsibility for the minor and I agree to pay all costs associated with such medical care and transportation.

Signature of Parent/Guardian _____

Printed Name of Parent/Guardian _____ Date _____



Camp Long Challenge Course and Seattle Parks' Rock Climbing Consent and Medical Form

Camp Long Mountain Fest

September 10, 2016

Participant Name _____

PART I: ASSUMPTION OF RISK, RELEASE OF LIABILITY AND CONSENT

Dear Participant (and Parent/Guardian if under 18):

You are going to join us in a Seattle Parks and Recreation's Rock Climbing or Challenge Course experience at Camp Long. **All participants must have a copy of this form signed by themselves and, if a minor, by their parent or guardian as a condition of participation.** As consideration for participation in the Camp Long activity, participants, parents and guardians consent to the following:

1. Participation in Camp Long activities will include some strenuous physical activity , i.e., hiking, climbing, and rappelling. Each participant, parent and or guardian is responsible for understanding the risks involved and the skills necessary to safely complete the activity. The decision whether to engage in any particular activity that forms part of the Challenge Course or Rock Climbing Program shall be entirely the participant's and/or their parent or guardians. Participation in the Program in no way obligates anyone to engage in any activity they do not feel they can accomplish.
2. I understand and acknowledge the types of risks to which I am subjecting myself or my child/ward by allowing him/her to engage in the activity of rock climbing and challenge activities at Camp Long. Possible risks include: injuries from any manner of fall while at the facility; injuries from contact or entanglement with any rope, other instruments or materials used in rock climbing and challenge activities. I understand that the aforementioned possible risks are not all-inclusive and that myself or my child/ward could be injured in some way not listed above. In order to avoid injuries, I or my child/ward will obey the directions of the leaders and will follow all safety rules.
3. I agree to comply with all stated customary terms and conditions for participation in the Challenge Course Program. I recognize and acknowledge that a participant is free at any time to cease participation in the Challenge Course Program or Rock Climbing Program, provided the participant is in a safe location to cease participating. To cease participation, the participant must notify the appropriate group leader(s)..
4. I understand that I must report any prescription medication which I must take under medical supervision, and any existing medical, physical or mental condition which may affect my ability, or the ability of my child/ward, to participate in Challenge Course activities, to the group leader before the outing commences. I also understand and agree that no use of alcohol, tobacco or drugs (aside from prescription medications described in the previous sentence) is permitted on any Challenge Course or Rock Climbing Program.

Mountain Fest Waiver (4 of 6)

Below are outlined the assumption of risk, release of liability, and agreement to indemnify and hold harmless to which I will agree:

1. On behalf of my minor child/ward, or on my own behalf, if an Adult Participant, I expressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death, that participation in the Challenge Course Program entails. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials of the Seattle Parks and Recreation Rock Climbing and Challenge Programs, in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known and unknown, even if arising from the negligence of Seattle Parks and Recreation, , or any agent or employee of the aforementioned entities. I accordingly assume full and sole responsibility for my (or my minor child’s) participation in the Rock Climbing and Challenge Course Program.

If a parent, guardian or adult participant, I hereby release and forever discharge the City of Seattle, Seattle Parks and Recreation, and all of the employees, officers, volunteers or agents, from and against any and all liability, including but not limited to damage to property, personal injury, disability or death, resulting from my or my minor child’s involvement in any aspect of the Rock Climbing and Challenge Program. This release applies whether the alleged injuries or damages arise from the negligence of any of the City of Seattle - Parks and Recreation above or not, to the fullest extent allowed by law.

2. To the fullest extent allowed by law, I, as a parent, guardian or adult participant, and for any respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify, defend and hold harmless all City of Seattle - Parks and Recreation defined above from and against any and all liabilities arising from my or my child/ward’s participation in the Challenge Course or Rock Climbing Programs. This undertaking to provide indemnity and defense shall apply, to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from their own negligence.

I HAVE READ THIS ASSUMPTION OF RISK, RELEASE OF LIABILITY, CONSENT AND AGREEMENT TO INDEMNIFY AND HOLD HARMLESS. I FULLY UNDERSTAND ITS TERMS AND THAT BY MY SIGNATURE I GIVE UP CERTAIN RIGHTS I MIGHT OTHERWISE HAVE UNDER LAW. I SIGN THIS DOCUMENT FREELY AND VOLUNTARILY, WITHOUT ANY INDUCEMENT.

I, _____ (parent/guardian or Adult Participant) hereby consent to allow _____ (minor child) to participate in the Camp Long Rock Climbing and Challenge Program, under the terms as set forth in this Assumption of Risk, Release of Liability and Consent Agreement. The Rock Climbing and Challenge Program for which this consent is given is scheduled to occur on _____.

Signature of Participant (if under 18, parent/guardian must also sign below)

Date

Signature of Parent/Guardian

Date

PART II: Medical History/Treatment

Name: _____ Birth Date: _____ Female / Male _____
 Address: _____ City: _____ State: _____ Zip: _____

MEDICAL HISTORY

YES NO

- 1. Do you have any physical complaints or chronic illness at this time?
If yes, what? _____
- 2. Have you had injuries in the past (i.e., back, knee, shoulder, elbow, etc.)?
If yes, what? _____
- 3. Are you under the care of a physician or practitioner of any sort?
If yes, why? _____
- 4. Are you taking medicines of any type?
If yes, what and dosage? _____
- 5. Are you on a special diet?
If yes, what kind? _____
- 6. Do you have or have you ever had:
 - a) Diabetes? _____ If yes, are you taking insulin? How much? _____
 - b) Asthma? _____
 - c) Allergy? _____
 - d) Are you allergic to bee stings? Type of reaction: _____
*If yes, please bring medication with you & inform the Challenge Facilitator.
 - e) Seizures? _____
 - f) Any other medical information? _____

Name of Physician: _____ Phone: _____
 Medical Insurance Carrier: _____ Group & ID#: _____
 Emergency Contact: _____ Relation: _____ Phone: _____

I approve of emergency care for myself / my daughter/ son under the direction of the event leader or consulting doctor, if I am unable to make my wishes known. (Cross out the last statement if you do not wish to grant medical consent). I have read, understand and agree to the above listed statement and do sign this agreement of my own free will. I hereby release the City of Seattle, the , its employees and volunteers from any and all liability with relationship to the above mentioned person's participation in Rock or Challenge Programming. This release includes the transportation to and from the site of the activities as well as the activities themselves.

 Signature of Participant (if under 18, parent/guardian must also sign below)

 Date

 Signature of Parent/Guardian

 Date

Group's name: _____ Program date: _____

Image and Voice Recordings Consent Form

I, _____, and my parent or guardian (as appropriate), hereby grant permission to Seattle Parks and Recreation and its partners to be photographed or otherwise have images or voice recordings made (including but not limited to digital photographs, video or digital moving images and/or voice recordings), for publication or promotional purposes in any medium (including but not limited to print media, newspaper, television, video, motion picture, or Web site on the Internet)

I additionally consent to the use of my name and/or interview comments in connection with Seattle Parks and Recreation publication or promotional purposes in print media, newspaper, television, video, motion picture, or Web site on the Internet.

I understand that consent to use of my likeness or voice recordings is not a condition of participating in any Seattle Parks and Recreation program and that consent can be refused without any impact on my ability to fully participate in the program.

No inducements or promises beyond our acceptance of an opportunity to promote its programs have been given to the persons signing below.

Any other use of images and/or recordings, my name, and/or interview comments requires advance permission.

I understand that I can revoke this consent at any time upon notice to Seattle Parks and Recreation, at which time either or both of us will sign a copy of the denial (below) for use of images or voice recordings.

I agree to use of digital images or voice recordings as set forth above:

Signature of Parent/Guardian (for participant less than 18 years of age) Date

Signature of Participant Date

I do not agree to use of digital images or voice recordings as set forth above:

Signature of Parent/Guardian (for participant less than 18 years of age) Date

Signature of Participant Date



If you want to participate in any O₂ event that takes place on the water, you need to have passed a city approved float test. A float test is when you prove to a lifeguard that you can tread water with long pants and a long sleeve shirt on for 10 minutes and put on a lifejacket.

You do not need to be a good swimmer to pass the test. As an alternative you can try the Deep Water test!

The two types of float tests are described below:

Standard Float Test	Deep Water Test
<p>-To pass a Standard Float Test, you must tread water in the deep end of the pool for 9 minutes. In the 10th minutes, the lifeguard will ask you to put on a life jacket while you are still treading water. At no time are you allowed to touch the side of the pool.</p> <p>-A Standard Float test is good for three years and allows you to do any O₂ aquatic event.</p>	<p>-To pass a Deep Water Test, you must get in the pool with a life jacket on, get your face wet, and float in the deep end of the pool for 10 minutes.</p> <p>-A Deep Water Test is good for 1 specific aquatic event. For example, it would allow you to attend a rafting, kayaking, sailing or canoeing trip/program. After that trip/program is over, your Deep Water certification expires.</p>

Upcoming O₂ Float Tests Include:

O₂ North-end:

Wednesday—June 8th
Tuesday—June 28

Pickups:

Rainier CC—4:45 p.m.
Garfield CC—5:15 p.m.
Northgate CC—6:00 p.m.
Back by 8 p.m.

O₂ South-end:

Tuesday—June 7
Tuesday –June 9
Tuesday—June 28

Pickups:

Rainier Beach CC—6:30 p.m.
Jefferson CC—6:45 p.m.
Camp Long—7:00 p.m.
Back by 9:00 p.m.

OR call the pool nearest you to see when you can take the test!

Medgar Evers Pool (near Garfield HS) has open swim times:

Mon and Wed—7-8 p.m. and Fri—6:30-8:00 p.m., Sat—1:00—2:30 p.m., Sun—2-3:30 p.m.

Southwest Community Pool (near Chief Sealth HS) has open swim times:

Tues and Thurs—7:30-8:30 p.m., Fri—4:30-5:30 p.m., and Sat—1-2 PM, Sun— 4-5 p.m.

You can ONLY take a float test at the following Seattle Parks city pools:

<p>Ballard Pool (684-4094) Evans Pool at Green Lake (684-4961) Medgar Evers Pool near Garfield CC (684-4766) Madison Pool in Bitter Lake (684-4979) Meadowbrook Pool off Lake City Way(684-4989)</p>	<p>Queen Anne Pool (386-4282) Rainier Beach (386-1944) Southwest Pool in West Seattle (684-7440) Coleman Pool in West Seattle (684-7494) Mounger Pool in Magnolia (684-4708)</p>
--	--

WHAT TO BRING—If you are taking the test on your own:

- **Photo identification**
- **\$3.00 to get into the pool**
- **Long pants /long sleeved shirt—you will do your float test with your clothes on!**
 - **Try to avoid bringing jeans or sweat pants, these get heavier when wet. Fleece or leggings work great!**
- **Change of clothes**

Please submit your completed and signed Float Test to Emily or Kate prior to attending an O₂ aquatic trip.



Summer 2016 Equipment Lists

Make sure you show up to your Summer events well prepared! Below are lists of some things you should plan to bring on overnight trips and on day trips. Remember, we can provide many of these items, like extra jackets or hiking boots, this is just basic essentials!

Overnight Trips	Day Trips
<ul style="list-style-type: none"> -Water bottle -Comfortable closed-toe walking shoes -Heavy jacket -Waterproof jacket -Wool or fleece sweater -Warm layers -Gloves -Warm hat -Warm socks (synthetic or wool) -1 pair of pants -Bandana -1 Small towel -1 Wash cloth -Swim Wear and towel -Flashlight (extra batteries) -Toiletries: soap (Ivory, if possible), toothpaste, toothbrush, comb, brush, sanitary napkins if necessary -Medications (if needed) -Allergy medicine (if needed) -Travel size Pillow -Sunscreen -Sunglasses -Lip balm -Camera (optional) 	<ul style="list-style-type: none"> -Comfortable closed-toe walking shoes -Waterproof jacket -Warm layers -Swim wear -Towel -Sunscreen -Sunglasses -Medications (if needed) -Camera (optional) -Snacks (optional)

Rafting Trip:

***Bring a swimsuit, change of clothes and extra pair of warm socks
(NO COTTON CLOTHES WHILE RAFTING)**