



**City of Albuquerque  
Parks & Recreation Department  
Outdoor Recreation Section**



**Xtreme Recreation  
Registration  
Summer 2016**



**Rappelling**



**Caving**



**Climbing**



***This page is for your information. Please keep.***

## **2016 Xtreme Recreation PROGRAM INFORMATION and REGISTRATION FORMS**

### **LETTER TO PARTICIPANTS**

**GENERAL INFORMATION:** Xtreme Recreation is an outdoor education program devoted to the premise that all youth ages 11 to 17 should have access to affordable, fun adventure activities in Albuquerque and the surrounding communities. A primary goal of the program is to direct the inherent risk taking potential of youth into healthy outdoor activities. In a very true sense, we are re-connecting youth with nature.

Each class or adventure has a maximum limit of 12 participants—which is our current transportation capacity. Some special adventures may be limited to fewer participants. Classes with less than 6 registered participants by 5:00 PM on the last Wednesday before the event will be CANCELLED. Fees collected for cancelled classes will be refunded to the participant, or a credit will be issued for a future Xtreme trip. Participants who cancel by 5 PM the Wednesday previous to the first day of the adventure will be issued a credit for a future Xtreme trip; no monetary refunds will be offered.

#### **GENERAL ELIGIBILITY:**

- Must be age 11 to 17
- Must be able to walk 2.0 miles without assistance
- Must come prepared with the necessary personal equipment to participate in the adventure

#### **PERSONAL EQUIPMENT THAT PARTICIPANT MUST SUPPLY:**

- **Food, Snacks and Packs:** Please bring your own lunch, snacks, lots of drinking water, day pack, sunscreen and a hat. Consider bringing some personal spending money, as we sometimes stop at travel centers, mini-marts or restaurants for bathroom and/or snack breaks.
- **Clothing:**
  - **Rock climbing & rappelling:** Please wear loose fitting clothing that allows you to move freely. Tight fitting jeans often limit your ability to make high steps with your legs. Shorts are encouraged during warm weather. Bring a rain jacket or poncho for the afternoon “monsoon” thunderstorm.
  - **Caving:** A good, durable flashlight, with extra batteries. Kneepads and elbow pads. Wear older clothing that you would not mind damaging. Caving will produce lots of tears in your outerwear. For caving and cold weather, please bring a jacket / sweatshirt or other outerwear appropriate for 40° F temperatures. Layer your clothing. Wear sturdy shoes that provide ankle protection. Sandals should not be worn on any of the caving trips.
- **Optional Personal Equipment:**
  - **Caving:** Bring a pee bottle, burrito bag (for solid human waste), toilet paper, and a trash bag.
  - **Climbing:** Rock climbing shoes; can be rented at REI ([www.rei.com](http://www.rei.com)), or purchased at REI or Stone Age Climbing Gym ([www.climbstoneage.com](http://www.climbstoneage.com))



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**EQUIPMENT THAT OUTDOOR RECREATION WILL SUPPLY:**

- **Caving:** Helmet, headlamp, 1 flashlight, gloves, a limited number of knee/elbow pads
- **Climbing & Rappelling:** Helmet, harness, gloves, ropes, all anchoring materials, carabiners, belay/rappel devices

## **Hazards of Adventure**

**GENERAL:**

The Xtreme Recreation program is built on the foundations of the non-traditional sports of caving, climbing and rappelling, as well as ropes course activities. These sports are accompanied by unique natural and man-made hazards—where an individual can do everything “right”, follow all of the rules, and still get seriously injured. Outdoor Recreation attempts to minimize these hazards through staff adventure training and education, as well as diligent attention to safety rules during the adventures. All current Xtreme Recreation staff are certified in CPR and First Aid. The program director is also certified in Wilderness First Aid (WFA).

**CAVING HAZARDS:**

A “normal” caving trip requires hiking, crawling, squeezing through constrictions, climbing, skirting pits and canyons, walking on loose rocks and through slippery mud. Wild caves are totally dark. Cave floors, walls and ceilings contain loose rock which may fall. Caves contain extensive, complex, confusing, mazelike and restrictive passages. All cavers must pay attention to the “route” through the cave.

Harmful organisms and animals—mammals, reptiles, insects—and bad air may be present. Caving involves extreme and abnormal physical and psychological stresses. Cavers will be exposed to extremes of wet and dry conditions. Temperatures in New Mexico caves run 40° - 65°F. Cave rescue is difficult and expensive, and cost of the rescue may be borne by the rescued individual, therefore it is very important for participants to follow all directions from staff.

**HAZARDS OF CLIMBING AND RAPPELLING:**

Rappelling is used in many endeavors: caving, canyoneering, urban and wilderness rescue, military maneuvers, window washing, bird research, tree climbing, rock climbing and ice climbing. Many consider rappelling a sport unto itself. Rappelling and climbing adventures are serious business. Performed with care, you can make thousands of rappels without incident. Get careless, and you may be seriously injured on your next rappel.



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## **Hazards of Adventure, continued**

**Expected hazards** associated with rappelling and climbing include the following:

- Scrapes, bruises, and cuts of the arms, legs, and hands
- Burns on the hands and upper body extremities (from the rope)
- **Lower leg injuries:** broken or twisted ankles and knees, broken legs, and broken feet
- **Upper body injuries:** broken arms, broken ribs, and broken hands
- Falling from a height of greater than 25 feet
- Strained tendons and ligaments
- Injury from falling rock, injury from banging into rock(s), concussion
- Severe injury and death

**REMEMBER:** In adventure activities you can do everything right and still get injured. This information sheet is no substitute for personal instruction. The information provided in this information sheet should only be used to supplement competent personal instruction by an experienced individual. **Your participation in this program indicates your assumption of the risk of serious injury or death as a result of the risks associated with caving, climbing and rappelling. Participation is an acknowledgement of your responsibility for your own safety.**

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**REGISTRATION:** Complete and return the registration forms to the Outdoor Recreation Section offices in the Parks & Recreation Department Administration Building (see below) with a sixty dollar **check or money order payable to City of Albuquerque. Participants will not be registered for adventures until all forms and payment are received. No participant will be allowed to accompany Outdoor Recreation on any adventure unless all forms have been completely and properly filled in.** Registration forms will be kept on file for the duration of the summer, in case the participant wishes to attend future Monster Adventures outings.

Parks & Recreation Department Administration Building Address:  
Outdoor Recreation Section  
1801 4th Street NW, Bldg. A  
Albuquerque, NM 87102

**Driving Directions:** Take I-40 to the 6th Street exit and go south on 6th to Haines (2nd street on left). Take a left on Haines, pass 5th, then turn right on 4th. Go to the 2nd driveway on the right past the railroad tracks, just past the black wrought iron fence and before the City gas pumps. Turn right into the driveway, then right again immediately into the parking area. Our building is the one straight ahead. It says Parks and Recreation Department on the door. Ask for the Outdoor Recreation Section.



**PLEASE RETURN THIS PAGE TO OUTDOOR RECREATION**

## Xtreme Recreation Summer 2016

PARTICIPANT'S NAME: \_\_\_\_\_  
*FIRST MI. LAST*

Directions: Please check the adventure program's) for which you are registering.

### **Three Day Beginner Adventure Series:**

\_\_\_\_\_ June 13, 14, & 15 2016, Monday, Tuesday, & Wednesday

\_\_\_\_\_ June 20, 21, & 22, 2016 Monday, Tuesday, & Wednesday

\_\_\_\_\_ June 27, 28, 29, 2016, Monday, Tuesday, & Wednesday

\_\_\_\_\_ July 11, 12, & 13 2016, Monday, Tuesday & Wednesday

\_\_\_\_\_ July 18, 19, & 20 2016, Monday, Tuesday & Wednesday

### **Three Day Intermediate Adventure Series:**

\_\_\_\_\_ July 25, 26, & 27, 2016, Monday, Tuesday & Wednesday

Payment



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**PART A: PARTICIPANT INFORMATION**

Name \_\_\_\_\_  
*First Middle Initial Last*

Address \_\_\_\_\_  
*Street Apt. # City State Zip*

Phone Numbers \_\_\_\_\_  
*Home Cell Pager*

E-Mail Address (for our email distribution list) \_\_\_\_\_

Participant Age \_\_\_\_\_ Participant Birth date \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
*Month/Day/Year*

Participant's School \_\_\_\_\_ Grade Level \_\_\_\_\_

**PART B: PARENT / GUARDIAN CONTACT INFORMATION**

Lives with: Mother \_\_\_\_\_ Father \_\_\_\_\_ Guardian \_\_\_\_\_ Other (specify) \_\_\_\_\_

Mother | Father | Guardian Name (Please print): \_\_\_\_\_  
*Please circle one*

Phone numbers for above named person: \_\_\_\_\_  
*Home Cell Work*

Mother | Father | Guardian Name (Please print): \_\_\_\_\_  
*Please circle one*

Phone numbers for above named person: \_\_\_\_\_  
*Home Cell Work*

**PART C: DISABILITY INFORMATION (Essential Eligibility: Participant must be able to walk 2.0 miles.)**

Please state any **medical condition (s)** that Participant has that the City should be aware of prior to participation in this program:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please state any **disability or physical limitation (s)** that Participant has that City should be aware of prior to participation in this program:

\_\_\_\_\_  
\_\_\_\_\_

Please provide additional information on any **accommodation (s)** that Participant needs with regard to any medical condition, Disability, or physical limitations listed above in order to participate in this program:

\_\_\_\_\_  
\_\_\_\_\_



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**PART D: ALLERGY & MEDICATION INFORMATION**

Does participant have any known allergies?  YES  NO Does participant carry an "EpiPen"?  YES  NO

Please specify known allergies: \_\_\_\_\_

In case of a severe allergic reaction, can participant be given oral antihistamine (Diphenhydramine Hydrochloride [generic Benadryl])?  YES  NO

Is participant currently taking any prescription or over-the-counter medication?  YES  NO

If YES, please specify: \_\_\_\_\_

**PART E: INFORMATION FOR MEDICATION TO BE TAKEN DURING ADVENTURE**

If your child needs to take prescribed or over-the-counter medication(s) while participating in adventures with the City of Albuquerque's Outdoor Recreation Section please list medications below. Your child must be able to administer his or her own medications. All medications must be contained in the original pharmacy packaging!

\*\*\*\*\*Please check here if your child has NO medications to be dispensed during adventure.  \*\*\*\*\*

(1) Name of Medicine \_\_\_\_\_ Date of Prescription: \_\_\_\_\_

Dose Prescribed: \_\_\_\_\_ Time to Administer: \_\_\_\_\_

Reason for taking Medicine \_\_\_\_\_

(2) Name of Medicine \_\_\_\_\_ Date of Prescription: \_\_\_\_\_

Dose Prescribed: \_\_\_\_\_ Time to Administer: \_\_\_\_\_

Reason for taking Medicine \_\_\_\_\_

**PART F: HEALTH INSURANCE INFORMATION**

Medical insurance that provides health care coverage for my minor child is shown on the attached health insurance card.

\*\*\*\*\****(Please attach a copy of the health insurance card of your minor child.)***\*\*\*\*\*

**PART G: EMERGENCY AND/OR MEDICAL CARE CONTACTS**

List at least two people other than yourself that Outdoor Recreation may contact in the event there is any type of emergency or your minor child requests medical care or it is determined that your minor child is in need of medical care:

(1) Name: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

(2) Name: \_\_\_\_\_ Relationship to Child: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_







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**PART L: EXPRESS ASSUMPTION OF RISK, RELEASE, INDEMNIFICATION AND COVENANT NOT TO SUE AGREEMENT**

In consideration for the services of the City of Albuquerque Parks and Recreation Department, Outdoor Recreation Section, Monster Adventures Program, its outing leaders, officers, agents, and volunteers (collectively referred to herein as "ODR"), I, on behalf of myself and/or as the parent or legal guardian of the minor child participating in the ODR activity, and our heirs, agree as follows:

I understand and am aware that backpacking, biking, caving, hiking, rappelling, rock climbing, snowboarding, snow skiing and related activities including, among others, use of ODR equipment such as carabiners, climbing equipment, caving equipment, rescue knives, rappelling equipment, tents, camp stoves, campfires (Referred to herein as "Activity"), and transportation to and from such Activity, are hazardous activities involving inherent and other risks of injury to any and all parts of the body. I further understand that injuries in the Activity are a common and ordinary occurrence, and I have made a voluntary choice for myself and/or my minor child participant to accept and assume all risks of injury or death that might be associated with or result from this activity.

To the fullest extent allowed by law, I agree to release from liability, and to indemnify and hold harmless ODR from any and all liability on account of, or in any way resulting from, personal injuries, death or property damage, even if caused by negligence, in any way connected with this Activity. I further agree not to make a claim or sue for injuries or damages relating to this activity, even if caused by negligence. I understand and agree that this Agreement is intended to be as broad and inclusive as is permitted by law, and if any portion is held invalid, the balance shall continue in full legal force and effect. I agree that no oral representations, statements or inducements apart from this Agreement have been made.

INITIAL \_\_\_\_\_

**PART M: ACKNOWLEDGEMENT OF INFORMATION:**

I hereby acknowledge that all the information I have provided on pages 1-5 of this Agreement is true, correct and complete. I agree to update any page of this Agreement as necessary. I hereby acknowledge that I have fully read, understood and accepted each of the above provisions and have voluntarily signed this agreement.

INITIAL \_\_\_\_\_

**PART N: SIGNATURE INFORMATION**

NAME OF PARTICIPANT: \_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT'S PARENT/LEGAL GUARDIAN

\_\_\_\_\_  
PRINTED NAME OF PERSON SIGNING ABOVE

