

## Harvard Outing Club Medical Form

This medical form is used primarily to provide information for medical authorities in the case of an accident. Each member should complete the form with consideration of important information a rescue worker or emergency room physician would need to give you the best possible care. A secondary use of this form is to inform leaders of any physical condition that may impact your performance on an HOC trip. Since leaders are not physicians, members with any medical conditions should have a discussion with their physicians in regard to participation on any Outing Club trip.

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_ Height: \_\_\_\_\_ Weight \_\_\_\_\_

Name of physician \_\_\_\_\_ Phone number \_\_\_\_\_

Medical insurance carrier \_\_\_\_\_

Parent/guardian name \_\_\_\_\_ Phone number \_\_\_\_\_

Emergency contact \_\_\_\_\_ Phone number \_\_\_\_\_

### INSURANCE

Are you covered by the Harvard health insurance program? Check for yes

Medical insurance carrier \_\_\_\_\_ Policy # \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Name of insured: \_\_\_\_\_ Relationship to member \_\_\_\_\_

### GENERAL MEDICAL HISTORY

Do you currently have or ever had a history of any medical condition that could affect your ability to fully participate in an HOC trip or that would be important for medical workers to know about you if you became hurt or injured?

YES NO

If Yes, please provide details of any pertinent medical condition. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### CURRENT MEDICATIONS

Are you currently taking any medications? Please specify dose. YES NO

Medication Dosage (amt./freq.) For What Condition? Side Effects/Restrictions

\_\_\_\_\_

\_\_\_\_\_

Specific comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### MUSCULAR/SKELETAL INJURIES

Many muscular/skeletal injuries may reoccur when under the physical stress of an outdoor trip. Please indicate ANY past histories with the following conditions:

- |   |     |    |
|---|-----|----|
| • Knee, hip or ankle injuries (including sprains) and/or operations?    | YES | NO |
| • Shoulder, arm or back injuries (including sprains) and/or operations? | YES | NO |
| • Any other joint problems?   | YES | NO |

Specific comments: (include date of last occurrence and the effect of the problem on current activity level):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### ALLERGIES/DIETARY RESTRICTIONS

Do you have any allergies? Please list: \_\_\_\_\_

- |   |     |    |
|---|-----|----|
| • Are you allergic to shellfish (iodine)? | YES | NO |
| • Are you allergic to peanuts?            | YES | NO |
| • Are you allergic to any other foods?    | YES | NO |
| • Allergic to insect bites or bee stings? | YES | NO |

Specific comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Allergic to any medications? (Please list and describe below) YES NO

\_\_\_\_\_

### HEAT, COLD

- |  |     |    |
|--|-----|----|
| 25. History of frostbite or Raynaud's Syndrome?              | YES | NO |
| 26. History of heat stroke or other heat related illness?    | YES | NO |
| 27. History of serious reaction to high or low temperatures? | YES | NO |

Specific comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### ANY OTHER MEDICAL CONDITION WITH POTENTIAL EFFECTS ON PARTICIPATION?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Agreement of understanding

I recognize the unusual risks inherent in wilderness travel, including the difficulties and delays in obtaining medical aid when groups are many miles from the nearest road or source of assistance. I understand that there are many causes of injury and occasionally death on wilderness mountains, rivers, and lakes; these include (but are not limited to) injuries sustained from falling, drowning, lightning, avalanches and rock-fall, severe allergic reactions, and harsh weather conditions.

As a participant on a Harvard Outing Club trip, I agree to abide by all program policies. I understand that violation of any such policies is grounds for removal from the program, and any costs for transportation or housing shall be borne exclusively by myself. These policies prohibit possession of alcohol, firearms, fireworks, non-prescription drugs, and tobacco on the trips. Proscribed behavior includes diving, unauthorized rock-climbing, solo hiking or unmonitored swimming, and any other activity that program officials deem unwise or unsafe in the wilderness. The student accepts responsibility for his or her own behavior, and promises to act safely and responsibly at all times.

I understand the above agreement and have had an opportunity to ask questions in regard to my responsibility. I have also accurately filled out the questions on this form in regards to my own personal health.

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# Harvard Outing Club - Agreement and Release

This Agreement and Release sets forth the understanding between the Harvard Outing Club ("HOC") and the individual whose signature appears below ("Member"). The Member understands and agrees as follows:

### Description of Club

The HOC has a long history of providing members of the Harvard community with outdoor adventure experiences that build friendships, provide common experiences, and promote healthy recreation in the out-of-doors. The HOC is a Member-run organization made up of students who want to gain outdoor experience. The HOC provides Member-organized outdoor trips, outdoor equipment for loan, at little or no cost, preferred access to the Harvard Cabin in Jackson, New Hampshire, and training and information about outdoor pursuits. The HOC also provides an e-mail list where Members can discuss questions relating to outdoor adventures and outdoor equipment.

### Membership

Membership in the HOC exists on a volunteer basis. Any member of the Harvard community who supports the mission of the HOC and agrees to abide by HOC's policies, may participate in the HOC. Each HOC Member may choose his or her level of participation in HOC events based upon his or her own judgment. The requirements for membership include payment of a yearly membership fee and written acceptance of all HOC policies. The membership fee is \$20 per semester and is non-refundable. Failure by any Member to follow HOC policies will result in the Member being removed from the HOC, at the discretion of the HOC Officers. The HOC conducts weekly membership meetings, which are open to all HOC members, in the HOC office.

### Use of HOC Equipment and Gear

The HOC owns equipment and gear that is available for the use and benefit of HOC Members. In consideration for the benefits received, the Member assumes all risk for any damages or injuries that may be sustained to either person or property while using HOC equipment. HOC equipment may be used solely in accordance with the following conditions:

1. HOC equipment is for personal use by Members - not for rent or lease to third parties.
2. HOC equipment is issued "as is," and any Member may reject or refuse to use HOC equipment.
3. Each Member who borrows and uses HOC equipment is assumed to have the knowledge and training to verify that the equipment is in working order prior to a trip, event or other HOC activity (collectively, "Activity"), and to use the equipment in a safe manner. If a Member is unfamiliar with the proper use of the equipment, the Member should NOT borrow equipment until he or she acquires proper training and information about use of the equipment.
4. While the HOC will strive keep equipment in reasonably usable condition, each Member who borrows HOC equipment assumes the risks of using equipment that may have been used repeatedly and extensively by other Members who may have damaged the equipment during previous use or may not have reported problems with the equipment. Each Member is expected to familiarize her or him self with the specific equipment being borrowed and to test the equipment before use. HOC MAKES NO WARRANTIES, EITHER EXPRESSED OR IMPLIED, AS TO THE CONSTRUCTION, CONDITION, MERCHANTABILITY, FITNESS, OR ADEQUACY OF THE HOC EQUIPMENT FOR ANY TYPE OF USE OR IN ANY PARTICULAR ACTIVITY.
5. Members are expected to report promptly to the HOC Equipment Director or HOC Officers any problems relating to the condition or usability of HOC equipment.
6. Members may return equipment to the HOC only at the posted times, unless prior arrangement are made with the HOC Equipment Director (for unusual circumstances only).
7. A security deposit, to be paid by check, is required each time a Member borrows HOC equipment, which amount is determined by HOC Officers. HOC Officers establish each semester a maximum value of equipment that may be borrowed by each Member, which may have the effect of limiting some Members from borrowing all the equipment they hope to use.
8. Members will be assessed a fine for lost or damaged equipment at the current retail price of that equipment. Equipment that is kept by a Member for more than 30 days after the due date, without the prior agreement of the HOC Equipment Director will be assumed to be lost or stolen. Its full replacement cost will be deducted from the security deposit of the Member who borrowed it.
9. Members are expected to return all equipment clean and in useable condition. Tents, packs, sleeping bags, etc. should be brushed and/or sponged clean and dry, but never laundered. Stoves should be free from all food and food traces; and pots, pans and utensils should be scrubbed clean. Clothing must be laundered, or the Member who borrowed it will pay a laundering fee at the rate determined by Harvard Student Agencies.

### Assumption of Risk

A. The Member hereby acknowledges that his or her participation in HOC Activities is voluntary. In participating, the Member is fully aware of and understands the risks inherent in each Activity, which include risks

associated with travel to and from the Activity and participation in the Activity itself. The Member recognizes and accepts the element of uncertainty and risk inherent in travel and in exploring a rural or wilderness environment far from medical care, including without limitation, injuries caused by other participants, equipment malfunction, falls, insects, animals or misjudgment of the Member or others.

B. The HOC, and the President and Fellows of Harvard College (including its constituent schools and departments, officers, employees, and members of its governing boards ("Harvard")) assume no responsibility for any accidents, illnesses, or disabilities incurred by the Member in connection with his or her participation in any HOC Activity or for conditions he or she may experience in the course of an HOC Activity. Further, the Member understands that the HOC and Harvard can make no representations about the accuracy of information supplied by individuals who are not agents or representatives of the HOC or Harvard and over whom neither the HOC nor Harvard has control. The HOC and Harvard also assume no responsibility for personal effects of the Member, either in transit or at final destinations.

C. The Member agrees to abide by all policies and instructions that are deemed necessary by the HOC Senior Leader (the "Senior Leader") and her/his designee for the safety and comfort of Members

D. The Member hereby authorizes the Senior Leader to provide emergency medical treatment in the event of any accident or illness sustained by the Member during an Activity. The Member agrees to hold harmless and indemnify the HOC, the Senior Leader and Harvard for any and all actions taken by the HOC or the Senior Leader to provide necessary emergency medical care to the Member during any Activity.

E. Accordingly, the Member releases the HOC, the Senior Leader and Harvard from any and all liability or claims arising out of property damage, personal injury (including death), charges, actions, expenses or other losses that the Member may suffer or incur arising out of or as a result of his or her participation in an HOC Activity or the HOC.

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The parties hereto understand and agree that Harvard University is not a party to this contract and that Harvard University shall have no duty, responsibility, obligation or liability whatsoever with respect to the performance of any obligation under this contract

Prior to signing this Agreement and Release, the Member whose signature appears below has had an opportunity to read and understand it and to ask questions about it, and any questions have been answered to the Member's satisfaction.

### Member

_____	_____	_____
Signature	Printed name	Date
_____	_____	_____
Harvard ID	House	Phone

Authorized representative of Member, if Member is under 18 years of age

_____	_____	_____
Signature	Printed name	Date