

SOLO WFA & CPR

AMC Knubble Bay Camp, May 5 - 7, 2023



Welcome to a weekend made possible by the AMC Beal Island/Knubble Bay Camp volunteer committee, affiliated with the Appalachian Mountain Club. This course is being taught by the official SOLO organization of Conway, NH.

COST: \$260 (AMC members)
\$280 (non-members)
\$45 Optional CPR

LODGING: Friday² night and Saturday night. Inside bunk space on first-come, first served basis. The first 12 registrants can bunk inside Knubble Bay Camp. Outdoor tenting space is also available for late registrants or those who wish to sleep under the stars.

MEALS¹: Friday supper on your own. Eat out or cook in.
Saturday breakfast, lunch & dinner, Sunday breakfast & lunch

COURSE: This 16-hour (2-day) course results in a 2-year certification. The focus: response/assessment, musculoskeletal injuries, environmental emergencies, survival skills, soft tissue injuries, medical emergencies. A qualifying test is given at the end of the course. An optional CPR training is available.

SCHEDULE:

- Friday²- Arrive between 4:00 PM - 9:00 PM (or come Saturday AM)
- Saturday- Breakfast at 7:00. Course runs 8:00 - 5:00 with a break for lunch. Indoor course work and some outdoors course work. Bring drinks (for you) and snacks to share at Happy Hour before dinner.
- Sunday- Breakfast at 7:00. Course runs 8:00 - 5:00 with a break for lunch. Indoor course work and some outdoors course work.
Optional CPR will start at 5:00 or when the WFA material is completed.

Items to Bring:

Knubble Bay Camp is an "off the grid experience." The cabin has a full kitchen, wood stove, composting toilet, solar lights and outside pumped water (no electricity & no wi-fi). The common sleep room has platforms and mattresses. On the amckbc.org webpage, you will find more information about the cabin.

You should plan to wear or have with you clothing that will be appropriate for being both indoors and outdoors during your course. Weather permitting, we will be spending a significant portion of the class time outdoors. The following list, in addition to the clothing you will be wearing and is to be considered a minimum. Feel free to supplement it with anything else you would normally carry on a wilderness adventure. You will be using your equipment to provide care, build splints, and to keep yourself and OTHERS warm during scenarios.

Required:

| | | |
|--|--|--|
| Raingear tops and Bottoms (no ponchos) | Warm Hats (synthetic* or wool) | Long Underwear Tops and Bottoms (synthetic* or wool) |
| Warm Layers (synthetic* or wool) | 2 Pair Warm socks (synthetic* or wool) | Backpack (2500 cu in or larger) or duffle bag |
| Water Bottles (1liter/quart or larger) | Hiking boots or Sturdy Hiking Shoes | Notebook with Pen/Pencil. |
| Flashlight and/or headlamp | Sleeping bag | |

Recommended:

| | | |
|--|--|---|
| Pillow | Sunglasses and Sunscreen | Insect Repellent (in season) |
| 40 feet Small Diameter Cord (parachute cord is fine) | Sleeping Pad (Ensolite, Thermarest, Ridgerest, etc.) | 10' X 10' 4-6 mil Plastic Tarp (for shelter building) |
| Trekking Poles | Snacks & beverages | Towel |
| Pocket Knife | ³ Cooler & ice | ⁴ (optional) Solar shower water bag |

¹Some accommodation may be made for food preferences. Please check with the registrar well in advance.

²The program begins 8:00 am Saturday morning. Most participants spend the night Friday.

³Please bring a cooler for your snacks and beverages; there is not enough room in the fridge.

⁴There is an enclosed outdoor shower stall where you can take a "solar shower."

*Polyester or Polypropylene (Capilenetm, Bergelenetm, Dri-Climetm, etc.) We DO NOT recommend cotton.

Additional Information:

- The KBC Volunteer Committee would greatly appreciate it if you would please volunteer to assist with meal preparation/clean-up for at least one of the three meals we will be providing and also for cabin clean-up at the end of the weekend.
- Please contact registrar Gail Fensom (gailrond@comcast.net) BEFORE completing and sending the registration, or if you have any questions.
- Please mail your completed registration form (below), release and indemnity form, and your check made out **Beal Island/KBC Committee** to the Registrar:

No refunds can be made after April 21.

Gail Fensom
#7 67th Street
Newburyport, MA 01950

Directions:

The address is 144 Jewett Road, Georgetown, Maine.

From Bath, take US Rt. 1 north across the Kennebec River Bridge.

- Keep in the right-hand lane, and turn RIGHT immediately after the bridge onto Rt. 127, toward Reid State Park (Dairy Queen at the intersection)
- LEFT onto Rt. 127
- Travel 5.8 m. and turn LEFT onto ROBINHOOD RD. (Look for antlers on a garage)
- Travel 1 m. and take a sharp LEFT onto WEBBER RD. at the meetinghouse (It sneaks up on you)
- Travel 1.2 m. and take first RIGHT turn onto JEWETT RD. (AMC sign)
- Travel until you're sure you're lost, taking a RIGHT at each fork. The last fork is at the sign indicating the end of the town road
- Turn LEFT at the AMC sign to KNUBBLE BAY CAMP (#144)

----- CUT HERE & MAIL TO REGISTRAR -----

_____/_____/_____
Participant Name (please print) *Date of Birth* *Email Address*

Address *Phone Number*

Emergency Contact *Phone Number*

Is it OK for us to publish photos of you on our _____
amckbc.org web page? (**YES or NO**)

Do you have any dietary restrictions?
We will let you know if we will be able to accommodate your restrictions.

Please list any medical conditions that may impact your participation in this event. If medication is necessary, will you have access to it? Add additional pages if needed.
This information is confidential and shared only with the registrar and trip leaders.

RELEASE AND INDEMNITY AGREEMENT

RMT 10/2020 APPALACHIAN MOUNTAIN CLUB VOLUNTEER CAMPS & CABINS COVID-19 WARNING & ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AND INDEMNITY AGREEMENT INTRODUCTION PLEASE CAREFULLY READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. All participants must sign this Document.

In consideration of the services of the Appalachian Mountain Club, Inc., a charitable, not-for-profit corporation, organized and existing under the laws of Massachusetts, and its chapters, including all officers, employees, representatives, agents, independent contractors, volunteers (including leaders and co-leaders), members and all other persons or entities associated with it (collectively referred to in this Document as 'AMC'), I (participant and parent/s of a minor participant), acknowledge and agree as follows: COVID-19 Warning The World Health Organization has declared the novel coronavirus, COVID-19, as a worldwide pandemic. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact as well as through airborne particles. As a result, and in accordance with federal, state, and local regulations, AMC has put in place various preventive measures to reduce the spread of COVID-19. Despite these measures and the best intentions of AMC, AMC cannot guarantee that you will not become infected

with COVID-19 as a result of participating in AMC activities. Further, participating in these activities could increase your risk of contracting COVID-19. **ACKNOWLEDGMENT AND ASSUMPTION OF RISKS** Use of AMC Volunteer-led Camps and Cabins and/or instructional, educational and/or adventure activities (which may be scheduled or unscheduled, supervised or unsupervised and/or occur during free or independent time) occur in a variety of locations in the U.S. and include the 'August Camp' program. Activities may include, but are not limited to hiking, biking, skiing, swimming, maintenance of trails and facilities, canoeing, kayaking, sailing, participant's independent use of AMC cabins or other facilities or use of those facilities in connection with AMC organized trips or activities, and transportation or travel to and from AMC facilities or activities (referred to in this Document as 'activities' or 'these activities'). In all activities, participants share in the responsibility for their own safety. Participants (and parent/s of minors) take responsibility for having appropriate skills, physical conditioning, equipment and supplies for these activities. These activities include inherent and other risks, hazards and dangers (referred to in this Document as 'risks') that can cause or lead to injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. Some, but not all of these risks include: hazardous and unpredictable ground, water or weather conditions; misjudgments made by leaders, co-leaders, participants or others; travel in remote areas that can cause delays in transportation, evacuation and medical care; equipment that can fail or malfunction; the potential that the participant or others (e.g. coparticipant, driver, medical and rescue personnel) may act carelessly or recklessly. I understand that AMC cannot assure participant's safety or eliminate any of these risks. Participant is voluntarily participating with knowledge of the risks. Therefore, participant (and parent/s of minors) assume and accept full responsibility for the inherent and other risks (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant, resulting from those risks, and resulting from participant's negligence or other misconduct. By signing this agreement, I (participant and parent/s of a minor participant) acknowledge that I have read the COVID-19 warning above and understand the contagious nature of COVID-19. I voluntarily assume the risk that I may be exposed to or infected by COVID-19 by participating in AMC activities and using any of its facilities or equipment. I understand the risk of becoming exposed to or infected by COVID-19 during AMC activities may result from the actions, omissions, or negligence of myself and others, including, but not limited to, AMC volunteers, leaders, and staff. **RELEASE AND INDEMNITY AGREEMENT** Please read carefully. This Release and Indemnity agreement contains a surrender of certain legal rights. I (adult participant, or parent/s for themselves and for and on behalf of their participating minor child) agree as follows: (1) to release and agree not to initiate any litigation against AMC, with respect to any and all claims, liabilities, suits or expenses (including attorneys' fees and costs) (hereafter collectively 'claim' or 'claim/s') for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities, or use of AMC equipment, facilities or premises. I understand I agree here to waive all claim/s I or my child may have against AMC, and agree that neither I, my child, or anyone acting on my or my child's behalf, will initiate a claim against AMC, as a result of any injury, damage, death or other loss suffered by me or my child; (2) to defend and indemnify ('indemnify' meaning protect by reimbursement or payment) AMC with respect to any and all claim/s brought by or on behalf of me, my child, a family member, a co-participant, or any other person for any injury, damage, death or other loss in any way connected with my/my child's enrollment or participation in these activities or use of AMC equipment, facilities or premises. This Release and Indemnity Agreement includes claim/s resulting from AMC's negligence (but not its gross negligence or intentional or reckless misconduct), and includes claim/s for personal injury or wrongful death (including claim/s related to emergency or medical response, assessment or treatment), property damage, breach of contract or any other claim. I agree that the substantive laws of Massachusetts govern this Document and all other aspects of my relationship with AMC, and that any mediation, suit, or other proceeding must be filed or entered into only in Massachusetts. This Document is intended to be interpreted and enforced to the fullest extent allowed by RMT 10/2020 law. Any portion of this Document deemed unlawful or unenforceable shall not affect the remaining provisions, and those remaining provisions shall continue in full force and effect. Participant and parent/s of a minor participant agree: I have carefully read, understand and voluntarily sign this Document and acknowledge that it shall be effective and binding upon me, my minor children and other family members, and my heirs, executors, representatives and estate. One or both parent/s must sign below for any participating minor (those under 18 years of age).

I have read and agree to the terms of the AMC "RELEASE AND INDEMNITY AGREEMENT"

Participant Signature

Participant Name (please print)

Date

Parent/Guardian Signature if Participant under 18

Parent/Guardian Signature

Parent/Guardian Name (please print)

Date