



Audubon Center of the North Woods

Required student and chaperone forms

Please distribute the attached medical form, liability form and packing list to your students, parent chaperones and attending teachers well in advance of your visit to the Audubon Center of the North Woods.

The attached forms (also linked to online versions below) should be filled out and signed by parents and adult participants – please collect and submit to ACNW in one batch:

Student Health Form Required for overnight trips

Spanish version online – [Formulario Salud de Alumno](#)

Adult Health Form Required for overnight trips

Spanish version online – [Formulario Salud de Adulto](#)

Liability Release Required for ALL programs

Spanish version online – [Formulario Responsabilidad](#)

What to Bring packing list

Spanish version online – [Que debo traer al Centro](#)

Information for Parents

Spanish version online – [Informacion_padres](#)

PLEASE NOTE: We must have a signed liability form for each student before they can participate in Audubon Center of the North Woods programs.



Audubon Center of the North Woods

Experience Your Environment

Student Health Form

Please send completed and signed form to:
Audubon Center of the North Woods
PO Box 530, Sandstone, MN 55072
Phone: 320-245-2648; Fax: 320-245-5272
Email: schools@audubon-center.org

Student's Name _____ Date of Birth _____

Student's School _____

Parent or Guardian _____

Home Address _____

City _____ State _____ Zip _____

Daytime Phone _____ Evening Phone _____

Student's Physician _____ Physician's Phone _____

Student's Dentist _____ Dentist's Phone _____

In an emergency, if unable to reach parent/guardian, contact:

Name _____ Phone _____

Relationship _____

Health Insurance Information

Parent(s)/Guardian(s) assume the full cost of any medical or hospital expenses incurred. Medical payment coverage and reimbursement for said child is as follows:

Name of Health Insurance or medical relief coverage _____

Policy# _____

Health Information

Do you know of any health-related reason that your child shouldn't take part in physical activities at the Audubon Center? (If unsure of the physical activities planned for your child's group, please ask your child's teachers.)

YES NO

If yes, please explain:

Has your child had any serious illnesses or accidents during the past year?

YES NO

If yes, please explain:

Does your child have any diagnosed psychological, emotional or behavioral disorders?

YES NO

If yes, please explain:

Date of child's most recent tetanus shot _____

continued on next page

Health Information (continued)

Does your child have non-food allergies?

YES NO If yes, please explain:

FOOD ALLERGIES/Dietary Restrictions

Does your child have any known food allergies?

YES NO

If yes, please explain:

Does your child have special dietary needs?

Vegetarian Vegan
 Gluten free Dairy free
 Pork free Other (please specify)

If your child is attending with a school group, the information below will be utilized by your child's school staff:

Is your child receiving any medication either at home or at school? YES NO

Name of and reason for medication:

Is it acceptable for your child to carry medication on his/her person? YES NO

Is it acceptable for your child to administer his/her own medication? YES NO

Is it acceptable for your child's school staff to administer non-prescription medication (aspirin-free) to your child? YES NO

I, the undersigned parent/guardian of _____ (**student's name**), grant and assign staff members of the Audubon Center of the North Woods and _____ (**student's school name**) the authority and consent to sign medical emergency release documents both for doctors and hospitals on behalf of my child, and grant and assign to them permission and consent for emergency medical treatment, operation, administration of anesthesia, blood transfusion, or urgent medical treatment of any illness or injury that any qualified medical practitioner may deem necessary for our child's welfare in the event parents cannot be contacted.

I request and authorize my child to be responsible to self-administer medication, thereby releasing the Audubon Center and school personnel from liability should inappropriate usage and/or restrictions result from the medication(s). YES NO

It is further understood that staff members will notify the parent /guardians of any medical treatment as soon as possible.

Parent/guardian signature _____ Date _____



Adult Health Form

Please send completed and signed form to:
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Phone: 320-245-2648; Fax: 320-245-5272
Email: schools@audubon-center.org

This Form **MUST** be completed by each adult guest.

Guest's Name _____

Mailing Address _____

City, State Zip _____

Cell or Home Phone _____ E-mail Address _____

Date of Birth _____

Emergency Contact
Name _____
Relationship _____
Daytime Phone _____
Evening Phone _____

Primary Physician (s)
Name _____
Phone _____
Name _____
Phone _____

Insurance Information
Carrier _____
Policy # _____
Group # _____
Insurance Phone _____

1. Do you have any of the following conditions?

- Epilepsy/seizures
 Bleeding/clotting disorder
 Heart
 Asthma/emphysema
 High blood pressure
 Diabetes
 OTHER: _____

2. Allergies (food, environmental, medication): _____ No known allergies

3. Dietary preferences or restrictions (e.g., vegetarian, vegan, gluten-free, etc.). Note: We make every attempt to offer and identify vegetarian and gluten-free menu options at each meal. If you have severe food restrictions or specialized dietary needs, you may need to bring supplemental food.

4. List any medications taken on a daily basis (or attach separate sheet): _____ Do not take any medications

5. Do any medications require refrigeration? Yes No

6. Do you have any other Medical Condition of which the Center should be aware? (describe below)

7. Will you have any special Medical requirements during this event? Yes No

I hereby release the above information for use of the Audubon Center of the North Woods and/or any other Medical personnel who might need to provide care to me during this event.

In the event of an emergency, I authorize treatment by emergency medical personnel.

Signature _____ Date _____



**Audubon Center
of the North Woods**
Experience Your Environment

Liability Release Form

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Form MUST be signed for each individual before program participation

It is the school's/group's responsibility to collect signed liability releases from each adult participant and from a parent/guardian of each youth participant (if applicable) and submit all releases to the Audubon Center.

Assumption of Risk and Liability Release

Participant Name _____ Birthdate _____

School/Group Name _____

Participant is a: student parent teacher other _____

I will be participating / I authorize the above-named participant to participate in the program at the Audubon Center of the North Woods. I acknowledge and am aware that this program involves certain inherent risks which I expressly accept and assume. These risks may include (but are not limited to) physical injury, emotional injury, paralysis, permanent disability, illness, death or property damage due to inclement weather; walking on uneven trails; canoeing; cross country skiing; snowshoeing; rock climbing and belaying on an indoor climbing wall; a high ropes course activity; field trips to non-ACNW sites; and other peoples' actions. Following appropriate medical consultation, I have determined that my child's/my health is adequate to participate safely in this program (except as indicated on the Student or Adult Health Form). In the event of an emergency, I authorize treatment by emergency medical personnel. I understand such risks simply cannot be eliminated, despite the use of safety equipment, without jeopardizing the essential qualities of the activity.

Accordingly, I hereby voluntarily release and forever discharge ACNW, including its directors, officers, employees, agents, volunteers, participants, and all other persons or entities acting for them on behalf of myself and my children, from any and all liabilities to me with respect to injury, sickness, disease, loss or damage. This release applies to any and all liabilities to me or my estate of any description, whether arising from ordinary negligence or otherwise, and whether involving fees and expenses of any kind. In the event that some other person or entity seeks compensation for these released liabilities, I or my estate will indemnify and hold harmless ACNW for all sums reasonably incurred in response to that claim. This release is to be interpreted and enforced under Minnesota law.

By signing this document, I understand and agree that if I am hurt or if my property is 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 the parties being release on the basis of any claim for negligence. I have had enough time to read this agreement and consult with legal counsel if I so chose to do so. I understand that this activity may not be made available to me if I were to choose not to sign this release. I have read and understood this document and I agree to be bound by its terms.

Parent/Guardian or Participating Adult Signature _____ Date _____
(required)

Mailing Address _____

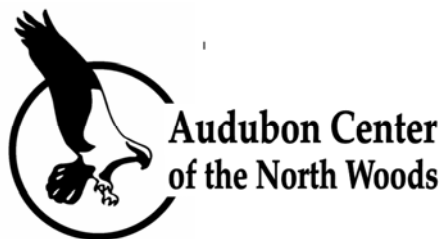
City _____ State _____ Zip _____

Email _____ Phone _____

Please note: Failure to sign this form will prohibit you/your child from participating in all Audubon Center of the North Woods activities. You are invited to request more information about our programs, facilities, and policies at any time.

Audubon Center of the North Woods does not have permission to use any photos taken during the visit in publicity materials

I do not wish to receive information about the Audubon Center of the North Woods



Packing List :

Audubon Center of the North Woods
 PO Box 530, Sandstone, MN 55072
 Fax: 320-245-5272

What to Bring and What to Leave at Home

Students and adults are responsible for bringing personal items and clothing appropriate for the season. Remember that everyone will be outside much of the day, and being properly dressed is essential for comfort and safety. Our weather is quite different from that in the Twin Cities metro area. Usually, winter temperatures are colder and snow cover is deeper. Fall typically comes two weeks earlier, and spring two weeks later. Outdoor classes go on, rain or shine, so please come prepared for weather!

We want your stay to be as pleasant as possible. Please visit our website for information about the Audubon Center of the North Woods, or contact your school's group leader if you have any questions or special requests. A suggested packing list follows:

Clothing	Rain gear and boots	Add for Winter
	Tennis or hiking shoes	Warm hat (ear muffs are not enough)
	One pair of indoor-only shoes or slippers (for inside dorm and dining hall)	2 pairs of mittens (not gloves)
	Warm jacket	Snowmobile Suit or snow pants
	Sweaters	Warm winter coat
	Changes of outer clothing	Long underwear
	Changes of under clothing	Snow boots are required from November 1 - April 15
	Hat and gloves	
	Several pairs of socks	
	Shoes, sandals or rubber boots to get wet for canoeing or aquatics	
Personal Gear	Refillable Water bottle	Optional Personal Gear
	Flashlight	Camera
	Sleeping bag or bedroll	Money for Audubon Center Store purchases
	Pillow	Sunglasses
	Towels, bath & hand	Insect repellent (DEET-free only)
	Soap & container	Book to read
	Shampoo	Travel clock (chaperones)
	Toothbrush & paste	ADULTS (teachers & chaperones): Please bring your own travel mug if you wish to take coffee out of the dining hall (we discourage the use of disposables)
	Pajamas & slippers	
	Medications	
	Writing materials	
Optional Group Equipment	First Aid kit	Journals
	Movies, videos	Coffee maker
	Games, play equipment	

Please Leave at Home

Radios, iPods, MP3 players, etc.
 Chewing gum, candy, pop
 Alcohol, tobacco, drugs, weapons
 Non-recyclable items



Audubon Center of the North Woods

Our Mission

*To instill a connection and commitment to the
environment in people of all communities
through experiential learning*

INFORMATION FOR PARENTS/GUARDIANS

About the Audubon Center

The Audubon Center of the North Woods is a fully accredited Residential Environmental Learning Center established in 1968. We're located on Grindstone Lake in Sandstone, Minnesota, about 90 miles north of the Twin Cities. Our diverse, 535-acre sanctuary includes a variety of habitats, including old-growth red and white pines, hardwood forests, restored wetlands and prairies. While we have several traditional classrooms, our emphasis is on getting outdoors for maximum learning opportunities.

Program Overview

We offer a great variety of environmental learning experiences for people of all ages, including more than 50 grade-specific classes for K-12 students. Highlights of our school program include:

- ❖ Informative, interactive, and FUN classes. Your child will participate in at least two classes daily.
- ❖ Full array of adventure programming, including canoeing, cross-country skiing, a ropes course and a climbing wall.
- ❖ Birds of prey and other rehabilitation animals for viewing and programs.
- ❖ Informal evening programs.

Lodging and Dining

The **Crosby Dormitory**, with 112 beds, is adjacent to the Blandin Dining Hall / office building. Each room sleeps up to 8 people, featuring solid wood bunks and private bathroom facilities. Two rooms are wheelchair accessible. The historic **Schwzyer Lodge** and the **Lowry Lodge** house up to 48 people combined.

Blandin Dining Hall seats 200 people. We offer delicious meals prepared fresh and served cafeteria-style. Each meal includes a variety of exceptional cuisine, as well as fruit, salad and bread.

Contact and Emergency Information

Phone messages are delivered at mealtimes. Emergency calls are delivered as quickly as possible. A courtesy phone accepts outgoing collect and credit card calls, but not incoming calls.

Mail is delivered at dinner each evening. Please address letters to the Audubon Center c/o your child's school.

Emergency medical care and ambulance service is available 8 miles away at the Essentia Health Center in Sandstone.

Questions?

- ❖ For general information about the Audubon Center, please visit our website or send us an email.
- ❖ For specific information about your child's upcoming visit, please contact your child's teacher.