

Training & Certification Courses

2009

Blue Star Training Institute

In Association With
Fox Mountain Guides & Climbing School

Located in the beautiful Blue Ridge Mountains

ARC	CPR for Professional Rescuer Recertification
ARC	Lifeguarding + Waterfront Module
ARC	Water Safety Instructor
WMA	Wilderness First Responder
WMA	WFR Recertification
NC	Van Driving Course
NRA	Basic Instructor
NRA	Rifle Instructor
NAA	Level 1 Archery Instructor
SRI	ACCT High Challenge Course Facilitator Training
FMG	Rock Climbing Instructor Workshop
AMGA	Climbing Wall Instructor Certification Program
AMGA	Single Pitch Instructors Course



2009 Course Dates & Costs

BLUE STAR TRAINING INSTITUTE

ARC American Red Cross

ARC CPR for the Professional Rescuer Recertification	May 27	(Wed)	\$75
Lifeguarding + Waterfront Module	May 21-23	(Thurs-Sat)	\$250
Water Safety Instructor	May 24-27	(Sun-Wed)	\$350

WMA Wilderness Medical Associates

Wilderness First Responder	May 19-27	(Tues-Wed) (ACA)	\$700
		(non-ACA)	\$725
WFR Recertification	May 28-29	(Thurs-Fri)	\$315

Safety & Health Council of NC

Van Driver Course Class	June 7	(Sun)	\$130
Fee for Markel/Morrow clients	June 7	(Sun)	\$ 75
Actual Driving will be scheduled	June 7-12		

NRA National Rifle Association

Basic Instructor/Rifle Instructor	June 3-5	(Wed-Fri)	\$350
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NAA National Archery Association

Level 1 Archery Instructor	May 26	(Tues)	\$100
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Signature Research Inc

ACCT High Challenge Course Facilitator Training	May 25-28	(Tues-Fri)	\$400
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ACA Swiftwater Rescue

Call for information (Course held on Tuckasegee River)	May 29-31	(Fri-Sun)	
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For More Information Contact

Blue Star Camps

Website: www.bluestarcamps.com

Email: training@bluestarcamps.com

Phone: 954-963-4494 After May 4th 828-692-3591

Fax: 954-963-2145 After May 4th 828-692-7030

FOX MOUNTAIN GUIDES & CLIMBING SCHOOL

FMG Fox Mountain Guides & Climbing School

Rock Climbing Instructors Workshop	May 21-22	(Thurs-Fri)	\$240
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AMGA American Mountain Guides Association

AMGA Climbing Wall Instructor Certification Program	May 16-17 or 21-22		\$310
AMGA Single Pitch Instructors Course	May 9-11 or 23-25		\$435

For More Information about Climbing Courses & Certification Contact

Fox Mountain Guides & Climbing School

3228 Asheville Hwy, Pisgah Forest, NC, 28768

Website: www.foxmountainguides.com

Email: info@foxmountainguides.com

Phone: Toll Free: 1-888-284-8433



ARC American Red Cross

Founded in 1859. ARC has been saving lives through health and safety education and training. From first aid, CPR and bloodborne pathogens training to swimming and lifeguarding.

CPR for the Professional Rescuer Recertification

This course will review infant, child, and adult CPR, one or two rescue techniques, use of pocket mask. Skills demonstration and written test will follow. Course is only open to WFR Recertification and WFR students.

May 27 **\$75**

Fee includes all materials, food and lodging for May 20. Course begins at 7:30 pm.

Lifeguarding & Waterfront Module (4 days)

This course provides a complete skills instruction package incorporating equipment based rescues, spinal injury management, post-rescue care, First Aid and CPR training.

PREREQUISITES: Participants must successfully complete a pre-course session consisting of the following: Swim 500 yards continuously using breast stroke, crawl, and sidestroke; tread water for 2 minutes with hands under arm pits, using the legs only; submerge to a depth of 7 feet, retrieve a 10 lb. object and return to surface; swim 25 yards from shallow to deep, pick up a 10 lb brick and return to shallow end.

CERTIFICATION: Participants receive Lifeguarding and Waterfront certification including First-Aid valid for 3 years. They also receive CPR certification valid for 1 year.

May 21-23 **\$250**

Fee includes all materials, food and lodging for 3 nights. Course begins at 9:00 am on the first day.

Water Safety Instructor (5 days)

Become an American Red Cross Swim Instructor. This course will show you how to teach life saving skills to others and give you the skills necessary to efficiently and accurately teach strokes. Learn to teach the seven levels of the Learn to Swim Program, the Infant and Preschool Aquatics Program, and the Community Water Safety and Water Safety Instructor Aide courses.

PREREQUISITES: Participants must successfully complete a pre-course screening which includes swimming 50 yards of all strokes except the butterfly which is 25 yards. **MUST BE A STRONG SWIMMER TO PARTICIPATE.**

CERTIFICATION: Participants receive two certifications. WSI certification good for 2 calendar years. FIT, no expiration as long as instructor's certification is maintained. All certifications expire on 12/31 of the calendar year.

May 24-27 **\$350**

Fee includes all materials, food and lodging for 3 nights. Course begins at 8:30 am.





WMA Wilderness Medical Associates

Founded in 1978, WMA courses are considered the most complete medical training for outdoor professionals and are preferred by such organizations as Outward Bound, The National Park Service, many colleges and universities.

Wilderness First Responder (9 days/72 hrs)

This course is the industry standard for outdoor professionals and people who will be leading outdoor trips. Wilderness First Responder course offers emergency medical training. It will teach participants how to manage medical and trauma situations in remote settings when entry into the EMS system is unlikely or delayed. Learn how to improvise with what's readily available. Explore options when medical evacuation is not an option. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, back country medicine, and wilderness rescue. Bring weather appropriate clothing, sleeping bag, pillow, pens, and a notebook. Rain or shine, much of the time is spent outside.

PREREQUISITES: No previous medical experience is necessary.

CERTIFICATION: Students who successfully complete the WFR course receive a WFR certification card, an Anaphylaxis certification card and a BLS-CPR certification card from Wilderness Medical Associates. These certifications remain valid for three years.

May 19-27 **\$700**
Fee includes all materials, food and lodging for 8 nights. Course begins at 8:00 am on the first day.

Wilderness First Responder Recertification (2 days/16 hrs)

Required before the expiration of your current certification, this course recertifies WFR's for another three years. This curriculum was designed by WMA specifically to provide an intensive review with essential updates where treatment options and protocols have changed. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols and wilderness rescue. Bring weather appropriate clothing, sleeping bag, pillow, pens, and a notebook. Remember that, rain or shine, much of our time is spent outside.

PREREQUISITE: To be eligible for renewal of certification, students must hold a WMA WFR certification issued no more than 3 years prior to the recertification course . Those holding an unexpired, WMA recertification card are also eligible. You must also be current in CPRPR (see course schedule for details on this course) or CPRHCP. If not, you can take the course but the WFR recertification will be invalid until the CPR certification is renewed. **WFR MUST BE CURRENT PREVIOUS TO START DATE OF COURSE!**

CERTIFICATION: All students who successfully complete a Recertification course are certified by Wilderness Medical Associates. Certification is valid for three years.

May 28-29 **\$315**
Fee includes the cost of the Recertification Package, food and lodging May 21.
Course begins at 8:00 am on the first day.





Safety and Health Council of North Carolina

The Safety and Health Council of North Carolina is a non-profit, non-governmental public service association chartered under the laws of the State of North Carolina. Council's mission is to be recognized as the leading organization for reducing accidents through education and training

Van Driver Course (2 hrs + 45 min of actual driving)

This two-hour classroom, with 45 minutes one-on-one driving per student, shows drivers how to compensate for the differences of van driving, versus car driving, to help keep them on the road and on the job.

Course content includes: van characteristics, pre-trip inspection, safety belts, cushion of safety, scanning, blind spots, city, highway & rural driving, and backing. The course also helps to make sure drivers are familiar with DDC principles, use what they know, and evaluate drivers out on the road. Used as a refresher course for all drivers or to improve problem-driver skills, as well as matching speed to conditions, conduct driving audits/evaluations, spot clues that signal driving problems, and much more! A coaching report filled out on each behind the wheel driver as one-on-one coaching is done per student.

PREREQUISITES: Current valid driver's license required.

CERTIFICATION: Coaching the Van Driver II Certificate of Completion

- June 7 (Fee for non-Markel/Morrow clients) **\$130**
 - (Discounted fee for Markel/Morrow clients) **\$ 75**
- Morrow Insurance Company and Markel Insurance Company will be underwriting part of the training course for their clients.

Fee includes materials. Students or camps must supply their own 15 passenger van for the practical driving.





NRA National Rifle Association

Since 1871, NRA has been providing education and training in the safe and proper use of firearms.

NRA Basic Instructor/Rifle Instructor (3 days/20 hrs)

This consists of two courses: The Basic Instructor Training (BIT) Course, approx. 6 hrs and the Basic Rifle Shooting Instructor Course, approx. 14 hrs. The Course goal is to develop the knowledge, skills and attitudes essential to organizing, conducting and supervising safe shooting activities.

The 20 hr course teaches Instructor Candidates how to teach basic knowledge, skills and attitudes. It teaches safety marksmanship, proper shooting techniques (whether prone, kneeling or standing), and instructor methods for group control and formatting. Participants will learn how to give competent instruction to run and manage a safe well-equipped range. Bring eye & ear protection (if you have it).

PREREQUISITES: Participants must have a solid background in firearms and demonstrate experience in shooting, hunting, or other firearm related activities. Participants must be 21 years old to receive certification. Participants under 21 years will receive Assistant Instructor certification. Pre-course assessments will be done on the day of arrival.

CERTIFICATION: NRA Certification and appointment as an Instructor with credentials in Basic Rifle Shooting and membership in the National Rifle Association of America.

June 3-5 **\$350**

June 3 Basic Instructor; June 4-5 Rifle Instructor

Includes food and lodging for 2 nights, 1 year NRA membership, all instructor training materials, manuals, lesson plans, charts, brochures and certification fees. Course begins at 9:00 am on the first day.





NAA National Archery Association

Founded in 1879 the NAA conducts programs and competitions in archery and directs the practice of the sport of archery.

Level 1 Archery Instructor (8 hrs)

This course is ideal for archery instructors at seasonal camps or individuals who work at youth instructional programs. The course teaches the essentials of setting up and operating a safe archery range, teaching archers to shoot successfully and teaching techniques. The course includes group control, games, contests and formatting for individuals and groups.

PREREQUISITES: No previous experience required.

CERTIFICATION: National Archery Association. 3 year certification.

May 26 \$100

Fee includes materials and lunch.
Course begins at 9:00 am.



Signature Research Inc.

A full service challenge course company Signature Research Inc. has been serving clients since 1979. They have extensive experience in ropes course, climbing wall and tower design and installation - as well as program facilitation and management. Signature Research Inc. is a Level 4 Professional Vendor of the Association for Challenge Course Technology and a staff member serves on the ACCT Challenge Course Construction Standards Committee.

ACCT High Challenge Course Facilitator Training (3 days/24 hrs plus 1/2 day for testing)

This course is designed to cover appropriate technical and course management issues for your personnel to develop the skills to operate your high challenge course program. Through this workshop the course will help you begin to utilize your own course to its greatest potential.

The high challenge course certification will cover such topics as: group dynamics, facilitator responsibilities, checks, verbal contracts, goal setting, equipment care, use and maintenance, maintaining program integrity, spotting, techniques, commands, set up and take down of high components, knot tying, equipment use, care and maintenance. All course content will be based upon the ACCT Standards as published by the Association for Challenge Course Technology.

PREREQUISITES: Participants should have some High Ropes experience.

CERTIFICATION: A certificate of participation will be provided to all participants. Level 1 certification will be given to those successfully completing and passing the course.

May 25-28 \$400

Fee includes materials, food and accommodation for 3 nights. Course begins at 8:30 am on the first day.





FMG Fox Mountain Guides & Climbing School

FMG specialize in training Climbing Staff for Programs such as NOLS, Outward Bound, Summer Camps, Outdoor Education Universities and Guide Services. They are the largest of the AMGA Single Pitch Instructor Program in the Southeast, and have fifteen years of experience working with Outdoor Adventure Programs in the Summer Camp Industry. FMG Owner and head guide, Adam Fox is the National Discipline Coordinator for the American Mountain Guides Associations Single Pitch Instructor Program and current member of the Board of Directors of the AMGA.

Rock Climbing Instructor Workshop (2 days)

This workshop is an advanced level course and is for recreational climbers interested in working on summer camp climbing programs, guide services or organizations like Outward Bound as a rock climbing instructor. This course is great for rock climbing instructors wanting to get a base of skills before going on to the AMGA Single Pitch Instructor Course.

The workshop will cover risk management skills and practices as well as many technical skills associated with being a model climbing instructor. This course will teach the climbing instructor how to effectively manage a group of novice climbers at a single pitch climbing site. We cover all the topics listed below showing new, up to date, simplified methods and techniques in the world of climbing instruction, setups, equipment and rescue.

PREREQUISITES: Applicants must have taken our *Intermediate Level Courses* or can climb 5.6, rappel and have experience building artificial and natural anchors.

CERTIFICATION: This workshop has no certification linked to it and is not an 'AMGA training or certification' course.

For dates and cost contact Fox Mountain Guides & Climbing School Website: www.foxmountainguides.com

May 21-22 \$240
Course is off site at Looking Glass Rock, NC. No food, transportation or lodging is included in the fee.





AMGA American Mountain Guides Association

Founded in 1979, the AMGA offers the only nationally recognized rock climbing instructor training and certifications in the USA. The AMGA courses meet and exceed the training requirements of climbing staff for USFS Commercial Use Permits, ACA and AEE accreditation. The AMGA is a Business Affiliate Partner with the American Camping Association.

AMGA Climbing Wall Instructor Certification Program (16 hours)

The American Mountain Guides Association in cooperation with the Climbing Wall Association has developed the AMGA/CWA Climbing Wall Instructors Program to train and evaluate indoor climbing wall instructors. The Climbing Wall Instructor Certification Program is designed to evaluate the concept of a climbing-wall-specific technical skills certification. The course is two and one half days in length and a minimum of 16 hours of instruction, skills demonstration, and evaluation. The course addresses the basic technical skills necessary to manage an instructional program at a climbing facility such as a climbing gym or climbing tower. At a minimum, training for candidates shall occur in each of the following technical competency areas. Candidates shall possess sufficient knowledge, demonstrate skills, and/or demonstrate teaching ability in each competency area (if appropriate to the topic) in order to successfully complete the course.

This twenty hour course will address the basic skills necessary to manage an instructional program at a climbing facility, and will address the following general topic areas: Professionalism and the role of a climbing wall instructor; Client orientation and instruction; Teaching general climbing skills including movement; Teaching top-rope and lead belaying techniques; Equipment and facility use; Rescue and emergency procedures; Risk management.

May 16-17 or May 21-22 \$310
Course is being held at Blue Star Camps, NC. Includes accomodation and meals and one years membership in the American Mountain Guides Association.

AMGA Single Pitch Instructor Course (3 days/27 hrs)

The AMGA Single Pitch Instructor Program is designed to enable instructors to proficiently facilitate and instruct the sport of rock climbing in a single pitch setting. The program is for current, active rock climbers that have a real desire to teach rock climbing to novices in a single pitch setting. Candidates should be passionate rock climbers that have their own equipment, regularly climb and have been rock climbing outdoors for at least 12 months. The SPI Course is not a climbing course, it is an instructor training course for current, proficient and active rock climbers and for climbing instructors who currently teach rock climbing that wish to gain the SPI Certification. The SPI is the first stage of the AMGA's Rock Discipline guide training and certification program and will significantly help candidates that wish to work towards the next stage in the program, the AMGA Rock Instructor Course. The course teaches many instructor specific topics such as professionalism, teaching techniques, risk management, group site organization, climbing site conservation/LNT and assistance/rescue skills.

The SPI Program is a three day (27 hour) training course and separate two day (16 hour) assessment. Certification lasts for three years as long as the candidate keeps current AMGA Membership and First Aid Certification. After three years current SPI's can re-take the SPI Assessment to re-gain the SPI certification.

SPI TERRAIN GUIDELINES: The SPI will be able to proficiently facilitate and instruct the sport of rock climbing in a single pitch setting. Single Pitch Instructors supervise and teach climbing at any single pitch cliff, working at the base or from the top. They can work at sites where the anchors are accessed by non technical terrain and also by leading. For the purpose of the SPI Program a single pitch climb is one which is climbed without intermediate belays and presents no difficulties on approach or retreat, such as route finding, scrambling or navigating. The SPI Program does not cover multipitch guiding. These skills are taught in the AMGA Rock Instructor Course. SPI's that guide clients in multipitch terrain would be guiding outside of their terrain guidelines.

PREREQUISITE: You meet the prerequisites for the SPI course: you have a genuine interest in rock climbing and instructing novices on single pitch crags; you are at least 18 years old at the time of the course; have at least 12 months prior climbing experience; are an active climber with traditional lead climbing experience (leader placing pro); have TRAD lead climbed a minimum of 15 graded rock climbing routes (any grade); and are capable of comfortably climbing 5.8 while on a top rope.

May 9-11 or May 23-25 \$435
Course is off site at Looking Glass Rock, NC. No food, transportation or lodging is included in the fee.

Enrollment/Registration:

Is on a first come first serve basis. All courses are subject to minimum enrollment. Program information is subject to change.

Late Fee:

There will be a 5% late fee for participants who register after **May 1st**.

Course Cost:

Includes membership dues, course materials, breakfast and lunch for one day courses. Multi-day courses include overnight lodging and three meals a day unless otherwise noted. Supper is not included the evening your course ends.

Course Location:

All Fox Mountain Guides courses are located off site. All other courses unless otherwise noted will be held at Blue Star Camps.

Should a course be cancelled:

Classes may be cancelled if enrollment is below the minimum number. Participants will receive a full refund.

Meals:

Cafeteria style in one of our 3 dining halls.

Lodging:

Participants will be housed in cabins with electricity. The cabins are not heated and it may get cold in the evening so bring appropriate clothing and bedding. Pillows, linens and blankets are not provided.

Bring:

Sleeping bag or sheets and blankets, pillow, towels and wash clothes, toilet articles, appropriate camp clothing, outdoor weather clothing, rain gear, sun screen, tennis shoes and/or good walking shoes, sweatshirt or sweater, jacket, notebook/paper and pens for taking notes, flashlight and water bottle. Classes are held both indoors and outdoors so dress accordingly.

Optional Items:

Crazy creek, clipboard or hard notebook to write on, clock, knapsack and camera.

Alcohol & Drugs:

Are not allowed on the premises.

Pets:

Are not permitted.

Smoking:

Is allowed only in one area near the front of camp.

Classes Start:

All the courses start at 9:00 am on the first day unless otherwise stated. All WMA course start at 8:00 am on the first day.

Extra Nights & Meals:

Let us know so we can accommodate you, if either of these apply to you:
You plan to arrive the night before. Registration will be from 7:00 pm to 8:00 pm.
You plan to stay over the night after your class ends.

Extra night	\$15.00 per night
Extra meals	Breakfast \$3.00
	Lunch \$5.00
	Dinner \$6.00



Blue Star Camps
PO Box 1029
Hendersonville, NC 28793



Located in the beautiful Blue Ridge Mountains of Hendersonville, NC

BLUE STAR CAMPS APPLICATION FOR COURSE REGISTRATION

Name: _____ Organization _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____ Email: _____

Wilderness First Responder Recert need to fill out the following: Certificate Held _____

Certifying Company _____ Exact Exp date _____ Date of Birth _____

I WISH TO REGISTER FOR THE FOLLOWING COURSES:

Course Name _____ Date _____ Fee \$ _____

Course Name _____ Date _____ Fee \$ _____

Course Name _____ Date _____ Fee \$ _____

Course Name _____ Date _____ Fee \$ _____

A non-refundable deposit of 50% of Total Course Fees is due at registration. There is a 5% late fee for participants who register after May 1st. If you plan to arrive the night before your class or stay overnight after your class ends, there will be a \$15.00 charge per night. Additional meals are: Breakfast \$3.00, Lunch \$5.00, and Dinner \$6.00.

I would like the following extra nights: Dates _____ x \$15.00 = \$ _____

I would like the following extra meals Dates _____

Breakfast _____ x \$3.00 # Lunch _____ x \$5.00 # Dinner _____ x \$6.00 = \$ _____

TOTAL AMOUNT \$ _____

_____ Enclosed Full Payment for Course(s) \$ _____

_____ Enclosed a Non-Refundable Deposit (50% of Total Course Fees) \$ _____

TOTAL ENCLOSED \$ _____

BALANCE DUE 3 Weeks Prior to the Start of the Course \$ _____

METHOD OF PAYMENT:

CASH ___ CHECK ___ Make all checks payable to: Blue Star Camps, Inc. There is a \$20.00 charge for returned checks.

IF PAYING BY CREDIT CARD THE FULL AMOUNT WILL BE CHARGED:

___ VISA ___ MC # _____ EXP _____

We are unable to accept American Express or Discover cards.

Name on Credit Card: _____ (Please Print)

Signature: _____

Phone # where you can be reached: _____

Billing Address: _____ (Please Print)

Please Send this Form and Deposit to: Blue Star Camps, PO Box 1029, Hendersonville, NC 28793

Confirmation and course materials will be sent upon receipt of the deposit. Enrollment is limited and on a First Come First Served Basis. Check-in for classes will be from 7:30 AM - 8:00 PM only.

BLUE STAR'S ASSUMPTION OF RISK AND RELEASE FROM LIABILITY

I understand that during my participation in the _____ training course(s) ("the Activities"), I may be exposed to a variety of hazards and risks, foreseen and unforeseen, which are inherent in the nature of the various activities I will be doing. I realize that the Activities involve inherent risks of personal injury, property damage, and even death ("Injuries and Damages") from exposure to various hazards, including but not limited to drowning or falling ("the Hazards"). These inherent risks cannot be eliminated without destroying the necessary features of or the unique character of the Activities. I understand that Injuries and Damages can occur by natural causes or actions or inactions of other persons, animals, fellow participants, leaders, assistants, or third parties, either as a result of negligence or other reasons. I appreciate that I may have to exercise extra care for myself and the safety of others around me in the face of the Hazards. I further understand that during the Activities, there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant in the Activities, and the services and amenities provided by Blue Star Camps, Inc. ("Blue Star") in connection with the Activities, I confirm my understanding that:

- * I have read and understand the rules and regulations applicable to the Activities, and to the best of my ability, I will follow them.
- * If I decide to leave the Activities early and not complete it as planned, I assume all risks inherent in my decision to leave, and waive all liability against Blue Star arising from that decision. Likewise, if the Activities are concluded, and I decide to go forward without supervision, I assume all risks inherent in my decision to go forward, and waive all liability against Blue Star arising from that decision.
- * This agreement is intended to be as broad and inclusive as possible. If any provision of this agreement is held to be invalid or legally unenforceable, the remainder of this agreement shall not be affected thereby, and shall remain valid and fully enforceable.
- * To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** Blue Star, its officers, directors, employees, agents, and independent contractors involved with the Activities **from any and all liability** on account of or in any way resulting from Injuries and Damages, even if caused by the negligence of Blue Star, its officers, directors, employees, agents, and independent contractors, in any way connected with the Activities. I further agree **to hold harmless** Blue Star, its officers, directors, employees, agents, and independent contractors from any claims, damages, injuries, or losses caused by my own negligence while a participant in the Activities. I understand and intend that this **ASSUMPTION OF RISK AND RELEASE** is binding upon my heirs, executors, administrators, and assigns, and includes any minors accompanying me on the Activities.

I have read this document in its entirety, and I freely and voluntarily assume all risks of such Injuries and Damages. Irrespective of said risks, I agree to participate in the Activities.

ADULT PARTICIPANT SIGNATURE REQUIRED

Adult Name: _____

Signed: _____ Date: _____

I hereby agree and consent to the foregoing agreement on behalf of the minor below.

Name and age of Minor: _____ Age: _____

Signature of Parent or Guardian: _____ Date: _____