

YMCA Adventure Bound Treks

Participant's Confidential Information Sheet

This form is intended to provide us with important information to assist us in creating the most successful environment for every trekker. This information is shared with the Adventure Bound Director and the Trek Leaders and will be kept confidential. Please help us by honestly completing all sections of this form.

Side A is to be filled out by a parent or guardian; Side B is to be filled out by the trekker.

Trek enrolled for: _____

Participant's name: _____ Birth Date: _____ Sex: _____

Child previously attended Mason? _____ If so, what years? _____ Overnight/Day/Adv. Bound? _____

Please describe any other camp experience: _____

Please describe the participant's family/home situation: _____

Are there any general restrictions, disabilities, concerns, or religious requirements we should know about? _____

Please describe any food allergies and/or restrictions: _____

Does your child have a history of any of the following? (Circle all that apply and please explain below)

Bed Wetting	Violent Behavior	Treatment by Therapist	Sleep Walking	A.D.D./A.D.H.D.
Hyperactivity	Tobacco use	Chronic Headaches	Nightmares	Emotional Sensitivity
Illegal Drug Use	Hyperventilation	Allergic Reactions	Homesickness	Eating Disorders
Cutting/Self Mutilation	Low Self Esteem	Bullying	Suspension/Expulsion from School	

Please describe your child's swim level: _____

Honestly, whose decision was it to enroll in Adventure Bound? _____

Anything other issues we should know about? _____

Parent/Guardian's Signature _____ Date: _____

Side B- To be filled out by Trek Participant

Why did you select this particular trek to go on? _____

Honestly, how much of the decision to go on this trek was yours or your parents? _____

What are your greatest worries about this trek? Are they physical? Mental? _____

What kinds of skills do you want to learn or improve on this trek? _____

Have you ever been to camp before? What did you think of it? _____

Is there anything you are really sensitive about that we should know ahead of time? _____

Tell us about your camping and outdoor adventure experience. What are some of your favorite/least favorite outdoor activities?

Trekker's signature: _____ Date: _____