

PARTICIPANT INFORMATION

Greetings Parents and Guardians!

Your child will be participating in a Seward Park Audubon Center field trip. This field trip will bring students outdoors for nature-based field study, investigation, and hands-on exploration of the vibrant ecosystem of Seward Park and Lake Washington.

During this program, your student will be participating in a variety of outdoor activities where they may get **WET and MUDDY**. Dressing appropriately and being prepared for an outdoor experience will help make this field trip rewarding and fun. Please read the “What to Wear & What to Bring” section below to better prepare your child for this valuable learning experience.

WHAT TO WEAR & WHAT TO BRING

WEAR

- Warm, comfortable clothing okay to get dirty, muddy, or wet.
- Raincoat!! (No umbrellas)
- Hiking boots, rain boots or any weatherproof shoes that can keep your feet dry and comfortable.
- Brimmed hat (great for keeping rain or sun off your face)

BRING

- Full water bottle
- Sack lunch that does not require refrigeration (if having lunch at park)
- Extra layer(s) of clothing (seasonal)
- Sunscreen and insect repellent (seasonal)
- All gear must be packed in a backpack.**

REGULATIONS

- **Have fun!** We want you to enjoy your time in the park. Help us make your visit an amazing experience.
- **Stay with the group.** Listen carefully when the teachers, chaperones and guides give instructions about sticking with the group or sticking with an assigned partner even when going to the restroom. Don't wander off on your own. If you break this rule, you could end up with the teacher as your partner.
- **Respect the chaperones.** You should respect any chaperones and listen to them as you would your own teacher or parents. Chaperones have a big responsibility, watching after so many students at one time.

- **Respect nature.** Some field trips will take you into contact with animals or plants. For your own safety, be mindful of potential dangers and don't assume you can touch everything. Always ask first.
- **Respect the rights of other park visitors and animals** that live in the park to a pleasant and peaceful environment. Excessive noise or throwing things is extremely stressful to the animals that call the park home.
- **Dress for the weather.** It can always rain in Seattle. Come prepared for rain and cold weather. Try to dress in layers so you can add and subtract, as necessary. Don't forget your rain jacket, shoes appropriate for the weather, a water bottle and snacks.
- **Protect the forest.** Please place trash where it belongs, in either trash receptacles or recycling. Trash and recycling receptacles are available throughout the park.
- **Connect to nature.** Leave smartphones, tablets and electronic devices at home.

Please note:

For safety and liability reasons, people who are not signed up for the field trip are not allowed.

Seward Park Audubon Center will request teachers and/or group leaders to intercede when students are displaying unacceptable disruptive behavior. If the behavior continues despite warnings, teachers/group leaders will be asked to provide a safe space for the student(s) away from the field trip and the rest of the group.

Thank you and we look forward to hosting your child for the upcoming field trip program!

Best Regards,

Gabriela Rivarde

Youth Programs Manager | 206.210.5620 | gabriela.rivarde@audubon.org



RELEASE OF LIABILITY & USE OF IMAGE BY PARENT/GUARDIAN OF CHILD PARTICIPANT

Child's Name: _____ Child's Date of Birth: _____

As the parent and/or legal guardian of the child named above, I wish for my child to participate in National Audubon Society, Inc.'s ("Audubon") program identified above (the "Program"), which may include in-the-classroom and outdoor field trip experiences. I understand that there are possible dangers associated with the Program, including but not limited to, hiking, outdoor activities and sports, exposure to water, and physical and hands-on work. I understand that my child's participation in the Program may involve sustained physical activity. I know the nature of the events and the participant's experience and capabilities and believe the participant is qualified to participate in the event with or without accommodation.

I agree that my child is participating in the activity at my own risk and acknowledge that Audubon has made no warranty or representation, expressed or implied, regarding the safety of conducting this activity at this site.

I hereby grant permission to Audubon to reproduce my child's appearance, name, likeness, voice and biographical information in connection with the Program in all manners, including promotional materials, and any and all media, including the Internet, throughout the world and in perpetuity.

Check this box **only** if you wish to opt out of "use of image" release.

I expressly release Audubon, its officers, directors, employees, agents licensees, successors and assigns from and for any and all claims, demands or causes of action which I have or may have for (i) libel, defamation, invasion of privacy or right of publicity arising from Audubon's use of my child's appearance, name, likeness, voice and biographical information, including but not limited to, the distribution, broadcast or exhibition thereof or (ii) on account of any loss, damage, or injury to person or property suffered or incurred by my child, except by Audubon's negligence, in connection with any aspect of my child's participation in the Program or in any Program-related activity, including any transportation arranged by, paid for or provided by Audubon.

This release shall be binding upon me and my heirs, next of kin, executors, administrators and assigns. By signing below, I acknowledge that I have thoroughly read and understand this form and that the statements I have made are all true.

Parent/Guardian Signature: _____ Date: _____

Print Name: _____

Home Address: _____

Email Address: _____