



Elements 2017 Program Application

Elements, New Student Outdoor Program, is an outdoor adventure experience for new incoming freshmen to the University of West Georgia. Students will embark on a 5-day/4-night adventure before the start of the fall semester in some of the Southeast's most scenic outdoor destinations. Activities could include backpacking, canoeing, rafting, climbing, and zip lining. Each trip will have several fun and exciting components throughout to keep the groups engaged and challenged. Groups will consist of nine student participants and two outdoor program instructors in order to create a family like atmosphere. By the end of the week, participants and leaders will have the opportunity to get to know other incoming freshmen, form new friendships, create lasting memories, and discover new outdoor experiences before their West Georgia journey begins.

Program Dates

July 31 - August 5, 2017

Schedule

July 31 – Early Move-In and Welcome Banquet

August 1 – Trips Leave UWG Day 1 / Night 1

August 2-4 – Trips are Backpacking, Climbing, Paddling, Camping, Etc.

August 5 – Trips Return to UWG and will be back by Noon



Registration Instructions

Please complete the following to register for Elements 2017:

- Program Application** – The program application includes a medical form, program liability waiver, safety expectations, and questionnaire to help UWG assess what concerns students may have prior to the start of the school year.
All applications will be reviewed after registration has closed. This is NOT a first come/first serve registration process. Participants NOT selected to participate will be notified and a refund will be administered.
- Proof of Insurance** – All Element participants must provide proof of health insurance before acceptance into the program. Due to the nature of outdoor activities and travel logistics, UWG is requiring every participant to carry health insurance for the duration of the program. Please send a copy of the front and back of your insurance card (please note: this should be for the participant, not the policy carrier). Please attach all copies to the program application.
- Program Payment** – Program fees may be paid by credit card / debit card on the University Recreation's program portal (MyRec). Please visit the Elements' website for more information and instructions. (www.westga.edu/UREC). Program registration is \$150.00 per participant and includes Equipment, Transportation, Food, Permits, Instructors, and Outfitter Fees. Fee does not include personal items, clothing, rain jacket/pants, proper hiking shoes, and food kit. A detailed packing list will be supplied by Elements June/July. *In the event that a participant can no longer attend Elements, a full refund may be issued up until the end of the application period.*
- Form Submission** – Please send your Program Application and Proof of Insurance by email, fax, or mail.

Email signed documents to wgo@westga.edu

-or-

Mail signed documents to:

University of West Georgia

c/o Mark Henley, University Recreation

1601 Maple St

Carrollton, GA 30118

-or-

Fax signed documents to 678-839-0661 Attn: Mark Henley



For acceptance to Elements 2017, all registration material and payment must be received no later than Friday June 16th, 2017 - 5:00 PM



Elements Registration / Medical Form

please note: Incoming freshman who wish to participate in Elements must be accepted and attending the University of West Georgia in the fall 2017 semester. Please completely fill out the following registration/medical form with current and accurate information.

Name _____

Address _____

City/State/Zip _____

Email Address _____ Date of Birth ____/____/____

Day Phone (____) _____ Evening Phone (____) _____

Gender: Male _____ / Female _____

Father/Guardian _____

Mother/Guardian _____

City/State/Zip _____

City/State/Zip _____

Occupation/Title _____

Occupation/Title _____

Day Phone (____) _____

Day Phone (____) _____

Evening Phone (____) _____

Evening Phone (____) _____

Cell Phone (____) _____

Cell Phone (____) _____

Email Address _____

Email Address _____

Emergency Contact

Name _____

Relationship _____

Day Phone (____) _____

Evening Phone (____) _____

Cell Phone (____) _____

Insurance Information

Element participants must provide proof of health insurance.

Insurance Company Name _____ Policy Number _____

Claim Billing Address _____ City/State/Zip _____

Prescription Plan Name _____ Policy Number _____

Claim Billing Address _____ City/State/Zip _____

NOTE: ATTACH A PHOTOCOPY OF BOTH THE FRONT AND BACK OF YOUR INSURANCE CARD(S) TO THIS FORM.

SIGNATURE(S) REQUIRED

By signing below, I hereby acknowledge that all of the above information is true to the best of my knowledge. Furthermore, I acknowledge that by providing false information, I may hinder any attempts by University Recreation or other medical personnel to give care to me in the event of an emergency.

Student's Signature

Date

Parent/Guardian Signature (if participant under 18)

Date



ALLERGIES / FOOD RESTRICTIONS

Do you have any food restrictions? (i.e. Vegetarian, Gluten Free, etc.) Yes _____ / No _____

If yes, please define restrictions _____

Are you allergic to any types of food? Yes _____ / No _____

If yes, please define allergies _____

OTHER ALLERGIES

INCLUDING ALLERGIES TO MEDICINES, INSECT BITES/STINGS, ENVIRONMENTAL

NONE OR

Allergy	Reaction	Medication Required

MEDICATIONS YOU ARE CURRENTLY TAKING

LIST ANY MEDICATIONS YOU ARE PRESCRIBED, INCLUDING PSYCHIATRIC AND OVER THE COUNTER MEDICATIONS

NONE OR

Medication	Condition	Dosage	Date Started	Side Effect

NOTE: If you are taking medication(s), please bring double amounts in original container(s), with prescription label intact

ALL MEDICATION LISTED MUST ACCOMPANY STUDENT ON COURSE!



TRIP EXPECTATIONS / SAFETY REQUIREMENTS

Please review and acknowledge these personal safety requirements needed to participate in Elements 2017. Refer to trip itineraries for information related to the following.

- Participant must possess the ability to walk, stand, and lift ~40 lbs over uneven surfaces for up to 8 hours per day
- Some trip components require participants to paddle for extended periods of time
- Some trip components involve open water where participants must possess the ability to swim*
- For trip selection accuracy, please indicate your swimming ability
 - Yes _____ / No _____
- No tobacco, alcohol, illegal drugs, or weapons allowed

**Some trip itineraries will not contain water activities, thus swimming ability is not a requirement to participate in Elements 2017.*

I, _____, understand the personal safety requirement aforementioned.

PROGRAM SHIRT

(Adult Sizes Only)



University of West Georgia (UWG)

Release, Waiver of Liability, and Covenant Not to Sue

Activity: Elements, Pre-Semester Program for Incoming Freshman (Canoeing & Backpacking)

Date/Time: 8/1/2017-8/5/2017

Location: Lake Jocassee/Foothills Trail, SC/NC

Location: Chattooga River Trail, GA,SC,NC

Acknowledgment and Assumption of Risk:

I wish to participate in the activity specified above. I am aware that this activity may be a vigorous activity that I can involve inherent risks of physical injury, illness or loss of personal property and I assume all such risks. I also understand that there are potential risks of which I may not presently be aware including, but not limited to, travel to and from the site of activity, participation at sites that may be remote from available medical assistance, and exposure to the possible reckless conduct of other participants.

Nevertheless, **I voluntarily elect to participate in this activity with knowledge of the danger involved, and I hereby agree to accept and assume any and all risks of property damage, personal injury, or death.**

Waiver of Liability and Indemnification:

In consideration for being allowed to voluntarily participate in the above-referenced activity, on behalf of myself, my personal representatives, heirs, next of kin, successors and assigns, I forever:

- a. **Waive, release, and discharge the University of West Georgia** and the Board of Regents of the University System of Georgia, its members individually, its agencies, officers, and employees from any and all negligence and liability for my death, disability, personal injury, property damages, property theft or claims of any nature which may hereafter accrue to me, and my estate as a direct or indirect result of my participation in the above referenced activity or event.
- b. **Indemnify, save, and hold harmless the University of West Georgia** and the Board of Regents of the University System of Georgia, its members individually, its agencies, officers, and employees of, from and against any and all claims of any nature including all costs, expenses, and fees arising out of or resulting from my actions during this activity or event.
- c. I, the undersigned participant, affirm that I am at least 18 years of age and am freely signing this agreement. **I have read this form and fully understand that by signing this form I am giving up legal rights** and/or remedies which may otherwise be available to me regarding any losses I may sustain as a result of my participation. I agree that if any portion is held invalid, the remainder will continue in full legal force and effect.

Participant Name: _____

Age: _____

Participant Signature: _____

Date: _____

Parent/Guardian Signature (if participant is under 18): _____

Questionnaire



How did you hear about Elements?

- Email Website – Admissions Page
 Preview Day Website – University Recreation Page
 Word of Mouth Other

Pick your top three reasons for registering for Elements.

- Experience outdoor recreation activities Learn more about UWG
 Make friends before the semester starts Prepare for life in college
 Try something new Move-in early to my Residence Hall
 Gain leadership skills This will make me more successful at UWG

Please rank the following statements; 1 is low and 5 is high.

What is your general anxiety level about the transition from high school to college?

What is your level of anxiety about being away from your family as you start college?

How worried are you about finding friends at the University of West Georgia?

How worried are you about overcoming issues in diversity in college?

How confident are you about starting college?

How comfortable are you with your overall wellness going in to college?

Why do you want to participate in Elements?

What is your previous experience with outdoor recreation activities?

****No prior experience is required to participate****

What do you hope to get out of participating in this trip?



Sample Trip Itinerary

All trips are subject to change due to weather, land permits, group ability, equipment, and safety measures. Final trip itineraries will be communicated out prior to the trip in July 2017.

July 31, 2017

Element Participants arrive to UWG to move-in early and attend the pre-trip program banquet

August 1, 2017 (Day1)

Groups will depart UWG at 9:00 AM and travel to Devil's Fork State Park, SC
Campsites will be set up and established
Canoe and water safety / techniques will be taught in the afternoon
Paddle to Wrights Creek Falls and back to campground (6 miles)
Dinner and day 1 debrief will be held around the campfire

August 2, 2017 (Day2)

Groups will pack up and store equipment in provided dry bags
Paddle to Laurel Creek Falls for lunch and exploration (5 miles)
Paddle to Toxaway Creek Campsite on Foothills Trail (3 miles)
Meet up with another Element's group
Dinner and day 2 debrief

August 3, 2017 (Day 3)

Exchange equipment with other group (canoe/dry bags with backpacks)
Start backpacking on Foothills Trail (10 miles)
Setup camp along Laurel Creek
Dinner and day 3 debrief

August 4, 2017 (Day 4)

Early morning wake up
Finish backpacking to Van
Load up and head to Outfitter for a day of rafting and waterfall rappelling
Finish with Outfitter and head to celebratory dinner
Drive to Lake Hartwell State Park, SC
Day 4 debrief

August 5, 2017 (Day 5)

Groups will return to UWG by Noon
Gear return and debrief
Program T-Shirt and closing remarks
UWG Move-In Day / Pack Premiere
Element participants start their UWG journey