

Participant Information

2019 January Interim Course at Audubon Center of the North Woods Wolves and Northwoods Carnivores: Predatory Ecology, Jan 2-20, 2019

We look forward to meeting you in January and sharing this month of winter, wolves and other large predators with each one of you. No season creates as much stress on the ecology of wildlife as winter. In the summer, there is always enough to eat when the plants are green and abundant, but what food is to be found when three feet of snow covers the ground? There is always shade in the heat of summer, but is there always a warm place to be found in winter? What are some of the physical and behavioral adaptations of organisms to the cold, dry winter environment?

During this season we will attempt to understand winter through interpretation of wolf and predator ecology, research and practical experience. We will be tracking wolves to locate territorial packs and observing the environmental impacts of deer on their habitat. We will assist lynx researchers with tracking data. We will also spend a week divided between Superior National Forest and the North Shore of Lake Superior to survey the wolf population on the Jonvick Deer Yard, a special ecological zone which concentrates over 100 deer/square mile, and at one time the largest wolf pack in Minnesota. We will prepare for our experiences with lectures on wolves, lynx and the other predators of Minnesota, as well as their interactions with prey species, and will practice data gathering techniques and do tracking surveys which will benefit wolf and lynx researchers and managers.

We will furnish snowshoes for the research and will work with you on first aid and winter survival skills. There will be some time for cross country skiing on your own and some of our routes are better run on skis.

Required Texts:

Track Pack: Animals in Full Life Size by Ed Gray

Animal Tracks of Minnesota and Wisconsin by Ian Sheldon and Tamara Eder

Recommended Reading:

Wolves: Behavior, Ecology, and Conservation by L. David Mech and Luigi Boitani

Recovery of Gray Wolves in the Great Lakes Region of the United States by Adrian P. Wydeven, Timothy R. Van Deelen and Edward J. Heske

The Company of Wolves by Paul Steinhart

Tracking and the Art of Seeing by Paul Rezendes

Please see other attachments (or download PDF files off our website) for detailed course information (such as packing list, syllabus, etc.) and REQUIRED FORMS.

www.audubon-center.org/event/jterm2019/

Call or email the Audubon Center of the North Woods if you have any questions:

PO Box 530, Sandstone, MN 55072

1-888-404-7743 or 320-245-2648

audubon1@audubon-center.org

2019 January Interim

Tentative Schedule (subject to change)

1/2 -- Arrivals by plane: Airport Pickup: 2:00 p.m. Flight must arrive at Mpls/St. Paul Int'l Airport (MSP) no later than 2 p.m. to be included in the airport shuttle (\$35 each way)

Arrivals by car: plan on arriving at the Center between 2 p.m. and 4 p.m. (*Please try to arrive no earlier than 2 p.m. – lodging facilities may not be ready until after 2*)

Introduction to the ACNW, Dinner, Overview of month, Expectations, Journals and Grading

1/3 -- Wolf Ecology, Cross Country Skiing, Winter First Aid and Safety

1/4 – Coyote and Fox Ecology, Predator/Prey Class

1/5– Lynx, Bobcat & Cougar Ecology, Wildcat Sanctuary, Live Raptors Program

1/6 – Mustelid and Bear Ecology, Orienteering

1/7 – Prey Species Ecology, Tracking Presentation and Outside Tracking

1/8 – Tracking at Banning State Park

1/9 - Tracking at Nemadji State Forest

1/10- Tracking at Sandstone Wildlife Management Area

1/11- Visit Wildlife Science Center

1/12 – Depart for Ely. Explore and lunch in Ely. Visit International Wolf Center, Radio Telemetry Flights

1/13 – International Wolf Center, Radio Telemetry Flights, Listening Point and tracking. Night Hike

1/14 – Tracking, North American Bear Center, Dinner in Town

1/15 – Track in BWCA Wilderness. Travel to North Shore of Lake Superior and Solbakken Resort

1/16 – Tracking through transect hikes and skiing. Browse Surveys. Road Survey at sunset. Readings and Discussion

1/17– Tracking through transect hikes and skiing. Browse Surveys. Road Survey at sunset. Dinner Out.

1/18 – Explore Cascade Falls St. Park Depart for Audubon Center. Visit and Dinner in Duluth. Return to Audubon Center

1/19 – Study and homework AM. Final Test PM. Evening Fun.

1/20 – Airport Shuttle- we will have you to airport by 10 am – DO NOT schedule outbound flights

before noon!

Required Forms (also available on our website at www.auduboncollege.org):

- ☐ **Medical History and Liability form** is required. Please fill out and mail or fax it to the Audubon Center of the North Woods, along with the balance of the fee for the course (unless you've already paid in full).

THIS IS DUE BY DECEMBER 7, 2018. (Course fee is \$2,075, deduct any deposit you have already paid).

- ☐ **Travel information and attendance verification form** is required. **THIS IS DUE BY DECEMBER 7, 2018.**

Please fill this out and return it along with the Medical History & Liability form and final fee payment. If you have any further questions, please do not hesitate to write or call.

Lodging Information

While at the ACNW you will stay in Lowry or Schwyzer Student Lodges. There are 4-6 bunks per room and men's and women's bathrooms and showers. While at ACNW, you will have bunks in rooms designated male or female. You will need to bring a sleeping bag and pillow to throw out on a bunk, as well as towels and washcloths. You will have daily housekeeping responsibilities.

While in Ely you will be staying at Silver Rapids Lodge, and while on the North Shore of Lake Superior, you will be staying at Solbakken Resort near Lutsen, Minnesota. Since there are limited beds, and in order to keep costs reasonable, it will be necessary for participants to SHARE DOUBLE- or QUEEN-sized BEDS WITH ROOMMATES. Rooms will be designated male or female, depending on the number of registrants of each gender.

Travel Information:

LOCATION OF ACNW: The Center is located 90 miles north of the Minneapolis/St. Paul metropolitan area and 70 miles south of Duluth. The Center is situated on the east shore of Grindstone Lake, approximately eight miles west of Sandstone, Minnesota. A map is available on our website. **Phone number is: 1-888-404-7743 or 320-245-2648**

TRAVEL BY CAR:

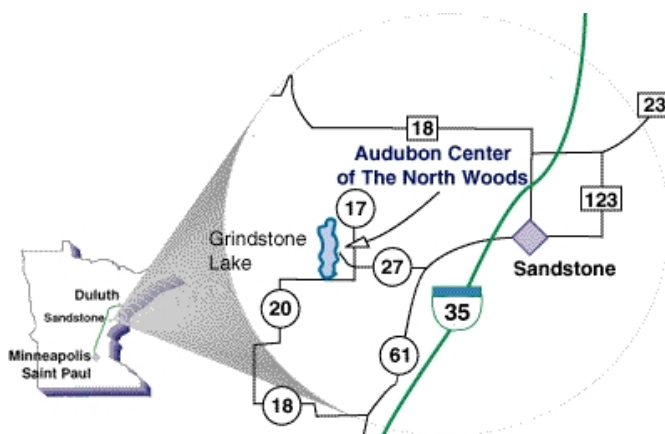
ARRIVAL: If driving by car, plan to arrive between 2:00 - 4:00 p.m. on Wednesday, January 2, 2019 (do not arrive earlier than 2 p.m. to allow for housekeeping turnover).

DEPARTURE: You will be done the evening of January 19, 2019. If you have a long way to drive, you may stay overnight and depart on the 20th. The airport shuttle will depart the morning of Sunday, January 20 for the airport. DO NOT schedule flights to depart before noon on Sunday, January 20, 2019.

Driving directions: street address for mapping: 54165 Audubon Drive, Sandstone, MN 55072
GPS coordinates: (46.117186384284004, -92.99793720245361)

From the south – Minneapolis/St. Paul: Head north on Interstate 35 to the Sandstone exit 191. Exit and head west for ~2 miles on 61/23. Make a right turn on Grindstone Lake Road/Cty 27 (sign here) and head west ~3.1 miles. Make a right on Fox Lane/Cty 17 (sign here) and head north ~ 100yards. Make a left turn on Audubon Road between pillars (gate may be chained at night but is not locked) and go about 1 mile down driveway to the office.

From the north: Head south on Interstate 35 to Sandstone exit 191. Exit and head west for ~2 miles on 61/23. Make a right turn on Grindstone Lake Road/Cty 27 (sign here) and head west ~3.1 miles. Make a right on Fox Lane/Cty 17 (sign here) and head north ~ 100yards. Make a left turn on Audubon Road between pillars (gate may be chained at night but is not locked) and go about 1 mile down driveway to the office.



TRAVEL BY BUS: Groome Transportation shuttle service arrives from the south (Twin Cities) - check with www.groometransportation.com (tel. 218-724-4676) for schedule and let us know your arrival time. Arrangements can be made to pick you up at the shuttle stop in **Sandstone**. If traveling by shuttle, **PLAN TO ARRIVE ON 1/2/2019. PLAN TO DEPART ON 1/20/2019.**

TRAVEL BY PLANE: **ACNW will provide an airport pickup/drop off for \$35 each way.**

ARRIVAL: Plan to fly into the **MINNEAPOLIS/ST. PAUL INT'L AIRPORT Terminal 1 (not Terminal 2)**. **Arrival must be before 2:00 PM on 1/2/2019**— the earlier the better to account for flight delays. The van departs for ACNW from Terminal 1 at Baggage Claim Door #4 at 2:00 PM

When you arrive at the airport give the center a call (1-888-404-7743 or 320-245-2648) so that we know you're in and can let you know any last details about the pickup. We will plan on picking you up at the baggage claim level outside of door #4 of TERMINAL 1.

DEPARTURE: Departure must be after noon on Sunday, January 20, 2019. We will have you to the airport by 10-10:30 AM.

Transportation to the study sites during the course will be provided by the Center's 15 and 7 passenger vans.

CONTACT INFO: 1-888-404-7743; 320-245-2648; Fax 320-245-5272; Email: audubon1@audubon-center.org

Additional Course Information:

MEALS: Served buffet style in the main lodge while at the Audubon Center. Many lunches will be packed to eat in the field. On the North Shore we will cook our own meals. Special diets can be accommodated. We can prepare vegetarian, vegan options and gluten free options. You will be responsible for three restaurant meals during the course.

TRAINING: You should be prepared. **This is a physically demanding program.** Get some exercise! Walk a lot ahead of time. We recommend getting up to 4 miles or more 3-4 days per week at a brisk pace with a day pack and water – see equipment discussion for information on what you might carry in your pack on a typical day. If you are physically prepared for the program your experience will be much more enjoyable and safe.

TESTS: There will be various short quizzes. Research skills and background are important and we need to have some idea of where you're at. Some of you will also need to have grades for the credits for your school. These tests will help assess your grades. **Please let us know if a grade is required and who to send grades to - in advance.** We need name, address, phone, fax and e-mail. **We will also ask you to research some aspect of wolf ecology or behavior to present to the class.**

GRADES: Course requirements are outlined in the syllabus. **Please let us know if a grade is required and who to send grades to - in advance.** We need name, address, phone, fax and e-mail.

Drug & Alcohol Policy: Alcoholic beverages and recreational drugs are not allowed at ACNW during this program. Cigarette smoking is not allowed in any of the buildings or vehicles. Smokers will be asked to move away from the group when smoking in the field. Smoking at the center is restricted to one outside area. Chewing tobacco is not allowed in any of the buildings or vehicles.

MAIL: Use the Center's street address for all mail and deliveries (your name, Audubon Center of the North Woods, 54165 Audubon Dr., Sandstone, MN 55072). UPS delivers directly to us Monday through Friday and is a better option for any packages, since we have to pick up US mail in town and it is not delivered directly (we do pick up mail every morning at the post office, but sometimes there is a delay with US mail packages).

PHONE: There is a phone in the lodge (320-245-3149). It will accept incoming calls; however, you must use a credit card or call collect for long distance outgoing calls. The telephone number for the center is (320) 245-2648. There is voice mail to take messages when no one is in the office. The fax number for the center is (320) 245-5272.

FIRE HAZARDS: Candles and incense cannot be burned inside.

SYLLABUS: Also enclosed is a copy of a syllabus for the course. This course is offered for credit through Carroll University and students can register as visiting student to receive credit. You can show your professor the course content.

USING ACNW GEAR: You are personally responsible for repair or replacement of any gear lent or rented to you by ACNW and will be charged for loss or damage if it is the result of personal negligence.

Weather Conditions: January is our coldest month of the year, with a temperature range from above freezing to -45 degrees F. We are more concerned about the annual thaw and the wetness that accompanies it than with the cold weather. If you dress in layers and wear the proper fabrics, you should have no problems with the cold. We will discuss, in great detail, how to dress for and behave in cold conditions. Most temperatures will be in the -10 to +20 degrees F range. A suggested packing list is included. **ACNW does have cross country ski equipment for you to use.** Our bindings are back country style which allows you to use your warm winter boots. REMEMBER, CROSS COUNTRY SKIING IS AN OPTIONAL ACTIVITY. Some of our wolf-tracking routes are best done on skis. Please let us know ahead of time if you plan to use any of our equipment. **BRING YOUR OWN IF YOU HAVE THE SKIS OR SNOWSHOES.**

Winter Clothing Concerns: Please refer to the suggested packing list. Winter conditions demand far greater concern for proper clothing than any other season. The effect of cold, wind and moisture are most severe at this time, so clothing should be chosen to serve adequately for safety and comfort. Wool is one of the best materials, since it has a high insulation value and retains most of that value even when wet. Silk, polypropylene, pile, bunting, and a host of other materials are available, with specific uses and abilities, and they should also be considered, especially if layered with some wool. **COTTON SHOULD BE AVOIDED, BECAUSE IT HOLDS MOISTURE AND LOSES ALL INSULATION VALUE WHEN WET.**

Day trips and research days will typically require us to be outdoors all day. Your daypack should be large enough to carry some extra clothing, field guides, a clipboard, water bottles – 2 quarts, flashlight and lunch. If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. If snow is deep, you will be working hard and building up lots of heat. Layers should then be shed to reduce perspiration so you don't get your insulating layers wet. Wet clothing means quick conduction of heat away from your body - brrrrr.

SEE THE SUGGESTED PACKING LIST FOR ITEMS YOU WILL NEED.

SUGGESTED PACKING LIST

January 2019 Interim Course at Audubon Center of the North Woods **Wolves and Northwoods Carnivores: A Look at Predatory Ecology, Jan. 2 – 20, 2019**

Layering System:

If you are prepared to dress in multiple layers, then you can take off or add layers to adjust your temperature, depending on weather conditions and your level of activity. If snow is deep, you will be working hard and building up lots of heat. Layers should then be shed to reduce perspiration so you don't get your insulating layers wet. Wet clothing means quick conduction of heat away from your body.

Day trips and research days will typically require us to be outdoors all day. At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Your daypack should be large enough to carry some extra clothing, field guides, a clipboard, water bottles – 2 quarts, flashlight and lunch.

Each evening you will have to work towards drying clothes so that they can be used again. (Do not go out and buy a parka just for this course. As long as you can bundle up in lots of layers almost any winter overcoat will do.)

WINTER CLOTHING CONCERNS:

Winter conditions demand far greater concern for proper clothing than any other season. The effect of cold, wind and moisture are most severe at this time, so clothing should be chosen to serve adequately for safety and comfort. Wool is one of the best materials, since it has a high insulation value and retains most of that value even when wet. Silk, polypropylene, fleece, pile, bunting, and a host of other materials are available, with specific uses and abilities, and they should also be considered, especially if layered with some wool.

**COTTON SHOULD BE AVOIDED, BECAUSE IT HOLDS MOISTURE AND
LOSES ALL INSULATION VALUE WHEN WET.**

- see packing list on next page -

(NOTE: You do not need all items to attend - READ CAREFULLY!)

Clothing and Equipment Note:

At any time in the field on a cold day, you might be wearing the following (or an equivalent combination): wool hat, long underwear, turtle neck top, wool sweater, windbreaker or some other windproof layer, long underwear bottoms, wool pants, 2 pair wool socks, insulated boots, ski gloves or wool mittens with leather choppers. In your daypack might be a warmer jacket and/or down vest and/or additional wool sweater. Each evening you will have to work towards drying clothes so that they can be used again. **DO NOT GO AND BUY A PARKA JUST FOR THIS COURSE. AS LONG AS YOU CAN BUNDLE UP IN LOTS OF LAYERS, ALMOST ANY WINTER OVERCOAT WILL DO.** Call if you have questions.

sleeping bag or bedroll and pillow to put on bed in lodge - make sure they are warm!

Wool or fleece hat or balaclava

scarf – wool or fleece is the best

wool or other heavy duty mittens - at least 2 pairs

leather or nylon overmitts - to keep wool ones dry

wool or fleece sweaters – 2

long sleeved wool or polypropylene shirts

wool shirts

wool or polypropylene long underwear - TOPS AND BOTTOMS - 2 sets is recommended

wool socks - at least 4 pairs

liner socks - lightweight wool, polypropylene, or silk*

down, fleece or polarguard vest

winter jacket, parka or shell

gaiters - a must to keep snow out of boots and socks

good winter boots with REMOVABLE WOOL/FELT LINER - THIS IS A MUST HAVE ITEM! SOREL BOOTS are the best - there are many less expensive copies which work well too. These are boots with rubber bottoms and leather uppers.

extra pair of wool/felt liners for boots*

good raingear - jacket and pants - good for wind protection; should be durable in cold - cheap stuff falls apart

handkerchiefs

sunglasses or ski/snow goggles

bathing suit for the sauna and hot tub at Solbakken

wool pants - 2 pairs - one heavy and one light OR one pair of wool and one pair of ski/snow pants. Wool pants are available at Army/Navy surplus stores at very reasonable prices (looks may not be the greatest, but warmth is terrific!)

down or polarguard booties* (optional for lodge use)

LARGE DAYPACK - a must for carrying gear and extra clothing on day trips

camera/film (optional)

pocketknife

small flashlight/bulbs/batteries - headlamp works well – good for late work since it gets dark around 4:30 P.M. in the winter

binoculars (optional)

notebook/pens/pencils (pencils work best in winter conditions)

compass - or orienteering style with 2 degree increments SILVA POLARIS

GPS unit (highly encouraged)

Laptop computer (highly recommended)

Clipboard

2 heavy duty large garbage bags to line your daypack

large freezer ZIPLOC bags to cover notebooks and field guides

quart size steel thermos* - so your water doesn't freeze

2 quart-sized water bottles

cross country skis/boots/poles/waxes - optional – but bring your own if you have them

snowshoes - optional - we have some for you to use

watch or portable alarm clock – important

personal toilet and medical items (lotion, lipbalm, toothpaste/brush, soap, bandaids, moleskin, aspirin, coughdrops, tampons, etc.)

washcloth and towels

ace bandages/braces - if you need to use any. We will be in rugged country, so be prepared for knee/ankle problems if you know these are weak areas

laundry soap

* Optional, yet highly recommended items. Call us for more information if you have any further questions.

Be sure to bring sufficient, comfortable clothing for living in the lodge. Include slippers/moccasins, robe, underwear, pajamas, jeans, etc. The above list is to help you for the outdoor activities.

Syllabus

Course Title: *Wolves and Northwoods Carnivores: Predatory Ecology*

Number of Credits 3 semester credits – recommended by instructor

Semester Offered January Interim, January 2-20, 2019

Instructor's Name Bryan Wood **Contact Phone:** 320-245-2648

Email bwood@audubon-center.org

Catalog Description:

This course covers a broad range of topics related to wildlife. The focus will be the gray wolf, lynx and the white-tailed deer, and other MN predators, but all animals directly or indirectly associated with or affected by these predators or prey may be included. The course is field-oriented and includes opportunities for backcountry travel, wildlife observation and tracking, as well as an introduction to habitats, how wildlife respond to natural and artificial disturbance, and human factors. Additional topics include wildlife research techniques, data acquisition and analysis, as well as management practices.

Learning Outcomes. Upon completion of this course the student will be able to:

1. Describe animal adaptations to a winter environment.
2. Identify and describe various wolf behaviors.
3. Identify and describe wolf field sign.
4. Identify habitat types and individual woody browse plants important to ungulates in the Border lakes region.
5. Describe wildlife research techniques and their application.
6. Demonstrate the ability to use a map and compass for backcountry navigation.
7. Describe and demonstrate safe field techniques.
8. Identify and describe ecological factors related to lynx research.
9. Identify and describe lynx field sign.
10. Describe Minnesota predators and their habitat, prey, and lifestyle.

Student Assessment Methods:

Field Journal

Research Paper

Oral and written quizzes

Discussion of assigned readings

Instructor assessment of student participation and competency

Instructor assessment of practical skill demonstration and competency

Reflection Paper

Final exam

Outline of Major Course Content:

Wolf Ecology

Northern Predator Species

Northern Prey Species

Predator-Prey Relationships
Predator and Endangered Species Issues and Management
Backcountry Navigation
Wildlife Habitats
Wildlife Research Techniques
Winter Field Techniques and Safety

Attendance Policy:

Students must participate in all class activities unless prearranged with class instructor, in which case make-up assignments may be arranged.

Grading Policies and Evaluation Procedures:

Participation	35% of total grade
Journal	30% of total grade
Research Project	15% of total grade
Final Exam	15% of total grade
Reflection Paper	5% of total grade

Final Grade is based upon % of Total Points:

90-100% = A, 80-89% = B, 70-79% = C, 60-69% = D, Below 60% = F

Course Accommodations: If there is any student in this class who has special needs to learning disabilities or other kinds of disabilities, please discuss your special needs with the instructor.

Course Location: The first half of the course will be based out of the Audubon Center of the North Woods (ACNW), and the 2nd half will be split between Ely and the North Shore of Lake Superior.

Academic Integrity Statement: Students are expected to abide by academic integrity standards in this class. Student unethical practices, such as cheating on examinations or misrepresenting authorship on class assignments will not be tolerated.

TRAVEL INFORMATION AND ATTENDANCE VERIFICATION 2019
January Interim Course at Audubon Center of the North Woods Wolves and
Northwoods Carnivores: Predatory Ecology 1/2-1/20/19

Please mail, email or fax this form, along with the balance of your fee to Audubon Center of the North Woods, PO Box 530, Sandstone, MN 55072 - Email; audubon1@audubon-center.org, Fax:320-245-5272 - so that it reaches us by **December 7, 2018**. Thank you.

NAME _____ AGE _____ MALE___ FEMALE___
 HOME ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 COLLEGE ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE NUMBER: COLLEGE or CELL () _____ HOME () _____
 E-MAIL _____

- ☐ I will be receiving college credits from my own school for this session. What kind of credits? _____
- ☐ An evaluation of my experience/performance should be sent to my advisor,
 His/Her name/address is (include address, phone, fax and email) _____

NOTE: PLEASE BRING/SEND A COPY OF YOUR SCHOOL'S EVALUATION FORM if we are to use it.

I will eat ☐ red meat ☐ poultry ☐ fish ☐ vegetables ☐ dairy products

I will need the following equipment from ACNW:

☐ Cross country skis -- I am _____ feet _____ inches tall ☐ Cross country ski poles ☐ Snowshoes

TRAVEL PLANS

Others traveling with me are: _____

ARRIVAL INFO

- ☐ I will be arriving by car and will be at the Center by _____ on Wednesday, January 2nd, 2018.
- ☐ I will be coming by Groome Shuttle and would like to be picked up at the shuttle stop in Sandstone at _____ on Wednesday, January 2nd, 2019.
- ☐ I will need a shuttle (\$35 each way) to ACNW from the airport on Wednesday, January 2nd, 2019.
 My arrival is BEFORE 2 p.m. My flight info is:
 Airline _____ Flight # _____ Arrival Time _____

DEPARTURE INFO

- ☐ I will need a shuttle (\$35 each way) from ACNW to airport on Sunday, January 20th, 2019.
 My flight does NOT depart earlier than 12:00 noon. My flight info is:
 Airline _____ Flight # _____ Arrival Time _____
- ☐ I will need a ride to the Sandstone shuttle stop on Sunday, January 20th, 2019 at _____ (time)



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

J-Term 2019

Adult 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: audubon1@audubon-center.org

Mail or fax completed form
by December 7, 2018

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 _____



Liability Release 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: audubon1@audubon-center.org

Mail or fax completed form
 by December 7, 2018

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