

**RESCUE DYNAMICS**  
**5109 - 17 A Avenue NW**  
**Edmonton, Alberta**  
**T6L 1K5**  
**(780) 461-5040 fax / phone**

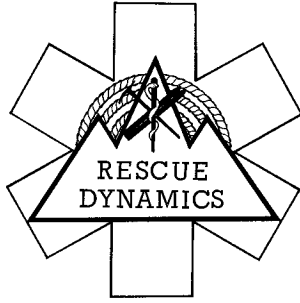
**email: [RescueDynamicsInfo@telusplanet.net](mailto:RescueDynamicsInfo@telusplanet.net)**  
**<http://www.RescueDynamics.ca>**

## **COURSE APPLICATION FORMS, WAIVER AND CHECKLISTS**

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**subject to revision without notice**

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# Rescue Dynamics

5109 - 17A Avenue NW, Edmonton, Alberta, Canada T6L 1K5

phone / fax (780) 461 - 5040

email: RescueDynamicsInfo@telusplanet.net

website: <http://www.RescueDynamics.ca>

## APPLICATION FORM, MEDICAL AND PERSONAL INFORMATION

*Fill out the following as completely as possible.*

NAME \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROVINCE: \_\_\_\_\_ POSTAL CODE: \_\_\_\_\_

PHONE - HOME \_\_\_\_\_ WORK \_\_\_\_\_

FAX \_\_\_\_\_ CELL \_\_\_\_\_

Will you have your cell phone with you during the course in case of emergency?  YES /  NO

EMAIL: \_\_\_\_\_

Do you wish to receive email correspondence regarding this course or other courses?  YES /  NO

COURSE YOU WISH TO ATTEND: \_\_\_\_\_

COURSE DATE: \_\_\_\_\_

EMERGENCY CONTACT - NAME: \_\_\_\_\_

PHONE - HOME \_\_\_\_\_ WORK \_\_\_\_\_

AGE:  <19 (specify:\_\_\_\_)  19 - 25  25 - 35  35 - 45  45 - 55  55 - 65  65 - 75  >75

I have enclosed full course payment or required deposit. Amount enclosed \_\_\_\_\_

I have read, understood, and agree to, the Booking and Cancellation Policies and Procedures.

Applicant's Signature \_\_\_\_\_ Date \_\_\_\_\_

I require the following equipment (provided at no additional cost):

- |                         |                             |   |
|-------------------------|-----------------------------|---|
| large day pack          | <input type="checkbox"/> no | <input type="checkbox"/> yes  |
| helmet                  | <input type="checkbox"/> no | <input type="checkbox"/> yes  |
| harness                 | <input type="checkbox"/> no | <input type="checkbox"/> yes - waist size in inches _____           |
| carabiners (2 locking)  | <input type="checkbox"/> no | <input type="checkbox"/> yes  |
| prusik slings           | <input type="checkbox"/> no | <input type="checkbox"/> yes  |
| rescue pulley           | <input type="checkbox"/> no | <input type="checkbox"/> yes - for activities with glacier travel   |
| crampons                | <input type="checkbox"/> no | <input type="checkbox"/> yes - snow or ice courses only             |
| ice axe                 | <input type="checkbox"/> no | <input type="checkbox"/> yes - snow, ice or glacier courses only    |
| technical ice tools (2) | <input type="checkbox"/> no | <input type="checkbox"/> yes - winter ice climbing courses only     |
| avalanche beacon        | <input type="checkbox"/> no | <input type="checkbox"/> yes - avalanche & ski touring courses only |
| lightweight shovel      | <input type="checkbox"/> no | <input type="checkbox"/> yes - avalanche & ski touring courses only |
| avalanche probe         | <input type="checkbox"/> no | <input type="checkbox"/> yes - avalanche & ski touring courses only |

## Rescue Dynamics –Background Information - Page 2

**PREVIOUS BACKGROUND :** Describe the skill areas in which you are the strongest and the skill areas in which you are the weakest. This allows the activities to be tailored to your abilities. Do not be afraid to state that you have no previous experience. For courses with prerequisites, list qualifying courses taken and date.

- **For climbing, avalanche & ski touring courses**, provide a brief synopsis of your climbing or ski touring experience and courses taken. List significant ascents, training or other relevant activities and year completed. List first aid and rescue training or experience if any.
- **For rescue & first aid courses**, please provide a brief synopsis of your training or other relevant activities and year completed. Particularly list first aid and rescue courses or experience if any.

**THE RESCUE DYNAMICS / BASIC CLIMBING EQUIPMENT CHECKLIST**  
prepared by **CYRIL SHOKOPLES © 1986**

**ESSENTIAL ITEMS**

- |   |   |
|---|---|
| <input type="checkbox"/> Bag Lunch for each day                           | <input type="checkbox"/> Leather gloves                       |
| <input type="checkbox"/> Rain gear (pants, jacket)                        | <input type="checkbox"/> Toilet paper (small personal supply) |
| <input type="checkbox"/> Boots or rock climbing shoes, as appropriate     | <input type="checkbox"/> Moleskin for Blisters                |
| <input type="checkbox"/> Sunglasses or Glacier Goggles                    | <input type="checkbox"/> Water bottle / thermos               |
| <input type="checkbox"/> Lipsalve / Sunblock (SPF 15 or better)           | <input type="checkbox"/> Sunscreen cream (SPF 15 or better)   |
| <input type="checkbox"/> Toque or balaclava or stocking cap               | <input type="checkbox"/> Warm jacket or sweaters              |
| <input type="checkbox"/> Sun Hat  | <input type="checkbox"/> Day Pack                             |
| <input type="checkbox"/> Gaiters - for courses involving snow or ice only | <input type="checkbox"/>                                      |

All of the above to be packed in your Day pack. Your day pack should still have room for some group climbing equipment.

**CLOTHING**

- |   |   |
|---|---|
| <input type="checkbox"/> Climbing pants   | <input type="checkbox"/> Long sleeve shirts     |
| <input type="checkbox"/> T-shirts, long johns                                     | <input type="checkbox"/> Wind pants or warm-ups |
| <input type="checkbox"/> Socks & underwear  | <input type="checkbox"/> Gloves or Mittens      |
| <input type="checkbox"/> Anorak / outer jacket                                    | <input type="checkbox"/> Handkerchief           |
| <input type="checkbox"/> Snowseal / boot waterproofing                            | <input type="checkbox"/> Spare laces            |
| <input type="checkbox"/> Extra change of clothing left in the car for your return |   |

**CAMPING EQUIPMENT (for those who will be camping on their own)**

- |  |   |
|--|---|
| <input type="checkbox"/> Sleeping Bag, pillow  | <input type="checkbox"/> Foamie / ensolite / thermarest |
| <input type="checkbox"/> Tent, Fly & poles     | <input type="checkbox"/> Ground sheet                   |
| <input type="checkbox"/> Food                  | <input type="checkbox"/> can opener                     |
| <input type="checkbox"/> Cup & bowl            | <input type="checkbox"/> Eating utensils                |
| <input type="checkbox"/> Pots / pans & holder  | <input type="checkbox"/> Stove & Gas                    |
| <input type="checkbox"/> Matches &/ Lighter    | <input type="checkbox"/> Candles                        |
| <input type="checkbox"/> Flashlight / headlamp | <input type="checkbox"/> Spare batteries & bulb         |
| <input type="checkbox"/> Pocket knife          | <input type="checkbox"/> Garbage bags                   |
| <input type="checkbox"/> Comfortable shoes     | <input type="checkbox"/> Saw or axe                     |
| <input type="checkbox"/> Fire starter          | <input type="checkbox"/> Sponge or J-cloth              |

**PERSONAL ITEMS**

- |   |  |
|---|--|
| <input type="checkbox"/> Money                          | <input type="checkbox"/> Personal identification |
| <input type="checkbox"/> Insect repellent               | <input type="checkbox"/> Personal medications    |
| <input type="checkbox"/> Personal First Aid Kit (small) | <input type="checkbox"/> Toothbrush, paste       |
| <input type="checkbox"/> Soap, towel, brush             | <input type="checkbox"/> Shaving kit, comb       |
| <input type="checkbox"/> Swimsuit / shorts              | <input type="checkbox"/> Camera & Film           |
| <input type="checkbox"/> Reading material               | <input type="checkbox"/> Writing material        |

**CLIMBING EQUIPMENT (Optional - all technical gear except rock shoes & mountaineering boots provided)**

- |   |   |
|---|---|
| <input type="checkbox"/> Helmet                       | <input type="checkbox"/> Climbing rope            |
| <input type="checkbox"/> Harness                      | <input type="checkbox"/> Rescue pulley            |
| <input type="checkbox"/> Carabiners                   | <input type="checkbox"/> Pitons & hammer          |
| <input type="checkbox"/> Prusik slings (two 7mm X 5m) | <input type="checkbox"/> Chocks, nuts, cams, etc. |
| <input type="checkbox"/> Slings for anchors & runners | <input type="checkbox"/> Rappel device            |
| <input type="checkbox"/> Belay device                 | <input type="checkbox"/>                          |

For snow & ice and alpine climbs or courses add the following

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Ice Axe    | <input type="checkbox"/> Crampons     |
| <input type="checkbox"/> Ice screws | <input type="checkbox"/> Snow anchors |

**THE RESCUE DYNAMICS / BASIC WINTER EQUIPMENT CHECKLIST**  
prepared by CYRIL SHOKOPLES © 1993, 1999

**Essential Personal Equipment**

- |  |  |
|--|--|
| <input type="checkbox"/> LARGE day pack              | <input type="checkbox"/> Sunglasses or Glacier Goggles               |
| <input type="checkbox"/> Sunblock / sun screen       | <input type="checkbox"/> Lipsalve (ie. Chapstick, Blistex)           |
| <input type="checkbox"/> Garbage bag                 | <input type="checkbox"/> Toilet paper (small supply for field trips) |
| <input type="checkbox"/> Camera & film               | <input type="checkbox"/> Pocket knife                                |
| <input type="checkbox"/> Writing material / note pad | <input type="checkbox"/> Pencil                                      |
| <input type="checkbox"/> Flashlight / headlamp       | <input type="checkbox"/> Blister kit (moleskin or similar material)  |
| <input type="checkbox"/> Water bottle                | <input type="checkbox"/> spare clothing (see list below)             |

All of the above to be packed in your day pack. Your day pack should still have room for some group climbing equipment.

- |  |  |
|--|--|
| <input type="checkbox"/> Personal toiletries       | <input type="checkbox"/> Alarm clock         |
| <input type="checkbox"/> Sleeping bag (for hostel) | <input type="checkbox"/> Pillow (for hostel) |

**Clothing for COLD Weather - Dress in Layers**

- |  |  |
|--|--|
| <input type="checkbox"/> Ski gloves                                  | <input type="checkbox"/> Spare warm mittens                        |
| <input type="checkbox"/> Nylon or waterproof overmitts               | <input type="checkbox"/> Wool Socks (multiple pairs)               |
| <input type="checkbox"/> Toque / balaclava                           | <input type="checkbox"/> Scarf or neck tube                        |
| <input type="checkbox"/> Windproof outer garment (Goretex, Thintech) | <input type="checkbox"/> Down or pile jacket                       |
| <input type="checkbox"/> Knickers or wool pants or ski suit          | <input type="checkbox"/> Long sleeve shirt (wool, pile or similar) |
| <input type="checkbox"/> T-shirt (preferably not cotton)             | <input type="checkbox"/> Light weight turtleneck                   |
| <input type="checkbox"/> Sweater                                     | <input type="checkbox"/> Wool or synthetic long underwear          |
| <input type="checkbox"/> Wind pants or ski warm-up pants             | <input type="checkbox"/> Spare laces                               |
| <input type="checkbox"/> Long gaiters                                | <input type="checkbox"/> Sun hat                                   |
| <input type="checkbox"/> Change of clothing for evenings             |  |

**Essential Ski Equipment (for avalanche & ski touring courses only)**

- |  |  |
|--|--|
| <input type="checkbox"/> Metal edged Skis & Bindings       | <input type="checkbox"/> Ski touring boots |
| <input type="checkbox"/> Ski poles                         | <input type="checkbox"/> Skins for skis    |
| <input type="checkbox"/> X-C ski wax (green, blue, purple) | <input type="checkbox"/> Scraper & cork    |

**Optional personal equipment (for avalanche & ski touring courses only)**

- |  |  |
|--|--|
| <input type="checkbox"/> X-C ski overboots                               | <input type="checkbox"/> Compass (with clinometer is best) |
| <input type="checkbox"/> Altimeter                                       | <input type="checkbox"/> Whistle & Mirror                  |
| <input type="checkbox"/> Matches / Lighter                               | <input type="checkbox"/> Candle                            |
| <input type="checkbox"/> Snow shovel - lightweight (provided on courses) | <input type="checkbox"/> Metal thermos                     |
| <input type="checkbox"/> Avalanche Beacon (provided on courses)          | <input type="checkbox"/> Map of area                       |
| <input type="checkbox"/> Avalanche probe (provided on courses)           | <input type="checkbox"/> Emergency toboggan (instructor)   |
| <input type="checkbox"/> Spare collapsible ski pole (instructor)         | <input type="checkbox"/> Bivouac sac (instructor)          |

**Optional Repair Kit (for avalanche & ski touring courses only)**

- |  |  |
|--|--|
| <input type="checkbox"/> Spare cable                       | <input type="checkbox"/> Spare basket                        |
| <input type="checkbox"/> Spare bale for X-C bindings       | <input type="checkbox"/> Spare binding parts                 |
| <input type="checkbox"/> Spare binding screws, nuts, bolts | <input type="checkbox"/> Needles & thread or sewing awl      |
| <input type="checkbox"/> Pliers or vice grips              | <input type="checkbox"/> Screwdriver & bits                  |
| <input type="checkbox"/> Adjustable wrench                 | <input type="checkbox"/> Spare ski tip                       |
| <input type="checkbox"/> Nylon cord (20' or 6m)            | <input type="checkbox"/> Hose clamps                         |
| <input type="checkbox"/> Snare wire                        | <input type="checkbox"/> Fiberglass tape or duct tape        |
| <input type="checkbox"/> Epoxy                             | <input type="checkbox"/> Spare bulb / batteries for headlamp |

**Optional Climbing Equipment - (not required on avalanche courses)**

- |   |  |
|---|--|
| <input type="checkbox"/> Helmet (provided on courses)       | <input type="checkbox"/> Harness (provided on courses)       |
| <input type="checkbox"/> Carabiners (provided on courses)   | <input type="checkbox"/> Prusik slings (two 7mm X 5m)        |
| <input type="checkbox"/> Slings for anchors & runners       | <input type="checkbox"/> Rappel device (provided on courses) |
| <input type="checkbox"/> Belay device (provided on courses) | <input type="checkbox"/> Rescue pulley (provided on courses) |
| <input type="checkbox"/> Ice Axe (provided on courses)      | <input type="checkbox"/> Ice hammer (provided on courses)    |
| <input type="checkbox"/> Crampons (provided on courses)     | <input type="checkbox"/> Ice screws (provided on courses)    |

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT**  
(hereinafter the "Release Agreement")

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN  
LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR  
TO CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

***PLEASE READ CAREFULLY!***

SIGNATURE OF CLIENT/STUDENT

<b>Name</b>	Last	First	Initial
<b>Address</b>	Street		
	City	Prov/State	Country Code
<b>Email Address</b>			
<b>Date of Birth</b>	Year	Month	Day Age
	Home	Office	Mobile
<b>Telephone</b>			
<b>Trip Date</b>	Year	Month	Day

**TO:** \_\_\_\_\_; \_\_\_\_\_;  
**ASSOCIATION OF CANADIAN MOUNTAIN GUIDES; HER MAJESTY THE QUEEN IN RIGHT OF CANADA;** and their directors, officers, employees, guides, agents, independent contractors, subcontractors, representatives, successors and assigns (all of whom are hereinafter collectively referred to as "**the Releasees**")

**WILDERNESS ACTIVITIES**

In this Release Agreement, the term "**wilderness activities**" shall include but is not limited to: alpine skiing, nordic skiing, telemark skiing, snowboarding, hiking, touring, mountaineering, rock climbing, ice climbing, expeditions, trekking, glacier travel, and all activities, services and use of facilities either provided by or by the Releasees including orientation and instructional sessions or classes, transportation, accommodation, food and beverage, and water supply, and all travel by or movement around helicopters, other aircraft, snowcats, snowmobiles or other vehicles and camping or overnight stays in the outdoors.

In this Release Agreement, the term "**Negligence**" includes the failure by the Releasees to use such care as a reasonably prudent and careful mountain guide/instructor would use under similar circumstances, or breach of any other duty of care imposed by law.

**I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH WILDERNESS ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.**

**NOTICE TO SNOWBOARDERS AND TELEMAR SKIERS - INCREASED RISK**

Unlike alpine ski boot/binding systems, snowboard, and some telemark boot/binding systems are not designed or intended to release and will not release under normal circumstances, thus increasing the risk of not surviving an avalanche.

**NON-SCHEDULED OR EMERGENCY EVACUATION, RESCUE OR FIRST AID**

I acknowledge and agree that all expenses associated with non-scheduled or emergency evacuation, rescue or first aid will be my responsibility and will not be covered by the Releasees.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,  
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT  
(hereinafter the "Release Agreement")**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE  
RIGHT TO SUE OR TO CLAIM COMPENSATION FOLLOWING AN ACCIDENT**

**PLEASE READ CAREFULLY!**

SIGNATURE OF CLIENT/STUDENT

**ASSUMPTION OF RISKS – AVALANCHES, ALPINE TERRAIN, WILDERNESS TRAVEL, WEATHER**

I am aware that participation in wilderness activities involves many risks, dangers and hazards. Avalanches occur frequently in the terrain used for wilderness activities and may be caused by natural forces or by persons travelling through the terrain. I am aware that the Releasees may fail to predict whether the terrain is safe or whether an avalanche may occur. The terrain used for wilderness activities is uncontrolled, unmarked, not inspected, and involves many risks, dangers and hazards in addition to that of avalanche. These may include, but are not limited to: cornices; crevasses; cliffs; trees, tree wells; tree stumps; forest dead fall; creeks; rocks; rockfall; boulders; holes and depressions on or below the snow surface; variable and difficult snow conditions; effects of high altitude including pulmonary edema and cerebral edema; equipment failure; encounters with dangerous or poisonous flora and fauna; impact or collision with other persons; becoming lost or separated from one's party or guide; negligence of other persons; and **NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING THE FAILURE BY THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES.** Communication in the alpine terrain may be difficult, and in the event of an accident or illness, rescue, medical treatment and evacuation may not be available or may be delayed. Alpine weather conditions may be extreme and can change rapidly and without warning. Disease may arise from the increased difficulty in maintaining personal hygiene.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

In consideration of the Releasees allowing me to participate in wilderness activities as defined in this Release Agreement, and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

**1. TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against the Releasees and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer as a result of my participation in wilderness activities, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER ANY APPLICABLE OCCUPIER'S LIABILITY LEGISLATION ON THE PART OF THE RELEASEES, AND FURTHER INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF WILDERNESS ACTIVITIES REFERRED TO ABOVE;**

- 2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any property damage or personal injury to any third party resulting from my participation in wilderness activities;
- 3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- 4. This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the province where the wilderness activities take place and no other jurisdiction; and
- 5. Any litigation involving the parties to this Release Agreement shall be brought solely within the province where the wilderness activities take place and shall be within the exclusive jurisdiction of the Courts of that province.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of wilderness activities, other than what is set forth in this Release Agreement.

**I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.**

Witness Signature
Please Print Name

Signature of client/student
Date
Signature of Parent or Guardian if under age 19

## MEDICAL INFORMATION FORM

<b>Name</b>	<small>Last</small>	<small>First</small>	<small>Initial</small>
<b>Date of Birth</b>	<small>Year</small>	<small>Month</small>	<small>Day</small> <small>Age</small>

### EMERGENCY CONTACT

<b>NAME</b>		<small>Relationship</small>
<b>TELEPHONE</b>	<small>HOME</small>	<small>Office</small> <small>Mobile</small>

### MEDICAL INFORMATION

<b>ALLERGIES</b>	
<b>MEDICATIONS</b>	
<b>MEDICAL CONDITIONS</b>	
<b>FAMILY DOCTOR</b>	<small>Phone</small>
<b>MEDICAL INSURANCE NUMBER AND CARRIER</b>	
<b>IS THERE ANY OTHER HEALTH OR MEDICAL INFORMATION YOU WANT US TO KNOW ABOUT</b>	