



Welcome to Mount Rainier Institute!

Your child is about to embark on an exciting learning adventure that they will never forget. The staff here at Mount Rainier Institute is eagerly awaiting their arrival and will do everything possible to make this a positive experience.

Mount Rainier Institute is an outdoor school operated by the University of Washington. Students will be engaged with hands-on science, team building, group games, investigating old growth forests, and exploring Mount Rainier National Park. This trip is a fantastic experience that is not only a lot of fun, but it is an educational adventure. For more information check out their website at <http://www.rainierinstitute.org>.

Our curriculum helps teachers meet state curriculum standards while incorporating traditional outdoor learning activities including campfire songs, games, night hikes, and much more. At the Mount Rainier Institute, we strive for excellence and create an opportunity for your child to explore their world by learning, appreciating, and understanding the Mount Rainier region.

To immerse your student in the program, we ask that students not use phones while at MRI. If there is an emergency and you need to reach your child, please use the phone number and address below. If you have any additional questions or concerns, please contact your school staff. If they are unable to address your concerns, feel free to contact the Mount Rainier Institute.

Mount Rainier Institute Address and Phone Number

9010 453rd St. East
Eatonville, WA 98328
253-692-4161

Sincerely,

A handwritten signature in black ink that reads "John Hayes".

John Hayes
Director

Center Overview

In partnership with Mount Rainier National Park, University of Washington created the Mount Rainier Institute. Located at University of Washington's Pack Forest, Mount Rainier Institute is an overnight environmental learning center that uses the natural and cultural resources of Mount Rainier National Park and Pack Forest. Our mission is to provide outstanding nature-based education experiences that are rooted in science and nurture the next generation of environmental stewards and leaders.

Mount Rainier Institute provides schools in our region with in-depth, multi-day programs focusing on science/STEM education. Mount Rainier Institute helps connect students and teachers to Mount Rainier National park, and uses the park and Pack Forest as its "classroom." We partner with schools to provide experiences that enhance curriculum, enrich science, and build community.

Students from all backgrounds have an opportunity to develop their relationship with the environment at Mount Rainier Institute. Creating a multicultural, scientifically and ecologically literate citizenry that cares about the environment, National Parks and other public lands is essential to an environmentally sustainable future. Programs that foster an appreciation for science and nature, build confidence in being outdoors, connect students to National Parks, and introduce students to potential career paths in the environmental and conservation professions are crucial to this vision.

We believe in...

- **Education**
All those involved with Mount Rainier Institute grow and develop knowledge and understanding of science and the environment.
- **Place**
We strive to express the value of the Mount Rainier region.
- **Inspiration**
We believe it is essential to educate and to inspire an appreciation for the joy and beauty of nature, and to become active stewards.
- **Community**
It is essential to foster a sense of community amongst students, staff, and our partners. Meaningful collaboration with one another will to create a positive learning environment.

Student Expectations

These guidelines are meant to make it easier for all of us to live together and create an atmosphere where everyone feels safe and free to learn. To ensure that this happens, we have one rule- RESPECT:

Let's RESPECT yourself and others and keep this a safe place where no one gets injured.

- Follow all COVID rules and restrictions. These restrictions will be outlined prior to your arrival.
- Do not climb on trees, beams, and other high structures.
- Turn in all medication to your teachers.
- Use fire safety equipment only in real emergencies and do not play with or touch the sprinkler heads.
- Wear shoes at all times while outdoors.
- Do not run indoors.
- Do not use "put downs" or inappropriate words, or tease others.
- Respect other people's belongings and materials.
- Do not fight or hit anyone.
- Stay in your cabin.
- Only enter another cabin if you are invited and an adult is present.

Let's RESPECT this beautiful natural area.

- Stay on the established trails.
- Do not pick any plants unless authorized by an instructor.
- Return all animals we are studying to their proper homes.
- Respect all living things.

Let's RESPECT the buildings and keep them looking great for other students.

- Do not write or carve on walls, beds or dressers.
- Pick up your trash and put it in the proper container.
- Do not bounce on beds.
- Leave all food and snacks at home. You may attract unwanted visitors to the cabins, like mice and ants.
- Help us to keep the cabins neat and clean by doing your morning.

Let's RESPECT our teachers, chaperones, and instructors and make this a fun and exciting learning experience.

- Follow all program schedules and be on time.
- Stay within the campus boundaries unless you are led by an adult.
- Be good listeners to your instructors and do what they ask of you.
- If you did bring something you should not have, give it to your teacher right away.
- Remember that you must be with an adult at all times.
- Always bring your PMA (Positive Mental Attitude)

Those students who do not follow the rules are sent home. It will be the parent/guardian's responsibility to arrange and provide transport for their student.

Student Packing List

It is important to remember that you will be outdoors as much as possible during your stay at the center, so it is necessary that you come prepared. If you do not have some of the items **don't think that you need to buy them**; you should substitute, improvise, or talk to your teacher.

Prepare for the weather; it can be warm, cold, windy, rainy, sunny, or snowy in the Mount Rainier region.

Remember that you will be carrying your luggage, so do not bring more items than you can carry. We suggest you pack your backpack and luggage as follows:

BACKPACK

- 1 or 2 1-liter water bottles
- Rain coat and pants
- Sunscreen
- Sack lunch for the first day**
- COVID Masks**

- Winter coat if appropriate
- Lip protectant (ChapStick) *Optional*

OTHER

- Bag for dirty clothes
- Plastic bag for wet shoes

OPTIONAL ITEMS

- Binoculars
- Camera
- Flashlight
- Reading books

LUGGAGE/DUFFLE BAG

BEDDING AND HYGIENE

- Pillow
- Sleeping bag or blankets (windows in cabins may be left partially open to allow for ventilation during COVID. Be sure to have warm bedding).
- 1 Bath towel and washcloth
- Comb or brush
- Soap, toothbrush, toothpaste
- Shower shoes *Optional*
- Bug spray *Optional*

CLOTHING

- 5 - 6 Pairs of underwear
- 5 - 6 Pairs of socks
- 3 - 4 Shirts, at least one long-sleeved
- 2 Extra sweaters or sweatshirts
- 3 Pairs of long pants
- 2 Pairs of shorts (if appropriate for the season)
- Pajamas
- 1 Hat (appropriate for the season)
- Warm gloves, scarf, etc. for cooler temperatures

FOOTWEAR

- 1 Pair of shoes/boots that can get muddy (Waterproof is preferred)
- Extra shoes

Students should not bring

- snacks, food, drinks, gum, or candy
- Cell phones (unless approved by school), any other electrical devices (electronic games, hair dryers, etc.)
- knives or weapons of any kind

NOTE ABOUT FOOTWEAR: We will be hiking each day at Mount Rainier Institute. Please bring sturdy tennis shoes or boots that can get wet or muddy. These shoes should have been previously broken in by the wearer and have decent foot and ankle support. This will help us greatly in avoiding blisters. If you are coming to MRI in the spring, you will likely be snowshoeing. Waterproof boots or sturdy waterproof shoes are best for this.

MOUNT RAINIER INSTITUTE-UNIVERSITY OF WASHINGTON

ACKNOWLEDGMENT OF RISK AND CONSENT FOR TREATMENT FOR MINORS PARTICIPATING IN MOUNT RAINIER INSTITUTE

This form must be typed or completed in **ink** for all participants attending the Mount Rainier Institute programs. For questions contact the Mount Rainier Institute Director* 253-692-4161*jhayes90@uw.edu

Participant's Name: _____ Program Date(s): _____

Age: _____ Grade: _____ Date of Birth: _____ Gender: _____

Name of School (if applicable): _____ Teacher or Group Contact's Name: _____

Name of Parent(s)/Guardian (s): _____

Address: _____ City: _____ State: _____ Zip: _____

Evening Phone () _____ Cell Phone () _____ Email: _____

Emergency Contact (if neither parent/guardian is available)

Name: _____ Relationship to Minor: _____

Evening Phone () _____ Cell Phone () _____ Email: _____

Relevant Health History To ensure that your child has the most positive experience possible, please answer the medical questions listed below-Attach additional sheets as necessary

Allergies: Insect stings, medications, hay fever, other. Please list severity of allergy and treatment, (i.e. ice, prescription, over-the-counter medications).

Medications: Please list any medications and dosage schedule that will be taken while at Mount Rainier Institute:

Participant's Name: _____ Name of School: _____

Does your child have any dietary restrictions? (Allergies, intolerances, diabetes, religious, vegetarian, or other dietary restrictions/requirements).

NO, I do not have dietary restrictions

Yes, I have dietary restrictions

IF YOU ANSWERED YES, PLEASE COMPLETE THE DIETARY RESTRICTIONS FORM IN ADDITION TO THIS FORM.

Other Health Concerns: Please include sleepwalking, nighttime use of restroom, diagnosed behavioral or learning disabilities, etc.

Mount Rainier Institute Students are actively engaged in outdoor activities at the University of Washington's Pack Forest and Mount Rainier National Park. Activities vary from program to program and may include but are not limited to participation in outdoor games of physical in nature; hiking on trails and rough terrain; snowshoeing; stewardship projects (for example plant removal and trail maintenance); research projects; camping in tents; stays in cabins or other lodging facilities; and campfires. The activities involve the use of a variety of educational and science measurement tools. Some programs involve travel in approved buses chartered by the University of Washington. Risks inherent in these activities include bodily injury or illness due to exposure to infectious diseases, including COVID-19; environmental risks and hazards; insect stings and bites; exposure to allergens including food allergens; and unpredictable forces of nature, including rapidly changing weather conditions.

ACKNOWLEDGMENT OF RISK AND CONSENT FOR TREATMENT

I acknowledge that there are certain risks inherent in this program, including but not limited to those indicated above. I acknowledge that not all risks can be prevented and I assume those risks beyond the control of the University staff. I represent that my minor child is able, with or without accommodation, to participate in this program, is able to use the equipment and/or supplies described above, and has obtained any required immunizations.

Should my minor child require emergency medical treatment as a result of accident or illness arising during the activity, I consent to such treatment. I acknowledge that the University of Washington does not provide health and accident insurance and I agree to be financially responsible for any medical bills incurred as a result of emergency medical treatment. I will notify the activity leader in writing if my minor child has medical conditions about which emergency medical personnel should be informed.

Signature of Parent/Guardian (print and sign)

Date

Print Name

Relationship to Child

Participant's Name: _____ Name of School: _____

PRIVACY CONSENT FORM FOR MINORS-UNIVERSITY OF WASHINGTON-MOUNT RAINIER INSTITUTE

The University of Washington ("UW"), an agency of the State of Washington, is home to over 200 programs and events that primarily serve youth ("UW Youth Programs"). As described in the Privacy Notice for UW Youth Programs that you received (available at <https://www.washington.edu/privacy/notices/youth/>), certain uses of personal data require your consent.

Communications about other UW Youth Programs with Parents, Guardians, or Participants who are 18+

Mount Rainier Institute would like to use your **registration and contact information** (such as name, address, phone number, email address, parent or guardian's relationship to a participant who is under 18 years of age, program in which participant is involved, etc.) to send communications about other UW Youth Programs that may be of interest to you.

You may withdraw your consent at any time by using the unsubscribe link at the bottom of emails, etc. If you withdraw your consent, we will not send any communications in the future. Withdrawn consent cannot apply to past communications.

Yes, I give my consent **NO, I do not give my consent**

Sharing, Featuring, and/or Publishing Photographs, Audio Recordings, Video Recordings, and/or Content Created in a UW Youth Program

Mount Rainier Institute would like to use **photographs, video recordings, audio recordings, and/or content created in our program** that identify or can identify the participant. photographs, video recordings, audio recordings, and/or content created in our program will be captured and/or created during the program.

The personal data described above may be

- shared with funders, in requested and optional reporting to demonstrate the impact of the program.
- published in Mount Rainier Institute print materials, to promote MRI education programs. The materials will be public. Once published, personal data contained in the publication may remain public indefinitely.
- featured on the Mount Rainier Institute's website and social media platforms (Facebook, Instagram) to promote the program, recognizing outstanding work, and raising the awareness of outdoor education. The website and social media platforms are public. Once featured, personal data visible on the website and social media platforms may remain public indefinitely.

By checking the box below, you grant permission for the UW to create recordings of the image, likeness, and/or voice of the participant ("Recordings") in connection with the participant's involvement in Mount Rainier Institute. You agree the Recordings may take the form of photographs, films, video and audiotapes, CD-ROMs, DVDs, digital files, and/or any other media now known or later developed. UW may use the Recordings at UW's discretion. You understand that UW's use of the Recordings may include, but not be limited to, the activities described above. You understand that neither you nor the participant will be paid for any uses made of the Recordings pursuant to this grant of permission. You waive the right to inspect or approve of the uses of any printed or electronic copy.

You acknowledge that UW exclusively owns all rights to the Recordings, including but not limited to, any copyright or trademark rights associated with the Recordings. To the extent the Recordings include any content created by the participant as part of the Mount Rainier Institute such as drawings, writings, projects, artwork, and other works or creations ("Content"), you, on behalf of the participant, hereby grant UW a non-exclusive, perpetual, worldwide, royalty-free, and unlimited license to use, reproduce, distribute, display, and perform, any Content. UW is also granted a non-exclusive, perpetual, worldwide, royalty-free, and unlimited license to create derivative works in any media, now known or later developed, from any Content, and any clips or portions thereof. UW shall own such derivative works; however, in any instance where UW is deemed not to own such derivative work, you, on behalf of the participant, hereby grants UW a license to the derivative works on terms identical to its license granted above.

You, on behalf of yourself and the participant, hereby waive all rights and release UW from, and shall neither sue nor bring any proceeding against any such parties for, any claim or cause of action, whether now known or unknown, for defamation, invasion of the right to privacy, publicity or personality or any similar matter, or based upon or relating to the use and exploitation of the Recordings.

You may withdraw your consent at any time by emailing jhayes90@uw.edu. If you withdraw your consent, we will not engage in the activities described above in the future. A withdrawn consent will not apply to past personal data processing.

Yes, I give my consent **NO, I do not give my consent**

By signing below, I confirm that:

- I have read and understood the Privacy Notice for UW Youth Programs available at <https://www.washington.edu/privacy/notices/youth/>;
- I understand that I am not required to give my consent; and
- I agree to the processing described above for which I marked "Yes, I give my consent"

Signature of Parent/Guardian (print and sign)

Date

Print Name

Relationship to Child

Mount Rainier Institute

Participant Dietary Restrictions



Complete this form ONLY if you as a participant or your child has a dietary restriction.

Please email this form at least **2 weeks prior** to your arrival to Amy Wilson at amye13@uw.edu.

At Mount Rainier Institute, we strive to accommodate dietary restrictions to the greatest extent possible. Please list dietary restrictions on this form. Include any food allergies, reactions to food and the appropriate treatment to be used.

If the restriction is for a medical reason, please be very specific in describing the extent of the restriction. For example, if the participant is allergic to eggs, is it just eggs as a dish (such as scrambled eggs) or does it include casseroles, breads, cakes, etc. that include eggs in the recipe? If the participant takes medication for the food allergy, can the food be eaten as long as the medication is taken? The more information we have, the better we can meet your needs.

Participant Name: _____ School: _____

Dates of Attendance: _____

Please List any **food allergies**, reaction to food, and appropriate treatment to be used here:

If the participant listed on this form is allergic to nuts please check the appropriate boxes below:

Reaction occurs if nuts are:

This participant **MAY** eat products that:

- Ingested
- Inhaled
- Touched

- Are produced in the same factory as nut products so long as there are no nuts listed in the ingredients list.

If the participant listed on this form is allergic to **lactose** please check the appropriate boxes below:

This participant **MAY** eat lactose products that:

- Are baked into bread, cakes, cookies
- Are on/in pizza

Please indicate if the participant on this form has a **dietary preference** below:

- Vegetarian
- Vegan
- No Pork
- No Red Meat
- Other:

_____ Would you like to be contacted by our Food Service Coordinator? Yes No

If yes, please provide the following:

Name: _____ Phone: _____ Email: _____

If you have concerns about your child's diet, please feel free to discuss the situation with Mount Rainier Institute's food service department at (253) 692-4171 or (253) 692-4170.

Food is ordered a week before your visit to Mount Rainier Institute. In order to accommodate your needs. **WE MUST RECEIVE THIS FORM AT LEAST 2 WEEKS BEFORE YOUR ARRIVAL DATE.**