

NFS, LLC HEALTH AND FITNESS HISTORY

(Please print neatly! If we can't read your writing, you risk being dropped from your course!)

IMPORTANT! I understand that if I experience changes to my medical background between completing this form and the start date of my NFS course, that I will contact the NFS office with these changes so that my medical forms can be updated.

Initial _____

Course / Date _____

Email _____

Name _____

Phone _____

Occupation _____

Birth Date _____

Age _____

Gender _____ Height _____ Weight _____ Current State/Country of Residence _____

Physicians Name and Phone Number _____

In Emergency, Notify _____ Phone _____

Check the appropriate boxes:	Never Had	Have Had	Presently Have	Family History
Heart Disease				
Chest Pain w/Exertion				
Difficulty Breathing				
High Blood Pressure				
Low Blood Pressure				
Pulmonary Lung Disease				
Diabetes				
Epilepsy				
Thyroid Disease				
Hypoglycemia				
Asthma				
Arthritis				
Persistent Headaches				
Dizzy Spells				
Bursitis				
Varicose Veins				
Obesity				
Allergies				
Bulimia				

Anorexia Nervosa				
Other:				

List any serious muscle injuries you have had (include dates):

List any bone or joint injuries you have had (include dates):

List any muscle, bone, or joint pain you are presently experiencing:

Specify any medications you are presently taking, (this includes “Natural Remedies and Plants):

Specify any activities you have been advised by a physician to avoid:

Specify any activities about which you must be cautious:

Do you smoke? Yes No If yes, how much?

Are you pregnant or have you had a baby within the last six months? Yes No

Do you have any other health conditions that might limit your participation in this course?

In your estimation, how physically fit are you right now? (Circle best description below)

Unfit Below Average Average

Have you been exercising regularly? Yes No

If no, how long has it been since you did?

If yes, describe your exercise program below:

Activity Frequency

Above Average

Duration

Very Fit

Intensity

Briefly describe why you signed up for this course:

I am aware that the very nature of participation in this activity carries with it an inherent risk of injury and/or death. I understand that the dangers and risks of participating in those activities include, but are in no way limited to, heart attacks, strokes, injury to all bones, joints, ligaments, tendons, muscles and other aspects of the muscular skeletal system, and injury or impairment to other aspects of my body and general health and well being. I understand that prior to any and all physical activity, a physical examination is recommended by a qualified health care provider. I voluntarily assume and accept these risks as stated above and on the "Acknowledgment of Risk" and "Representation of Physical Condition and Medical Consent" forms provided by NFS, LLC. I am aware that this form and the forms listed above are legal documents, and I have answered truthfully in all areas.

Signature/ Date : _____

REPRESENTATION OF PHYSICAL CONDITION AND MEDICAL CONSENT

I attest and verify that I have no physical impairment or defect, whether latent or apparent, that should preclude my participating in this activity. I further attest and verify that I am physically fit, capable of participating in this activity, and have sufficiently trained for completion of this activity.

Your Name (please print) _____ Sign _____

Date: _____

Please identify and describe any conditions, prior injuries, missing body parts, current

Medications, or **ALLERGIES** (to food, drugs, insect bites, plants, animals, etc.) or food aversions which may limit participation or be used to help instructors, guides or other medical personnel respond to an emergency situation. The facts you disclose will remain confidential. If none, write "NONE".

***List any food aversions you have here:

The information I have provided is true to the best of my knowledge. Initial _____

I understand and acknowledge that no medical benefits will be provided me during any activities. I certify that I have sufficient health, accident and liability insurance to cover any bodily injury or property damage I may incur while preparing for, participating in, and traveling to and from activities and to cover bodily injury or property damage that I might cause to any third party. If I have no insurance, I certify that I am capable of personally paying for any and all such expenses or liability. Initial _____

I understand and acknowledge that using alcohol, tobacco, and drugs are prohibited during all NFS, LLC activities. Initial _____

I hereby give my consent to the instructor(s) or guide(s) to secure, as they see fit and at my expense, rescue services and the administration of medical treatment or personal medication(s) in case of an emergency, and do further agree to the performance of such treatment, anesthetics and operations as in the opinion of the attending physician is deemed necessary. Initial _____

IN CASE OF EMERGENCY, CONTACT:

Name _____ Relationship _____

Address _____

Day Phone _____ Night Phone _____

PHOTO RELEASE I give, without cost, to Steven Claytor and NFS, LLC full rights and license to use all photo/video images of me obtained during this activity for marketing/media purposes. Your name, (please print) _____ Signed _____ Date _____

*Please return entire document.

AGREEMENT FOR PARTICIPANTS AND/OR VOLUNTEERS

ACKNOWLEDGMENT OF RISK

(Including assumption of risks and agreements of Release and Indemnity)

Please review this document carefully before signing. It contains important information about the programs of the North Florida Survival, LLC and affects the legal rights of participants in the event of an injury or other loss. All students, volunteers and guests (hereafter "Participants") sixteen

(16) years of age and older must sign this document. If the Participant is a minor – under eighteen (18) years of age – a parent or legal guardian (together “Parent”) of that minor must also sign, for themselves, and on behalf of the minor.

North Florida Survival, LLC is a Florida instructional school which does business under the name "North Florida Survival, LLC". As used in this document, the words "North Florida Survival, LLC" or “NFS, LLC” mean the business and any other entity against which vicarious liability might be asserted, as stated in this document or otherwise, as well as the directors, owners, instructors, guides and other employees and agents of North Florida Survival, LLC, (hereafter “NFS, LLC”).

ACKNOWLEDGMENT OF RISK

Although NFS, LLC has taken certain steps to provide Participants with equipment and instructor(s) so they may enjoy an activity for which they may not be skilled, we wish to remind Participants, field courses are not without risk. The activities of NFS, LLC include risks. Certain of these risks are inherent – that is, they cannot be eliminated without destroying the unique character of the activities. Participant understands that these risks and others may contribute to loss of or damage to their equipment, accidental injury or illness, permanent trauma or death. We do not want to frighten Participants or reduce their enthusiasm for field activities, but we do think it is important for them to know in advance what to expect and to be informed of the inherent risks.

Among these risks are the following:

1. The nature of the activity itself (particular risks of the activity, unknown variables in nature, weather, human nature, survival training, outdoor temperature variations, etc.);
2. The acts or omissions, negligent in any degree, of NFS, LLC it's agents or employees, and other persons or entities;
3. Latent or apparent defects or conditions in any and all equipment, including vehicles and buildings, supplied by NFS, LLC or other persons or entities;
4. Use or operation, by myself or others, of any equipment supplied by NFS, LLC or other persons

or entities;

5. Acts of other participants in this activity, employees and agents of NFS, LLC or other persons;

6. Adverse weather conditions: risk of exposure and injury due to severe weather such as sun, sudden storms, strong winds, snow, sleet, ice, floods, rocks, trees or falling limbs, thunder and lightning, "white outs" resulting in reduced visibility, and/or extreme hot or cold temperatures resulting in heat induced illness or hypothermia and possibly frostbite;

*Please return entire document.

7. Ingestion and/or contact with harmful plants or animals; danger from snakes, other animals, spiders, Mosquitoes, ticks or other wild or domestic animals, danger from poison ivy, poison oak, cactus, Agave and or other plants;

8. Injury from metal, stone or cutting, sawing or chopping tools, injury from any tool use.

9. My own physical and psychological condition, known or unknown, or my own acts or omissions;

10. Condition of roads, trails, waterways or back country terrain in general, and accidents and hazards connected with their use; travel to and from course sites in NFS, LLC vehicles involving driver error or other drivers on the road, the possibility of hitting animals (such as deer, elk, or cattle), especially at night, travel along steep, unimproved roads in remote areas where medical or other assistance can be hours or days away, unfavorable driving conditions such as snow, fog, ice, rain, and the possibility of theft of personal property;

11. First-aid, emergency treatment, or other services rendered in remote locations or otherwise, the risk of exposure to airborne, food borne, and/or water borne viruses, bacteria, parasites, protozoa or other illnesses, the risk of infection of wounds, blisters, and burns;

12. Consumption of any food or drink (store bought fish, native fish, aquatic wildlife such a clams and crayfish, wild game, wild plants, outdoor water sources above or below ground, NFS, LLC supplied food or otherwise);

13. Cooking / fires: risk of stove malfunction, fire, and explosion with any type of stove or fuel, open fires, risk of burns due to hot utensils, hot food, hot water, sparks, exploding heated rocks, and

steam;

14. Cross-country travel and activities: the risk of twisting, spraining, falling and breaking body parts, poorly maintained trails or no trails at all, with downed timber, snow, ice, brush, vines, boulder fields, loose rock, and other uneven, unstable, or unpredictable terrain, exposure to large drop-offs on edge of trail due to cliffs, high mountain passes, getting lost, disoriented, separated from others for unforeseen amounts of time, the risk of head injury on rocks, tree limbs, and other obstacles, loose slopes (such as scree slopes), rock fall, avalanches, falling branches with or without wind, risk of snow shelters collapsing, risk of stream and river crossings, risk of falling in or swimming in lakes or rivers (including drowning). Initials_____

I, adult or minor Participant and Parent of a minor Participant:

Understands and acknowledges that the above list is not complete or exhaustive, and that other risks, known or unknown, identified or unidentified, anticipated or unanticipated, may also result in injury, death, illness or disease, or damage to Participants property or to spectators or third parties. Participant may also engage in other activities, organized or not, and authorized and supervised or not, which may cause injury and other loss. It is fully understood that NFS, LLC cannot and does not guarantee Participants personal safety during this activity. Participation in this activity is purely voluntary, no one is forcing Participant to engage in any activity, and Participant elects to participate in spite of the risks, known or unknown. Initials_____

I certify that I am fully capable of participating in this activity; physically, mentally, and emotionally. Therefore, I assume full responsibility for myself, for bodily injury, death, and loss from personal negligence or otherwise in participating in this activity. I agree to hold NFS, LLC, and all its officers; agents, employees, and guides free from liability in the event I suffer personal/property injury or damage as a result of participating in this activity. Should NFS, LLC or anyone acting on their behalf, be required to incur attorney's fees to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs. Initials_____

I have carefully read, understood, accepted and signed these documents concerning the terms and

conditions stated herein and acknowledge that this agreement shall be effective and binding upon myself, my heirs, assigns, personal representatives, estates, and for all members of my family. I acknowledge that I am not relying on any oral, written, or visual representations or statements made by Steven Claytor and NFS, LLC, including those made in its brochures, phone conversations, books, blogs, Face book sites, web sites, videos, radio, television shows, or any other promotional material, to induce me to participate in this activity. Initials _____

I acknowledge that NFS, LLC staff is and has been available, should I have questions about the nature and physical demands of the NFS, LLC program and courses and the risks associated with them. I understand that NFS, LLC cannot assure a Participant's safety or eliminate the risks of the program, and that each Participant shares in the responsibility for his or her own safety. I represent that I am voluntarily participating, with knowledge of the risks, and can do so without causing harm to others or myself. I assume and accept full responsibility for myself, and for any minor who accompanies me, for the inherent or other risks (both known and unknown) of these courses and for any injury, damage, death, or other loss resulting from those risks. If the Participant is a minor, I have discussed the activities and their risks with him or her, and the minor understands the activities and their risks, including the fact that certain risks cannot be anticipated, and chooses to participate nevertheless. Initials _____

I understand that NFS, LLC will engage the services of independent contractors for certain services. NFS, LLC is not responsible for the acts or omissions of those persons or entities and will not supervise their activities. Independent contractors may ask for releases to be signed by Participants and Parents. NFS, LLC is not a party to those releases, and is seeking protection from in kind claims on its own behalf by means of this Participant Agreement. Initials _____

RELEASE AND INDEMNITY

Except with respect to an injury or loss which occurs on public lands whose rules and regulations may prohibit my doing so as a matter of law, I, an adult Participant, or Parent, for myself and on behalf of the minor Participant, agree as follows:

1. To release and forever discharge NFS, LLC its officers, directors, trustees, employees, agents,

representatives and support personnel either employed by or acting under the direct supervision of NFS, LLC (collectively “Released Parties”) from all claims, liabilities and losses asserted by or on behalf of me or the minor Participant for any and all injury, loss or damage resulting directly or indirectly from my or the minor Participant’s enrollment or participation in an activity of NFS, LLC or the use of its equipment or facilities.

2. To defend, hold harmless and indemnify Released Parties from any claim and from any liability, loss, damages or expenses (including attorneys’ fees) resulting from a claim brought by me, the minor Participant or a member of our respective families or by any other person for loss or damage suffered by me or the minor or caused by me or the minor in any way arising out of my or the minor Participant’s enrollment or participation in an activity of NFS, LLC or the use of its equipment or facilities.

3. These agreements of Release and Indemnity include claims of and liabilities for the negligence of a Released Party but not the intentional wrongs or the gross negligence of a Released Party.

Initials _____

OTHER PROVISIONS

I, an adult Participant, or Parent, agree that Florida State law (without regard to its conflict of law rules) governs this document, and any dispute I or the minor Participant has with NFS, LLC or any other Released Party and all other aspects of my relationship with NFS, LLC, and that any mediation, suit or other proceeding must be filed or entered into only in Marion County, Florida. I will attempt to settle any dispute through mediation before a mutually acceptable Florida mediator. To the extent mediation does not result in a resolution the dispute will be submitted to binding arbitration through the American Arbitration Association, in Florida. I also agree to pay all costs for attorneys’ fees incurred by NFS, LLC or other Released Party in defending a claim or suit, if that claim or suit is withdrawn, or to the extent a court or arbitration determines that such party is not responsible for the injury or loss.

Any portion of this Agreement deemed unlawful or unenforceable by a court of competent Jurisdiction shall not affect the enforceability of the remaining provisions and those remaining Provisions shall continue in full force and effect.

I have carefully read, understood, and accepted the terms and conditions of the NFS, LLC “Cancellations and refunds” policy as stated in the NFS, LLC brochure, web site, and forms.

I have carefully read, understood, and voluntarily signed this Agreement and understand that I am surrendering certain legal rights for myself and for a minor Participant for whom I sign below. I acknowledge that it shall be effective and binding upon me, my participating minor student and our respective family members, heirs, executors, representatives and estates. All Participants sixteen years of age and over, and the parent(s) or legal guardian of any minor Participant (Minors and guardians,) must sign below.

Signature: _____ Date _____

Signature: _____ Date _____

Printed Name(s) _____

**NFS Course(s) _____ Date of Course(s) _____

**In addition to the course(s) listed above, this “Acknowledgment of Risk” agreement will apply to any additional NFS, LLC course(s) I may enroll in within the 2021/2022 calendar year.

Initial _____

Address _____

Phone _____ Email _____

NFS, LLC Course Contraband and Refund Agreement

*******It is important that you closely follow the gear list for all NFS courses as this list was created over decades of back-country use and experience.**

Please do NOT bring cell phones, pagers, walkman’s, iPods or iPads/tablets, GPS, wrist watches, pets, fire making devices or any other gadgets – electronic or otherwise, alcohol, Tobacco, vape pens or vaporizers - into the field. They can be left in your vehicle at our parking area or in the school classroom.

A special note about cameras: Smart phone cameras are not allowed on NFS courses.

Cameras that feature GPS stamping of images are not allowed on NFS courses. (Your camera should say “GPS” somewhere on the camera if it has this feature.) All other

cameras, digital, 35 mm, disposable, etc are welcome on NFS courses.

Rationale: Please remember that you have signed up for an outdoor survival skills course. Having certain modern items in the wilderness erodes the course experience and doesn't allow you and everyone else to fully disengage from concepts and comforts – real or imagined – that tie you to the modern world. Staying alive in an emergency scenario is 90 percent psychology. Thus, how we train is just as important as what we learn. Due to these and other reasons, NFS considers contraband a serious offense. At the instructor's discretion, possessing contraband can get you kicked off a course with no refund. If in doubt about what to pack, stick to the gear list, or contact the school after you are certain your question has not been answered in the enrollment materials.

Refunds: No refunds will be given if you cancel within 30 days prior to your course for ANY REASON. No refunds will be given for increment weather during the course. NFS will also not transfer your payment to another course date. **Courses are non transferable.**

I have carefully read, understood, and agree to the NFS, LLC contraband and refund agreement above. **Course(s): _____

Signed Name: _____

Printed Name: _____

Date(s): _____

**In addition to the course(s) listed above, this Contraband Agreement will apply to any additional NFS, LLC course(s) I may enroll in within the 2021/2022 calendar year.

Initial _____