APPLICATION PACKET

Costa Rica Field Trip:
Environmental Health & Human Health

Summer 2016 Course

Faculty Leader: Dr. Jillian M. Duquaine-Watson
Dear Student,

Thank you for your interest in the 2016 summer course, *Costa Rica Field Trip: Environmental Health and Human Health*. The UTD School of Interdisciplinary Studies is delighted to offer this unique learning opportunity for UTD-Dallas students—including both undergraduate and graduate students—which includes a 9-day study abroad “field trip” to Costa Rica. While traveling, we will engage in hands-on learning, including:

- creating and expanding projects that reduce human impact and promote environmental well-being
- medicinal use of rainforest plants by Indigenous communities in Costa Rica
- participating in a variety of eco-tourism activities as a means of gaining an “insider” perspective on eco-tourism as a central component of Costa Rica’s national environmental agenda and as elements of nature that impact human health and well-being

You can find further information by visiting the course web page at:

http://www.utdallas.edu/is/faculty-staff/jillian-duquaine-watson/costa-rica/

This packet includes documents that will provide you with a better understanding of the course overall:

- general course description
- tentative schedule of contact hours
- information about study abroad scholarships to help finance your participation
- estimated cost documentation

Applications for this course are currently being accepted. In order to provide the best possible experience for students, the number of course participants is limited. If you are interested in participating, please complete and submit the following to me (my office number is HH 2.810) at your earliest convenience:

1. Code of Conduct and Behavioral Expectations (attached)
2. Clothing, Grooming/Hygiene, and Appearance Code (attached)
3. A 2 page essay (double-spaced) explaining why you want to participate in the course, how it fits into your academic or career plans, and the qualities and strengths that would make you a good fit for this type of course

Once you have submitted these completed documents, I will contact you to arrange a time to sit down and further discuss your interest in the course.

Pura Vida!

Dr. Jillian M. Duquaine-Watson
Costa Rica Field Trip: Environmental Health & Human Health
Summer 2016, UT-Dallas

Course Description

Join the UTD School of Interdisciplinary Studies for a unique academic experience as we travel to Costa Rica to engage in hands-on learning as a means of enhancing our understanding of the relationship between environmental health and human health.

Course participants will gain a foundation in Costa Rican history and culture during more traditional academic lectures and discussions that will take place on the UTD campus prior to travel. Then, our team will travel to the rainforests of Costa Rica and, with guidance from local experts, create and expand projects that reduce human impact on the natural environment and, consequently, promote healthy ecosystems. In addition, we will learn about the culture of the Maleku, the least populous of Costa Rica’s Indigenous groups, and receive instruction from the Maleku shaman in the use of rainforest plants for medicinal health purposes. We will also participate in a variety of eco-tourism activities as a means of gaining an “insider” perspective on eco-tourism as a central component of Costa Rica’s national sustainability and conservation agenda, thereby gaining a more nuanced understanding of how these activities incorporate nature as a means of promoting human health and well-being.

The course is open to undergraduate and graduate students from all majors. It is especially suitable for those with an interest in environmental issues (including the biological, social, political, and economic dimensions), Latin American cultures, social change efforts, and international development. Instructor approval is required to enroll in this course.

Prerequisite: Participants are required to complete a 1-credit hour independent study course, “Costa Rica Prep,” during the 2nd 8-week session of the Spring 2016 semester. The “Costa Rica Prep” course is also taught by Dr. Jillian M. Duquaine-Watson. The independent study will provide an “introduction” to Costa Rican culture and provide valuable travel preparation for the summer 2016 course.

Tentative Travel Dates: June 10-18, 2016
Tentative Contact Hours & Schedule of Activities

This course will include the following tentative contact hours and tentative schedule of activities:

<table>
<thead>
<tr>
<th>Date</th>
<th>Day of Week</th>
<th>Time of Day</th>
<th>Contact Hours</th>
<th>Location</th>
<th>Activity</th>
<th>Academic Content</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/26/16</td>
<td>Sat</td>
<td>9 a.m. - 1 p.m.</td>
<td>4</td>
<td>UTD, HH 2.108</td>
<td>ORIENTATION: Informational Session</td>
<td>Discuss UTD protocol and guidelines for Foreign Travel (with staff from Office of International Education); Overview of course; “what to expect” (climate, culture, etc.) and travel preparations. Behavioral expectations and “case studies” “Getting to know you”/team-building exercises</td>
</tr>
<tr>
<td>5/25/16</td>
<td>Wed</td>
<td>6-10 p.m.</td>
<td>4</td>
<td>UTD, HH 2.108</td>
<td>Lecture/discussion: Tico Life and Society</td>
<td>Investigate contemporary Costa Rican culture with particular attention to social institutions and social issues.</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td>What is Service-Learning (part I)?</td>
<td></td>
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<tr>
<td>6/1/16</td>
<td>Wed</td>
<td>6-10 p.m.</td>
<td>4</td>
<td>UTD, HH 2.108</td>
<td>Economics and Eco-Tourism (lecture and discussion)</td>
<td>Discuss concept of service-learning including goals/aims and how differs from traditional learning; Team-building, continued</td>
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<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>What is service-learning (part II)?</td>
<td></td>
</tr>
<tr>
<td>6/8/16</td>
<td>Wed</td>
<td>6-10 p.m.</td>
<td>4</td>
<td>UTD, HH 2.108</td>
<td>What is sustainability?</td>
<td>Examine the economy, specifically from the financial crisis of the early 1980s to present; specific attention to eco-tourism, agriculture, and electronics exports</td>
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<td></td>
<td>What is conservation?</td>
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<td></td>
<td>In what ways are environmental health and human health interconnected?</td>
<td>Discuss common problems associated with service-learning and strategies for addressing them (including “case studies”); Team-building, continued</td>
</tr>
<tr>
<td>6/10/16</td>
<td>Fri</td>
<td>Morning</td>
<td></td>
<td>Dallas, TX</td>
<td>Airborne</td>
<td>N/A</td>
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<tr>
<td></td>
<td></td>
<td>Mid-day</td>
<td></td>
<td>Costa Rica</td>
<td>Arrive at airport</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Early Afternoon</td>
<td>(in transit)</td>
<td></td>
<td>Travel by bus La Fortuna area</td>
<td>N/A</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Evening</td>
<td>2</td>
<td>La Fortuna</td>
<td>Educational session</td>
<td>Learn about EcoCentro Daraus and upcoming projects</td>
</tr>
<tr>
<td>Date</td>
<td>Day</td>
<td>Time</td>
<td>Location</td>
<td>Activity Description</td>
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<tr>
<td>6/11/16</td>
<td>Sat</td>
<td>Morning 3</td>
<td>La Fortuna</td>
<td>Conservation lesson and tour at EcoCentro Danaus</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Afternoon 3</td>
<td>La Fortuna</td>
<td>Service projects at EcoCentro Danaus</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Evening 2</td>
<td></td>
<td>Discussion of service-learning project; discussion of assigned readings</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Student reports/reflections on service-learning projects and progress</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6/12/16</td>
<td>Sun</td>
<td>Morning 3</td>
<td>La Fortuna</td>
<td>Continue service projects at EcoCentro Danaus</td>
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<tr>
<td></td>
<td></td>
<td>Afternoon 3</td>
<td>La Fortuna</td>
<td>Lesson in medicinal plants; cultural ceremony</td>
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<tr>
<td></td>
<td></td>
<td>Evening 2</td>
<td></td>
<td>Educational session</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Participant-observation; learn about geothermal activity and associated health benefits</td>
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</tr>
<tr>
<td>6/13/16</td>
<td>Mon</td>
<td>Morning</td>
<td></td>
<td>Travel by bus to Rancho Margot for lesson on environmental health</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Afternoon 3</td>
<td>Rancho Margot</td>
<td>Continue lessons on environmental health and sustainability</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Evening 2</td>
<td></td>
<td>Educational session</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Directed reading, writing, and reflection time; discussion of assigned readings</td>
<td></td>
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</tr>
<tr>
<td>6/14/16</td>
<td>Tues</td>
<td>Morning and Afternoon 6</td>
<td>Rancho Margot</td>
<td>Service project</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Evening 2</td>
<td></td>
<td>Educational session</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Directed reading, writing, and reflection time; discussion of assigned readings</td>
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<tr>
<td>Date</td>
<td>Day</td>
<td>Morning</td>
<td>Afternoon</td>
<td>Evening/Night</td>
<td>Sarapiquí</td>
<td>Travel to Sarapiquí area</td>
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<tr>
<td>6/15/16</td>
<td>Wed</td>
<td></td>
<td>3</td>
<td></td>
<td>Sarapiquí</td>
<td>Service projects in Sarapiquí area</td>
</tr>
<tr>
<td>6/16/16</td>
<td>Thurs</td>
<td>Morning</td>
<td>3</td>
<td></td>
<td>Sarapiquí</td>
<td>Service projects in Sarapiquí area</td>
</tr>
<tr>
<td>6/17/16</td>
<td>Fri</td>
<td>Morning and Afternoon</td>
<td>3</td>
<td>Sarapiquí</td>
<td>Participant-observation in ecotourism activity</td>
<td>Whitewater rafting on Rio Sarapiquí</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Evening</td>
<td>2</td>
<td></td>
<td>Sarapiquí</td>
<td>Farewell dinner and trip wrap-up</td>
</tr>
<tr>
<td>6/18/16</td>
<td>Sat</td>
<td>Morning</td>
<td></td>
<td></td>
<td></td>
<td>Travel by bus to SJO airport and depart for U.S.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Afternoon</td>
<td></td>
<td></td>
<td></td>
<td>Return flight to DFW</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Evening</td>
<td></td>
<td></td>
<td></td>
<td>Arrive at DFW</td>
</tr>
<tr>
<td>7/6/16</td>
<td>Wed</td>
<td>Skype meetings to be arranged with instructor</td>
<td>3</td>
<td>UTD</td>
<td>“check in” regarding final presentation</td>
<td>Students meet individually or in pairs with instructor as needed to discuss final presentation/project and receive feedback intended to help them with final revisions as they prepare for presentation on 8/4/14</td>
</tr>
<tr>
<td>7/27/16</td>
<td>Wed</td>
<td>1-4 p.m.</td>
<td>3</td>
<td></td>
<td>UTD</td>
<td>Student presentations</td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td>CONTACT HOURS</td>
<td>64</td>
<td></td>
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</tr>
</tbody>
</table>
Study Abroad Scholarships

The UTD Office of International Education (OIE) has comprised a list of scholarships available to students who participate in study abroad. We highly recommend that you apply for the International Education Fund Scholarship (IEFS) and is available only to UTD students—in the past, students who have traveled with us to Costa Rica have been very successful in securing funds through this scholarship program.

There are also other scholarships available and these can dramatically help offset the costs associated with study abroad. You can find out more via the OIE scholarship website: http://www.utdallas.edu/oie/si.htm

Other Options for Subsidizing your Trip to Costa Rica

I also encourage you to consider creating a page via one of the various crowd-funding websites (gofundme.com, kickstarter.com, etc.) as a means of raising funds to help finance your participation. Several students have done this in the past and have raised a considerable portion of their travel expenses using this method.
Costa Rica Field Trip 2016—Study Abroad Cost Documentation

The following provides information concerning costs associated with the course, “Costa Rica Field Trip: Environmental Sustainability and Conservation,” which will be offered during the Summer 2016 academic session. In addition to the study abroad costs detailed below, regular UTD rates apply for course-related tuition and fees.

**Estimated Costs:**

<table>
<thead>
<tr>
<th>ITEM</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Application Fee and Participation Fee (UTD Office of Education Abroad)</td>
<td>$325</td>
</tr>
<tr>
<td>Program Fee (School of Interdisciplinary Studies, for program administration, supervision transportation)</td>
<td>$1000</td>
</tr>
<tr>
<td>Trip Fees (includes all accommodations, scheduled activities, and all meals during travel in Costa Rica)</td>
<td>$1950</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>$3,275</td>
</tr>
</tbody>
</table>
Clothing, Grooming/Hygiene, and Appearance Code

Course participants will be held to the following standards with regard to attire, personal grooming/cleanliness, and appearance. This code is intended to promote safety, to foster a positive representation of UTD by course participants, and to respect standards of decorum in the communities we visit. This code is not arbitrary nor is it negotiable. Violation in any form will not be tolerated. Penalties for infractions will be severe and may result in immediate dismissal from the course and trip at the participants’ expense and participant will NOT be entitled to a refund of fees, travel expenses, tuition, or other monies paid, either in whole or in part. Dismissal will result in a failing grade in the course and applicable penalties under the UTD Student Code of Conduct.

1. **Shoes** must be worn at all times. Flip flops, sandals, and similar footwear are acceptable only during “free time” (that is, time when we are NOT engaged in scheduled activities). However, during all activities including service projects, eco-tourism activities, and all other activities, all participants are required to wear sturdy, closed-toed shoes such as hiking boots or tennis shoes. Crocs may be worn during “free time,” but are not acceptable during scheduled activities.

2. **Shorts and pants** are recommended for most activities, but must meet the following standards:
   a. Shorts must be loose-fitting; no bike shorts, spandex, cutoffs, boxer shorts, underwear, or combination thereof.
   b. Must be hemmed or cuffed (no cut-offs).
   c. Length must be to the fingertips or longer.
   d. Material may not be see-through, even when wet.
   e. Must sit at the natural waistline and underwear must not be visible (no “sagging” shorts or pants are permitted).
   f. Leggings, tights, “jeggings,” or similar attire may NOT be worn alone (that is, they can only be worn under shorts or skirts or dresses that meet dress code requirements).

3. **Dresses or skirts** are NOT permitted during any of the scheduled activities that will take place on this trip. However, participants may choose to wear dresses or skirts during “free time” as long as they meet the following standards:
   a. Length must be to the fingertips or longer when standing and arms hang naturally at sides.
   b. Material may not be see-through, even when wet.
   c. Must be hemmed or cuffed.
   d. Dresses and skirts must be loose-fitting.
   e. Skirts must sit at the natural waistline and underwear must not be visible.
   f. Sundresses are permitted if modestly cut, if “straps” are at least one-inch wide (at the narrowest point), and if they are not low-cut or inappropriately revealing.
   g. Skirts and dresses may NOT be “slit.”
   h. Skirts and dresses may not be “tied up” or otherwise altered in ways that violate any aspects of this code—for example, a sundress that naturally falls below the fingertips may not be “knotted” so it falls above the fingertips.

4. **Shirts** must be worn during all scheduled activities. It is recommended that participants wear lightweight cotton t-shirts of appropriate size. All shirts must meet the following requirements:
   a. Shirts must overlap the waistband and/or top of the skirt, shorts, or pants at least one inch and stomach must not be visible even when participant is engaged in service-projects or eco-tourism activities.
   b. Material must not be see-through, even when wet.
   c. The following types of shirts are not permitted: tube tops, spaghetti straps, halter-type blouses, or mesh shirts.
   d. Tank tops are permitted only if straps are at least one-inch wide (at the narrowest point), if they are modestly cut, if they are not revealing, and if they meet all other requirements of this code.

5. **Swimsuits** are appropriate only during water-related activities such as whitewater rafting. They are not permitted during service-projects or during other learning activities. Swimsuits must meet the following guidelines:
   a. Thongs and bikini-style swimsuits are not permitted.
   b. Two-piece bathing suits are acceptable only if the top portion is tank-style and overlaps the waistband of the bottom portion of the suit by at least one inch.

Participants’ initials __________________

Parents’ initials (if participant under age 18) __________
c. Swim trunks and bathing suit bottoms must sit at the natural waistline (no “sagging”).

d. Swim trunks length must be to the fingertips or longer when standing and arms hang naturally at sides.

e. Swimsuit/swim trunk material may not be see-through, even when wet.

f. Must be hemmed or cuffed.

g. Swimwear must not be inappropriately revealing.

h. Underwear is not acceptable as swimwear.

6. Pajamas must be worn at night (you are sharing rooms) and must not be inappropriately revealing, see-through, or otherwise provocative. Pajamas may only be worn for sleeping and are not acceptable for any other activities such as meals, service projects, travel, or eco-tourism activities.

7. The following general guidelines apply to all clothing worn at all times during the trip (even during “free time”):

a. Clothing must be worn in the manner for which it was designed.

b. NO clothing shall be worn inside-out.

c. NO items with provocative, offensive, drug, alcohol, or tobacco-related images, symbols, racist, sexist, or otherwise offensive slogans or that depict nudity, violence, sexual innuendos, war, or are disrespectful in any way.

d. NO clothing which is torn or has holes.

e. NO gang paraphernalia.

f. NO visible undergarments.

g. NO backless garments.

h. NO oversized clothing (clothing in a size that is clearly too large for the wearer).

i. NO undersized clothing (clothing in a size that is clearly too small for the wearer).

j. NO clothing that is inappropriately revealing or that is sexual provocative.

8. The following standards of grooming, hygiene, and appearance are required for all course participants. This includes daily showering and daily use of deodorant. Given the climate (heat, humidity, frequent rain) as well as the demanding nature of some of the activities we will participate in, showering and applying deodorant more than once per day will be necessary in order to maintain appropriate hygiene. In addition, participants should strive to maintain a neat, respectable appearance at all times. Any tattoos deemed offensive (violent, related to drugs and alcohol, sexual in nature, etc.) must be covered at all times. Jewelry and adornments should be removed or kept to a minimum and participants may be required to remove these for certain activities in order to minimize risks and promote safety.

| I, ________________________________, acknowledge that I have carefully reviewed this document and that I both understand and agree to comply with the guidelines and expectations contained herein, and that my failure to do so will result in severe penalties that may include my immediate dismissal from the trip and course at my own expense, without refund of any course fees, trip fees, or other monies paid or expenses incurred, and with the result of a failing grade in the course. |
| Participants' signature ________________________________ | Date ________________________________ |

Signature of participants' parent or legal guardian (if participant is under age 18)

| ________________________________ | Date ________________________________ |
Code of Conduct and Behavioral Expectations

This Code of Conduct and Behavioral Expectations is designed to help promote health and safety for all course participants and to promote the best possible learning experience for all participants. These are our top priorities!

As a participant in this course/trip, you have a significant responsibility to our group, to your guides and academic leaders, and to the communities we visit. The guidelines in this document are not arbitrary nor are they negotiable. Violation of any aspect of this code of conduct will result in severe penalties that may include immediate dismissal from the trip and course. Dismissal will result in a failing grade in the course and applicable penalties under the UTD Student Code of Conduct.

By initialing and signing this pledge, you agree to abide by the following for the duration of the trip:

1. I will always follow the directions of my guides and course leaders.
2. I will always stay with members of my group and will NEVER go anywhere alone.
3. I will never leave the hotel or program base without proper supervision (that is, without a guide or course leader), even if I am with other program participants.
4. I will always keep my guides and course leaders informed of my whereabouts.
5. I will be honest and truthful in all respects.
6. I will never enter rooms or cabins that are not assigned to me, even if invited to do so by the occupant(s) of those rooms or cabins. I agree that I will stay in my assigned room and with my assigned roommate(s).
7. I will not purchase, possess, or consume the following in any form: alcohol, tobacco products, or illegal drugs.
8. I will not consume prescription medication that has not been prescribed for me, nor will I provide my own prescription medication to others for whom it has not been prescribed.
9. I will not engage in any illegal activity. I understand that if I do engage in illegal activity, I am fully subject to the laws and customs of Costa Rica in regard to arrest, detention, prosecution, and punishment.
10. I will not engage in sex or any activity that is of a sexual or “romantic” nature.
11. I will not use things that do not belong to me unless I have appropriate permission to use them.
12. I will not obtain any piercings or tattoos during the trip.
13. I will not leave my cabin/room after “lights out.”
14. I will respect “quiet time” and will keep noise to a minimum during such periods.
15. I will not have a laptop or other computing device in my possession for the duration of the trip.
16. If I have a cell phone, I will keep it shut off and put away during all scheduled activities and use it only during “free time.”
17. I understand that my access to internet and telephones will be extremely limited for the duration of the trip and will inform my family that I may not be able to contact them while I am away.
18. I will not, through my actions or my words, engage in any form of violence or anything that may be deemed violent or threatening in any way.
19. I will not, through my actions or my words, engage in anything that might marginalize or exclude someone on the basis of identity, including but not limited to identities such as race, ethnicity, country of origin, gender, sexual identity, association, preference, age, or ability.
20. I will not, through my actions or my words, engage in sexual harassment.
21. I will never, for any reason, enter the rooms or cabins of individuals of the opposite sex.
22. I will be respectful of and sensitive to the culture I am visiting.
23. I will be respectful of and sensitive to the people in the communities I am visiting.
24. I will be respectful of and sensitive to the creatures and landscape of the places I am visiting and will not purposefully harm them in any way.

Participants’ initials __________________

Parents’ initials (if participant under age 18) __________________
25. I will be respectful to my guides, course leaders, and other course participants.
26. I will represent The University of Texas at Dallas in a positive, professional, and appropriate manner.
27. I will represent my country of origin in a positive and appropriate manner.
28. I will keep track of and be responsible for my personal possessions at all times. This includes keeping them put away and respecting the fact that cabins, hotel rooms, etc. are "shared space."
29. I will not ask for "special privileges."
30. I will speak and behave in a respectful, mature manner and will not engage in complaining, whining, or similarly immature behaviors.
31. I will make an effort to get to know and to include all trip participants in our activities and will not, through my actions or my words, marginalize or exclude anyone.
32. I will alert my guides and course leaders immediately if I feel ill or am injured.
33. I will fully and to the best of my ability engage in all service projects and learning activities included as part of this course and trip.
34. I will pick up after myself, including during travel, during and after projects, and in my room/cabin.
35. I will alert my course leaders and my guides immediately if another participant has violated this Code of Conduct and Behavioral Expectations.
36. I will approach all activities with a positive attitude and a desire to learn.

I, ________________________________, acknowledge that I have carefully reviewed this document and that I both understand and agree to comply with the guidelines and expectations contained herein, and that my failure to do so will result in severe penalties that may include my immediate dismissal from the trip and course at my own expense, without refund of any course fees or trip fees paid or any other monies paid or expenses incurred, and with the rest of a failing grade in the course.

Participants' signature __________________________________________

Date ________________

Signature of participants' parent or legal guardian (if participant is under age 18)

________________________________________

Date ________________