



# Blue Star Training Institute

## Training & Certification Courses

ARC	Lifeguarding + Waterfront Module
ARC	Water Safety Instructor
ARC	Lifeguard Instructor Training
CMP	Camp Riflery Instructor Course
WMA	Wilderness First Responder
WMA	Open Recertification
NC	Van Driving Course
CHA	Certified Horsemanship Association English and Standard Clinic
PMBIA	Professional Mountain Bike Instructor Course - Level 1
BRLC	ACCT Low and High Challenge Course Facilitator Training (Site Specific)
AMGA	Climbing Wall Instructor (offered by Fox Mountain Guides)

Located in the beautiful Blue Ridge Mountains

# 2015 Course Dates & Rates

## American Red Cross

Lifeguarding + Waterfront Module.....	May 29 - 31 (Fri-Sun).....	\$350
Water Safety Instructor.....	June 1 - 4 (Mon-Thurs).....	\$400
Lifeguard Instructor Trainer .....	May 15 - 18 (Fri-Mon).....	\$350

## Civilian Marksmanship Program

Camp Riflery Instructor .....	June 3 - 4 (Wed-Thurs).....	\$350
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## Wilderness Medical Associates

Wilderness First Responder .....	May 15 - 23 (Fri-Sat).....	\$750
Open Recertification.....	May 12 - 14 (Tues-Thurs).....	\$350

## Safety & Health Council of NC

Van Driver Course Class.....	June 1 (Mon).....	\$100
Van Driving Assessments Available .....	June 1 - 5 (Mon-Fri)	

## Certified Horsemanship Association

English Certification Clinic.....	May 24 - 29 (Sun-Fri).....	\$750
<i>Standard Clinic available upon request</i>		

## Professional Mountain Bike Instructor Association

Level 1 PMBI Certification.....	May 25 - 27 (Mon-Wed) or .....	\$545
	May 29 - 31 (Fri-Sun)	

## Blue Ridge Learning Center

ACCT Low and High Challenge Course .....	May 25 - 28 (Mon-Thurs).....	\$400
<i>Facilitator Training specific to Blue Star Camps Ropes Course</i>		

## American Mountain Guide Association

Climbing Wall Instructor Course.....	May 12 - 14 (Tue-Thurs).....	\$400
<i>SPI Course available. For more information on SPI and other AMGA courses, contact Fox Mountain Guides</i>		

## For More Information Contact

Blue Star Camps Website: [www.bluestarcamps.com](http://www.bluestarcamps.com)

Email: [susan@bluestarcamps.com](mailto:susan@bluestarcamps.com)

Phone: 954-963-4494 After May 6th - 828-692-3591

Fax: 954-963-2145 After May 6th - 828-692-7030

# American Red Cross (ARC)

## Lifeguarding + Waterfront Module (3 days)

This course provides a complete skills instruction package incorporating equipment-based rescues, spinal injury management, post-rescue care, First Aid and CPR training.

### Prerequisites:

Participants must successfully complete a pre-course session consisting of the following: Swim 500 yards continuously using the crawl, tread water for 2 minutes with hands under arm pits, using legs only; submerge to a depth of 7 feet, retrieve a 10 lb. object and return to surface; swim 25 yards from shallow to deep, pick up a 10 lb. brick and return to shallow end.

### Certification:

Participants receive Lifeguarding + Waterfront certification including CPR and First Aid valid for 2 years.

**May 29-31** ..... **\$350**

*(Fee includes all materials, food and lodging for 2 nights. Course begins at 9:00 am on the first day.)*

## Water Safety Instructor (4 days)

Become an American Red Cross Swim Instructor. This course will show you how to teach life saving skills to others and give you the skills necessary to efficiently and accurately teach strokes. Learn to teach the seven levels of the "Learn to Swim" Program, the Infant and Preschool Aquatics Program, and the Community Water Safety and Water Safety Instructor.

### Prerequisites:

Participants must successfully complete a pre-course screening which includes swimming 50 yards of all strokes except the butterfly, which is 25 yards. You **MUST BE A STRONG SWIMMER TO PARTICIPATE.**

### Certification:

Participants receive two certifications. WSI certification is good for 2 calendar years. FIT, no expiration as long as instructor's certification is maintained.

**June 1-4** ..... **\$400**

*(Fee includes all materials, food and lodging for 3 nights. Course begins at 11:00 am on the first day.)*



**American Red Cross**

Founded in 1881, ARC has been saving lives through health and safety education and training.

# American Red Cross (ARC)

## Lifeguard Instructor Trainer (4 days)

This course trains instructor candidates to teach American Red Cross Lifeguarding, Lifeguard Blended Learning, Shallow Water Lifeguarding, Waterpark Skills, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training.

### Prerequisites:

To participate in the Lifeguarding Instructor course, you must:

- Be at least 17 years of age on the last day of the instructor course.
- Possess either:
  - Current Red Cross certificate for Lifeguarding/First Aid/CPR/AED.
  - Current Red Cross certificate for Lifeguarding/First Aid and CPR/AED for the Professional Rescuer or CPR/AED for Lifeguards
  - An equivalent certificate from another organization
- Successful completion of online pre-course work.
- Successfully complete the pre-course swim and rescue session. (Please enquire for further details.)
- Attend and actively participate in all course sessions.

### Certification:

Upon successful completion of the course, you will receive a Lifeguarding Instructor certification that is valid for 2 years.



**May 15-18..... \$350**  
*(Fee includes all materials, food and lodging for 3 nights. Course begins at 1:00 pm on the first day.)*



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Red Cross**

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# Civilian Marksmanship Program (CMP)

## Camp Riflery Instructor (2 days)

Camp Riflery programs are among the most popular activities at summer camps where riflery is offered. Riflery offers campers the opportunity to master safe gun handling and marksmanship skills while learning about the exciting Olympic Sport of target shooting. The Civilian Marksmanship Program (CMP) has developed a Camp Riflery program for youth camps that can assist and support them in offering riflery programs to their campers. Upon completion of this course, instructors will be provided with the knowledge to both operate a range safely and instruct campers in all aspects of the sport.

### Prerequisites:

To participate in the course all participants must:

- Be at least 18 years of age
- Have an existing knowledge of and be able to demonstrate to an approved level marksmanship, rifle safety, operation and maintenance.
- Be present during the entire course.

**June 3-4..... \$350**

*(Fee includes all materials, food and lodging for 1 night.  
Course begins at 9:00 am on the first day.)*



The Civilian Marksmanship Program (CMP) is a national organization dedicated to training and educating citizens in responsible uses of firearms and airguns through gun safety training, marksmanship training and competitions.

# Wilderness Medical Associates (WMA)

## Wilderness First Responder (9 days/12 hours)

This course is the industry standard for outdoor professionals and people who will be leading outdoor trips. Wilderness First Responder course offers emergency medical training. It will teach participants how to manage medical and trauma situations in remote settings when entry into the EMS system is unlikely or delayed. Learn how to improvise with what's readily available. Explore options when medical evacuation is not an option. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, and wilderness rescue. Bring weather appropriate clothing, old clothing that can be ruined doing simulations, sleeping bag, pillow, pens, and a notebook. Rain or shine, much of the time is spent outside. The temperature in the area sometimes reaches the low 40's.



**May 15-23** ..... **\$750**  
*(Fee includes all materials, food and lodging for 8 nights beginning May 15. Course begins at 8:00 am on the first day)*

## Wilderness First Responder Open Recertification (3 days/24 hours)

Required before the expiration of your current certification, this course recertifies WFR's for another three years. This curriculum was designed by WMA specifically to provide an intensive review with essential updates where treatment options and protocols have changed. Topics include patient assessment, body systems, equipment improvisation, trauma, environmental medicine, toxins, backcountry medicine, wilderness protocols and wilderness rescue. Bring weather appropriate clothing, old clothing that can be ruined doing simulations, sleeping bag, pillow, pens, and a notebook. Remember that, rain or shine, much of our time is spent outside. The temperature in the area sometimes reaches the low 40's.

Prerequisite: To be eligible for renewal of certification, students must hold a current WFR certification issued no more than 3 years prior to the recertification course. Those holding an unexpired recertification card are also eligible.

Certification: All students who successfully complete a Recertification course are certified by Wilderness Medical Associates. Certification is valid for three years.

**May 12-14** ..... **\$350**  
*(Fee includes the cost of the Recertification Package, food and lodging May 12-13. Course begins at 8:00 am on the first day.)*



Founded in 1978, WMA courses are considered the most complete medical training for outdoor professionals and are preferred by such organizations as Outward Bound, The National Park Service, many colleges and universities.

# Safety & Health Council of North Carolina

## Van DRIVER Course I (2 hrs + 45 min. of driving assesment)

This two hour classroom, with 45 minutes one-on-one driving per student, shows drivers how to compensate for the differences of van driving, versus car driving.

Course content includes: van characteristics, pre-trip inspection, safety belts, cushion of safety, scanning, blind spots, city, highway & rural driving, and backing. The course also helps to make sure drivers are familiar with DDC principles, use what they know, and evaluate drivers out on the road. Used as a refresher course for all drivers or to improve problem-driver skills, as well as matching speed to conditions, conduct driving audits and evaluations, spot clues that signal driving problems, and much more! An individual coaching report filled out on each behind the wheel driver is done.



### Prerequisites:

Current valid driver's license required.

### Certification:

Coaching the Van Driver II Certificate of Completion

**June 1** (*Driving time scheduled separately and may be on a different day*) ..... **\$100**  
(*Fee includes materials. Students or camps must supply their own 15 passenger van for the practical driving.*)



The Safety and Health Council of North Carolina is a non-profit, non-governmental public service association chartered under the laws of the State of North Carolina. Council's mission is to be recognized as the leading organization for reducing accidents through education and training.

# Certified Horsemanship Association (CHA)

## English and/or Standard Riding Certification (6 days/40 hrs)

The purpose of the CHA clinic is to evaluate the existing knowledge and skill level of the clinic participants and to grant certification at the level that each participant is able to demonstrate his/her proficiency throughout the clinic. Instructors are evaluated in five areas: safety, horsemanship knowledge and ability, teaching technique, professionalism, group control and responsibility. CHA certification clinics involve teaching at least four practice lessons, a riding evaluation, a written test and participation in workshops on risk management, teaching techniques, professionalism and herd management.



### Prerequisites:

A candidate for certification must have sufficient experience with horses to assume responsibility for the safety and well being of riders. Instructor candidates must have strong organizational skills and communicate clearly. Participants must be able to demonstrate the ability to catch, lead, groom, tack and generally handle and care for horses without assistance. You must be able to mount, dismount and ride at the walk, trot and canter/lope on the correct lead, with good form and control, in the arena and in the open.

### Certification:

Certification may be earned in English and/or Western disciplines and is valid for three years from the certification date.

**May 24-29 ..... \$750**

*(Fees include all manuals, materials, 1 year individual membership in CHA, school horses and all necessary equipment - Western class students should bring a saddle as Blue Star does not provide them. Food and lodging for 5 nights beginning May 24. Course begins at 1:00 pm on the first day.)*



Founded in 1967 to develop a means to test and evaluate riding program staff for risk management skills, teaching ability, horsemanship knowledge and professionalism. Today, CHA is the largest and most active instructor certification system in North America.



# Blue Ridge Learning Center

## ACCT Low & High Challenge Course Facilitator Training (4 days, includes testing)

This course is designed to cover appropriate technical and course management issues for personnel to develop the skills to operate your low and high challenge course program. Through this workshop the course will help you to begin to utilize your own course to its greatest potential. This course is designed for the Blue Star Camps Low and High Ropes Course.

The high challenge course certification will cover such topics as: group dynamics, facilitator responsibilities, checks, verbal contracts, goal setting, equipment care, use and maintenance, maintaining program integrity, spotting, techniques, commands, set up and take down of high components, knot tying, equipment use, care and maintenance. All course content will be based upon the ACCT Standards as published by the Association for Challenge Course Technology.



### Prerequisites:

Participants should have some High Ropes experience.

### Certification:

Certificates of participation will be provided to all participants. Level 1 certification will be given to those successfully completing and passing the course.

**May 25-28 ..... \$400**

*(Fee includes materials, food and accommodation for 3 nights beginning May 25. Course begins at 8:30 am on the first day.)*



The Blue Ridge Learning Centers provides experiential programming that facilitates organizational and individual growth. BRLC is the leader in the field of experiential educations drawing on close to 20 years of experience designing and constructing challenge facilities through the Challenge Towers division. Challenge Towers is a Professional Vendor Member of the Association for Challenge Course Technology.

# American Mountain Guide Association (AMGA)

## Climbing Wall Instructor

(2 1/2 days, includes testing)

The American Mountain Guides Association (AMGA) Climbing Wall Instructors Program is the national standard to train and evaluate indoor climbing wall instructors. The Climbing Wall Instructor Certification Program is designed to evaluate the concept of a climbing-wall-specific technical skills certification. The course is two and one half days in length and a minimum of 20 hours of instruction, skills demonstration, and evaluation. The course addresses the basic technical skills necessary to manage an instructional program at a climbing facility. At a minimum, training for candidates shall occur in each of the following technical competency areas: Candidates shall possess sufficient knowledge, demonstrate skills, and/or demonstrate teaching ability in each competency area (if appropriate to the topic) in order to successfully complete the course.

This twenty hour course will address the basic skills necessary to manage an instructional program at a climbing facility, and will address the following general topic areas:

### Prerequisites for Certification at the AMGA CWI 'Top Rope' Level:

- Must be 18 years old or older
- At least one year documented personal climbing experience (a minimum of 20 outings climbing indoors and/or outdoors).
- Climbing ability: top rope 5.7 on artificial structures. Demonstrating calm, confidence, good position, balance, solid base of support, no falls, and general body awareness.
- Ability to effectively belay with tube/plate device and an assisted braking device (i.e. Petzl GriGri)
- An instructional background: ability to effectively teach basic skills

### Prerequisites for Certification at the AMGA CWI 'Lead Climbing' Level:

- All above pre-requisites
- Climbing ability: top rope 5.9 and lead 5.8 on artificial structures. Demonstrating calm, confidence, good position, balance, solid base of support, no falls, and general body awareness.
- Ability to effectively belay in a top rope and lead belay setting with tube/plate device and an assisted braking device (i.e. Petzl GriGri)
- An instructional background: ability to effectively teach skills learned in an indoor setting

**May 12-14 ..... \$400**

*(Fee includes materials, food and accommodation for 2 nights beginning May 12. Course begins at 8:30 am on the first day.)*



As an outdoor adventure guide service and a climbing school, Fox Mountain Guides strives to innovate/incorporate cutting edge climbing practices and technology and to invite the public into the climbing community. The mission of Fox Mountain Guides is to provide the highest available standards of instruction and guiding. Fox Mountain Guides is the only AMGA accredited climbing program in the southeastern United States.

# Professional Mountain Bike Instructor Association (PMBIA)

## PMBI Level 1 Certification (3 days)

The Level 1 course is for both new and experienced instructors alike, looking to learn how to skillfully teach and guide beginner to intermediate mountain bikers, in both cross country and downhill environments. New instructors learn the tools they need to safely and effectively teach, while experienced instructors will increase their level of skill and understanding in teaching and riding theory, that the PMBI Certifications uniquely provide.

A strong focus is given to learning teaching skills in their own right, to develop a sense of this all important part of a mountain bike lesson. As you learn and practice proven, modern teaching skills through the course, you will see how being a good rider is only one part of being a professional instructor.

Riding skills and theory are also covered along with plenty of time to practice as well as receiving personal feedback for your own improvement, each day. The three day course is practical-based, spending each day riding and teaching on the trails. Additional PMBI Workshops covering topics such as bike-fit, mechanics and first aid, take place at the start or end of each day, to further build your knowledge and skill set during the course.

**May 25-27 or May 29-31 ..... \$545**

*(Fee includes materials, food and accommodation for 2 nights beginning May 25 or May 29. Course begins at 8:30 am on the first day.)*

**Participants must bring all equipment - including bikes.**

For more information on the course and to register with ZEP Techniques, please visit [www.zeptechniques.com](http://www.zeptechniques.com)



The PMBI Association trains and certifies mountain bike Instructors and Guides to effectively teach mountain bike riding skills in both cross country and downhill environments, while guiding students safely on varying degrees of technical terrain.

# Enrollment/Registration:

Is on a first come first serve basis. All courses are subject to minimum enrollment. Program information is subject to change.

## Late Fee:

There will be a 5% late fee for participants who register after May 1st.

## Course Cost:

Includes course material, breakfast and lunch for one day courses. Multi-day courses include overnight lodging and three meals a day unless otherwise noted. Dinner is not included in the evening of the day your course ends.

## Course location:

All courses unless otherwise noted will be held at Blue Star Camps.

## Should a course be canceled:

Classes may be canceled if enrollment is below the minimum number. Participants will receive a full refund.

## Meals:

Cafeteria style meals are served in one of our 3 dining halls. Our dining hall serves kosher meals and therefore no outside food or drink is permitted in the dining hall.

## Lodging:

Participants will be housed in cabins with electricity. The cabins are not heated and it may get cold in the evening (sometimes in the 40's) so bring appropriate clothing and bedding. Pillows, linens and blankets are not provided.

## Bring:

Sleeping bag or sheets and blankets, pillow, towels, toiletries, appropriate camp clothing, outdoor weather clothing, rain gear, sun screen, tennis shoes and/or good walking shoes or boots, sweatshirt or sweater, notebook/paper and pens for taking notes, flashlight and water bottle. Classes are held both indoors and outdoors so dress accordingly.

## Optional items:

Crazy creek, clipboard or hard notebook to write on, clock, backpack, camera.

## Alcohol and Drugs:

Are not allowed on premises.

## Pets:

Are not permitted.

## Smoking:

Is allowed only in one area near the front of camp.

## Classes Start:

See Course description for start times. All WMA courses start at 8:00 am on the first day.

## Extra Nights & Meals:

Let us know so we can accommodate you, if either of these apply to you:

You plan to arrive the night before. Fee is \$15 extra. Registration will be from 7:00 pm to 8:00 pm

You plan to stay overnight after your class ends. Fee is \$15 extra.

Extra night ..... \$15.00 per night

## Extra Meals

Breakfast ..... \$3.00

Lunch ..... \$5.00

Dinner ..... \$6.00

BLUE STAR  
HENDERSONVILLE, NC

AUTHENTIC  
Blue Star



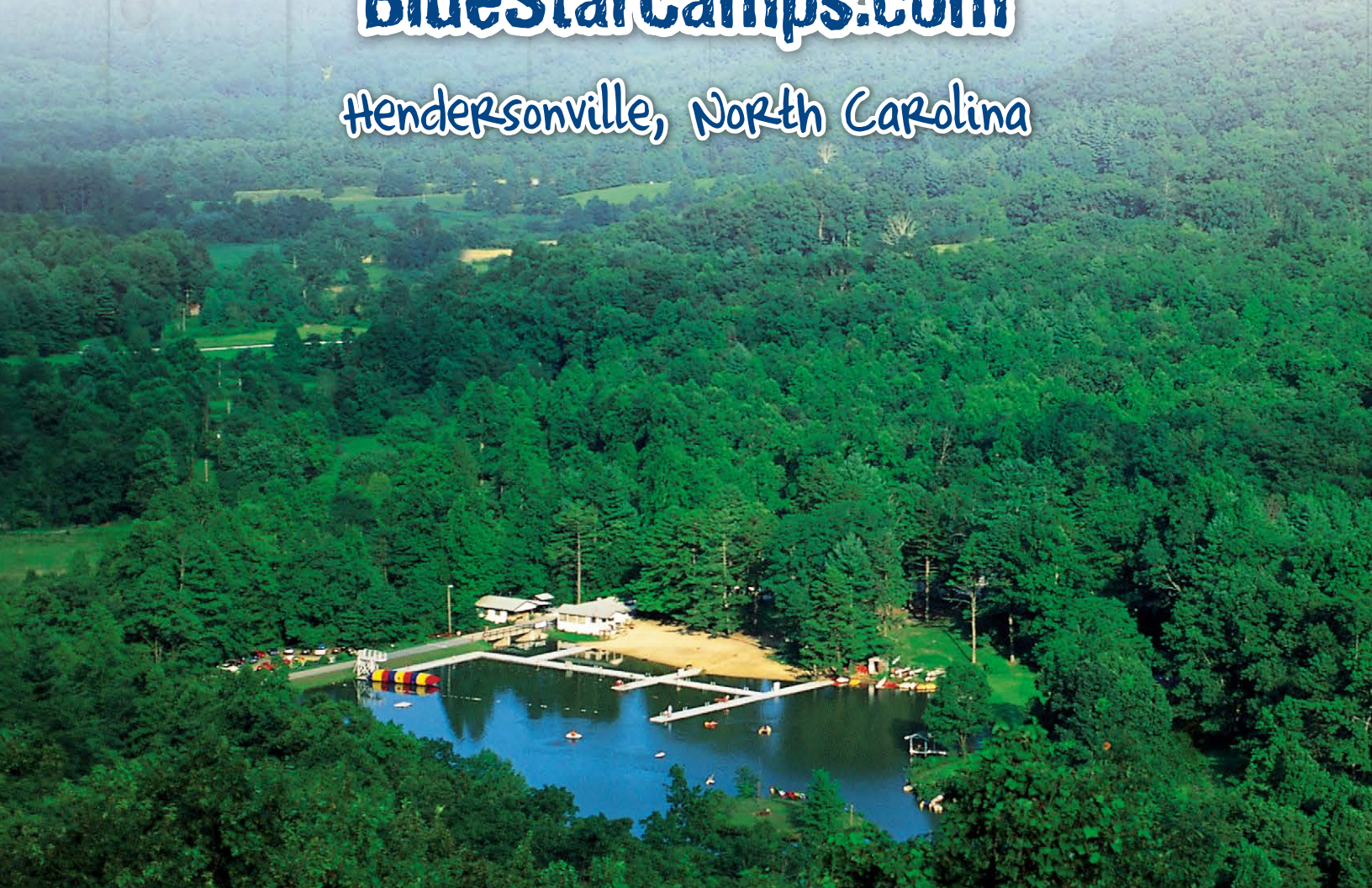
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HENDERSONVILLE, NORTH CAROLINA



# BLUE STAR CAMPS APPLICATION FOR COURSE REGISTRATION

Name: \_\_\_\_\_ Organization \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

If taking **Wilderness First Responder** - please give T-Shirt Size \_\_\_\_\_

Wilderness First Responder Recert: Complete the following: Certificate Held \_\_\_\_\_

Certifying Company \_\_\_\_\_ Exact Exp date \_\_\_\_\_ Date of Birth \_\_\_\_\_

## I WISH TO REGISTER FOR THE FOLLOWING COURSES:

Course Name _____	Date _____	Fee \$ _____
Course Name _____	Date _____	Fee \$ _____
Course Name _____	Date _____	Fee \$ _____
Course Name _____	Date _____	Fee \$ _____

A non-refundable deposit of 50% of Total Course Fees is due at registration. There is a 5% late fee for participants who register after May 1st. If you plan to arrive the night before your class or stay overnight after your class ends, there will be a \$15.00 charge per night. Additional meals are: Breakfast \$3.00, Lunch \$5.00, and Dinner \$6.00.

I would like the following extra nights: Dates \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

I would like the following extra meals Dates \_\_\_\_\_  
# Breakfast \_\_\_\_\_ x \$3.00 # Lunch \_\_\_\_\_ x \$5.00 # Dinner \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

TOTAL AMOUNT \$ \_\_\_\_\_

\_\_\_\_\_ Enclosed Full Payment for Course(s) \$ \_\_\_\_\_

\_\_\_\_\_ Enclosed a Non-Refundable Deposit (50% of Total Course Fees) \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

BALANCE DUE 3 Weeks Prior to the Start of the Course \$ \_\_\_\_\_

## METHOD OF PAYMENT:

CASH \_\_\_ CHECK \_\_\_ Make all checks payable to: Blue Star Camps, Inc. There is a \$20.00 charge for returned checks.

## IF PAYING BY CREDIT CARD THE FULL AMOUNT WILL BE CHARGED:

\_\_\_ VISA \_\_\_ MC \_\_\_ AMEX # \_\_\_\_\_ EXP \_\_\_\_\_

We are unable to accept Discover cards.

Name on Credit Card: \_\_\_\_\_ (Please Print)

Signature: \_\_\_\_\_

Phone # where you can be reached: \_\_\_\_\_

Billing Address: \_\_\_\_\_ (Please Print)

Please Send this Form and Deposit to: Blue Star Camps, PO Box 1029, Hendersonville, NC 28793. Confirmation and course materials will be sent upon receipt of the deposit. Enrollment is limited and on a First Come First Served Basis. Check-in for classes will be from 7:30 AM - 8:00 PM only.

# BLUE STAR'S ASSUMPTION OF RISK AND RELEASE FROM LIABILITY

I understand that during my participation in the \_\_\_\_\_ training course(s) ("the Activities"), I may be exposed to a variety of hazards and risks, foreseen and unforeseen, which are inherent in the nature of the various activities I will be doing. I realize that the Activities involve inherent risks of personal injury, property damage, and even death ("Injuries and Damages") from exposure to various hazards, including but not limited to drowning or falling ("the Hazards"). These inherent risks cannot be eliminated without destroying the necessary features of or the unique character of the Activities. I understand that Injuries and Damages can occur by natural causes or actions or inactions of other persons, animals, fellow participants, leaders, assistants, or third parties, either as a result of negligence or other reasons. I appreciate that I may have to exercise extra care for myself and the safety of others around me in the face of the Hazards. I further understand that during the Activities, there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant in the Activities, and the services and amenities provided by BLUESTAR OPERATINGCO, LLC ("Blue Star") in connection with the Activities, I confirm my understanding that:

\* I have read and understand the rules and regulations applicable to the Activities, and to the best of my ability, I will follow them.

\* If I decide to leave the Activities early and not complete it as planned, I assume all risks inherent in my decision to leave, and waive all liability against Blue Star arising from that decision. Likewise, if the Activities are concluded, and I decide to go forward without supervision, I assume all risks inherent in my decision to go forward, and waive all liability against Blue Star arising from that decision.

\* This agreement is intended to be as broad and inclusive as possible. If any provision of this agreement is held to be invalid or legally unenforceable, the remainder of this agreement shall not be affected thereby, and shall remain valid and fully enforceable.

\* To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** Blue Star, its officers, directors, employees, agents, and independent contractors involved with the Activities **from any and all liability** on account of or in any way resulting from Injuries and Damages, even if caused by the negligence of Blue Star, its officers, directors, employees, agents, and independent contractors, in any way connected with the Activities. I further agree to **hold harmless** Blue Star, its officers, directors, employees, agents, and independent contractors from any claims, damages, injuries, or losses caused by my own negligence while a participant in the Activities. I understand and intend that this **ASSUMPTION OF RISK AND RELEASE** is binding upon my heirs, executors, administrators, and assigns, and includes any minors accompanying me on the Activities.

I have read this document in its entirety, and I freely and voluntarily assume all risks of such Injuries and Damages. Irrespective of said risks, I agree to participate in the Activities.

## ADULT PARTICIPANT SIGNATURE REQUIRED

Adult Name: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

I hereby agree and consent to the foregoing agreement on behalf of the minor below.

Name and age of Minor: \_\_\_\_\_ Age: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_