

DEPARTMENT OF RECREATION AND LEISURE STUDIES (RLS)

GUIDELINES, INSTRUCTIONS AND APPLICATION  
FOR

**OUTDOOR ADVENTURE LEADERSHIP IMMERSION SEMESTER PROGRAM (OAL ISP)**

Return completed application to RLS Hill Center 9

**APPLICATION DEADLINE**

**SPRING SEMESTER** For your application to be processed in time for you to register for the spring OAL ISP, it must be received:

**NO LATER THAN AUGUST 1<sup>ST</sup>**

The year prior to the OAL ISP you are applying for.

Read all information below carefully. Use the checklist that follows to ensure you have all required paperwork in the correct order.

- ▶ **Application:** Your application will not be considered if it has incomplete or incorrect information.

Admission is competitive and an application does not guarantee acceptance. Students will be accepted into the program requested as space and individual qualifications permit. No single factor guarantees admission. Review of applications will include an examination of your transcript, evidence of interest, and application essay, and may include an interview and/or input from current and former professors (solicited by the reviewer, not the applicant).

## CRITERIA

- ▶ **Evidence of interest in the field of Outdoor Adventure Leadership:** as demonstrated by participation in Recreation and Leisure Studies courses and/or student activities and/or employment in the area of outdoor adventure. Attach a typewritten list of such courses and activities, with a note of any special responsibilities.
- ▶ **Essay:** Attach a typewritten one-page essay telling us your reasons for wanting the major and what you want to accomplish during this semester. This essay will be carefully evaluated in terms of your thoughtful reflection on the nature of the experience and how the OAL ISP relates to your personal and career interests, as well as the quality of your writing.

## Important Information

### Notification

You will be notified by letter, sent to your local address, of the status of your application when final decisions have been made.

### Outdoor Adventure Leadership Immersion Semester Program (OAL ISP)

The OAL ISP is required of all OAL majors. This experience takes place during the spring semester of your junior year and takes place off campus. The OAL ISP consists of 18 credits and is a mixture of field based and classroom learning environments. You will live either in the backcountry or isolated front country environments for the duration of the semester. The fee for this experience is attached as a course fee to RLS 22000 The Wilderness Experience and is the same cost as room and board on campus for a semester. You will not be required to pay room and board to the college while participating in the OAL ISP. A leave of absence petition will need to be filled out with residential life in order to keep your spot if you wish to live on campus the following semester.

DEPARTMENT OF RECREATION AND LEISURE STUDIES (RLS)

APPLICATION FOR ACCEPTANCE INTO THE

**OUTDOOR ADVENTURE LEADERSHIP IMMERSION SEMESTER PROGRAM (OAL ISP)**

Detach this page, complete the application provided in the packet, and staple your packet together in the following order:

<input type="checkbox"/> Application	<input type="checkbox"/> OAL ISP Policies and Information
<input type="checkbox"/> Evidence of Interest (typed)	<input type="checkbox"/> Acknowledgement of Risk
<input type="checkbox"/> Essay (one-page, typed)	<input type="checkbox"/> Medical History
<input type="checkbox"/> Unofficial Transcript	

**Submit completed packet to the Department of Recreation and Leisure Studies Hill Center 9**

**COVER SHEET**

(Please print legibly)

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

Telephone: \_\_\_\_\_ Student I.D. Number: \_\_\_\_\_

College Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Present Major: \_\_\_\_\_ Present Advisor: \_\_\_\_\_

Current Year (circle one): FR SO JR SR Total credits earned by end of current semester: \_\_\_\_\_

Signature

Date

The OAL Immersion Semester Program (ISP) is a program of the Department of Recreation and Leisure Studies (RLS). Please consider the following and contact the Program Coordinator or Course Instructor with questions and comments.

### Administration and Logistics

- Ithaca College policies, procedures, and student handbook expectations of conduct will be followed.
- Tuition, fees, and refunds are to be handled according to the Ithaca College's policies and procedures.
- Students accepted into the OAL ISP will make payments to Ithaca College during the end of fall semester in the form of a course fee attached to one of the courses registered for in the Immersion Semester Program.
- The fee will typically not be more than that charged for room and board by Ithaca College.
- Tuition for the hours of credit must be paid to the College. Tuition is not included in the ISP Fee.
- The fee must be paid to the college immediately upon receipt of the bill.
- If written cancellation is received 45 days or more before the end of the semester prior fees are not charged or refunded in full. If written cancellation is received during the last 45 days before the start of the end of the semester prior, one half of the total fees will be refunded. No refunds are made for "no-shows".
- The OAL ISP is separated into two blocks to accommodate an injury or illness that may occur. In the event of an injury or illness a student will be able to drop the second block of the semester resulting in a refund of that tuition. The student's portion of the course fee that remains, minus any money paid towards reservations or travel back to IC on their behalf, will also be refunded.
- You must be enrolled as a full-time student (15-18 undergraduate hours) to be an expedition member.
- All participants must have personal medical insurance that is adequate to cover expenses in case of illness, injury, or hospitalization. Each participant must arrange for obtaining his/her own medical insurance. Make sure you know the arrangements that are available as a full-time IC student. Search and rescue insurance is provided as part of the course fee for the OAL ISP for each participant. The scope of GEOS SAR benefits includes payment, by GEOS, of up to \$100,000 in any one year, limited to \$50,000 any one incident, for the provision of necessary additional Search and Rescue resources. (Visit: <http://www.geosalliance.com/sar/> for more info.)
- Included in the participant packet are personal clothing, equipment and gear lists typically necessary for the OAL ISP. You will have to provide your own clothing and some of your own equipment. Group gear rental fees, special rental items, food, transportation fees, and permit fees are included in the expedition fee.
- The Immersion Semester Program is for students 18 years and older without serious behavioral, psychological or emotional problems. Traveling, working, studying, and living with 10 – 12 others 24/7 for three months is rigorous and demanding. One should consider their ability to cope, thrive, resolve conflict, and maintain positive attitudes in circumstances where there is little personal time or space.
- An eligibility requirement for becoming an ISP student requires a judicial review. By signing this form you authorize the Office of Judicial Affairs at Ithaca College to release information regarding my judicial record to the Department of Recreation and Leisure Studies.
- Immersion semester may contain the opportunity to acquire a host of various certifications, participation does not guarantee certification. The following tend to be an advantage for those seeking certification: a previous base of outdoor skills and experience; serious attitude toward the curriculum; high motivation; prepared to teach lessons; appreciation and/or acceptance of the process of journaling, evaluation, and group dynamics; and physical fitness.
- A wilderness course in a group setting has innate risks. Though courses are planned and risk is managed to the best degree possible, not all factors are controllable. Among other things, individuals may experience exposure to unexpected travel problems, cultural clashes, Federal searches, extreme weather, high altitude, steep cliffs, allergens, deep water, wildlife, sea creatures, loss of food and potable water, separation from the instructors, etc. Individuals may experience minor to major injuries, loss of limb or life, interpersonal and intrapersonal stresses, damaged or lost personal possessions, etc. This is shared to express that one's safety is not a guarantee and the nature of a wilderness course is unpredictable. Please talk to the OAL ISP facilitator about concerns you may have prior to commitment.
- Though the Immersion program requires only average strength, you will be traveling through rough terrain with heavy packs (at times potentially more than half of your body weight depending upon course length, location, specialized

skills/travel). We will keep them as light as possible. You will also be involved in various modes of travel in a variety of terrains and conditions. One should be as physically fit as possible. You will be required to get a medical examination by a physician that certifies you as medically fit to participate in the expedition.

- The OAL ISP is conducted in the wild outdoors away from doctors and ambulances. No prescription or nonprescription medication is allowed without notifying course instructors. Tobacco products, alcohol, and illegal drugs are not to be used at any time while on the course, period. See Ithaca College student conduct policy statement.
- If you have knee, shoulder, wrist or back problems, have serious allergies, or are on medication for an illness you must discuss your condition with the program coordinator and/or course instructor prior to enrolling.

### **Course Tone, Expectations and Challenges**

- Teaching is on a college level and participants should be motivated for a highly educational program. Journaling, group processing, and extensive evaluation are utilized.
- Curriculum points will start at the basic level and progress from there. This is for several reasons (1) prevent errors in assuming level of student knowledge, and (2) create a common base for all members to build on and advance.
- Though this program is educational, it also encourages enjoyment, fun, companionship, reasonable comfort, and good food as integral to any successful course.
- This program is not designed to be a high-risk adventure for the sake of adventure, nor designed to be therapeutic in nature. They are educational trips primarily; however, adventure is an integral component.
- Risk management and enjoyment are stressed. The goal of any OAL ISP is to teach leadership, technical skills, judgment, and decision-making; and to enable participants to plan and execute a safe and enjoyable expedition for a group with minimum environmental impact.
- One of the principle outcomes you can expect from the course is a better understanding of yourself as a person. You will be expected to critically analyze your strengths and weaknesses. You will also be evaluated by your peers and by your instructors. You will be expected to participate in all course activities to the best of your ability. You will find that the OAL ISP is unlike courses taught in the classroom. Emphasis is placed on learning experientially. You will need to be self-motivated, adaptable, focused, and self disciplined. Please be prepared for it.
- The course may provide a variety of challenges physical, emotional, social, spiritual. The setting often times can be intense, uncomfortable, and unexpected. Private time may be at a minimum. There are many factors encountered on a course that cannot be predicted. Please be aware of this nature of a wilderness course.
- Because there is a lot of material to cover, and time for student practice and demonstration of skills and knowledge is necessary, it is important and expected that students appreciate the need for timeliness, responsibility, and communication.
- The OAL ISP strives to have no prejudice of any kind on its programs. IC does not discriminate on the basis of race, color, religion, creed, sexual orientation, national origin, age, or disability in the administration of its admission or employment policies. Reasonable accommodation is made for special needs (dietary, fears, physical, psychological or emotional conditions) but the nature of the program could preclude accommodation for some conditions. Request for accommodations must be made in accordance to college policy. (<http://www.ithaca.edu/attorney/policies/vol7/Volume-7-70103.htm#70103>). Potential applicants should consider their special needs and the nature of the program before applying. If questions arise contact the OAL ISP facilitator.
- The Immersion program strives to maintain a learning environment free from harassment so that maximum learning may take place. If you feel that you have been treated inappropriately by an OAL ISP facilitator or another participant please follow Ithaca College's written policies concerning harassment available from the IC website.

I have read, understand, accept and agree to abide by the rules, policies and guidelines set forth in the IC student handbook and OAL ISP policy statement. I understand that the relationship between IC/OAL ISP and I will be governed by the substantive laws of the State of New York and any suit, mediation or arbitration of any dispute with IC must be filed exclusively in the State of New York. I understand that I am not accepted on my course until all enrollment forms have been received and approved by the OAL ISP facilitator. I give IC/OAL ISP permission to share my contact information with other OAL ISP students or graduates and/or with strategic partners in which OAL ISP graduates may be interested. I also give IC/OAL ISP permission to use my name, contact information and picture in promotional materials and press releases.

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Name

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Date

*Print, and sign this Course Policies and Information Statement, then include it with your Immersion Semester Program application.*

# **ITHACA COLLEGE**

## **Recreation & Leisure Studies**

953 Danby Rd., Hill Center 9, Ithaca, NY 14850

Phone: 607.274.3335 Fax: 607.274.1943

# ITHACA

### **AGREEMENT OF ITHACA COLLEGE CONDUCT CODE**

I, \_\_\_\_\_, certify that I have read and understand the requirements of the Ithaca College Student Conduct Code ([http://www.ithaca.edu/attorney/policies/vol7/Volume\\_7-70102.htm#TopofPage](http://www.ithaca.edu/attorney/policies/vol7/Volume_7-70102.htm#TopofPage)). I agree to conduct myself in a manner consistent with the Ithaca College Student Conduct Code and Ithaca College policies while participating in programs sponsored by Ithaca College. The Ithaca College Student Conduct Code is found in the Ithaca College Policies Manual, Volume 7.

I will engage in behaviors that are responsible and mature. Intoxication, use of illegal substances, and disruptive, abusive, or inappropriate behavior may result in breaking of Ithaca College Student Conduct Code policies and may result in dismissal from the Ithaca College activity. The breaking of these conduct policies may also have an affect on my status as a student or staff member at Ithaca College. If I am asked to leave or am detained, I understand that I am responsible for any expenses incurred by the inappropriate behavior and also forfeit the cost of the activity.

### **INFORMED ACKNOWLEDGEMENT OF HAZARDS AND RISKS**

I hereby acknowledge and certify the following is a legally binding Acknowledgement of Hazards and Risks. I am aware that I may be exposed to hazards and risks by participating in Ithaca College activities. I understand that I should not participate unless I am physically and emotionally able. I certify that I do not have any undisclosed medical, physical or emotional impairments, conditions or concerns, which may inhibit my participation in such activities.

I also understand that I must inform faculty or other individuals who are in charge of this activity of any relevant physical/psychological condition which may affect or limit my ability to participate.

I acknowledge that I am responsible for insurance coverage in the event that I am injured and I acknowledge that Ithaca College does not provide any medical and/or hospital insurance of any kind that will cover me while participating in these activities. I further acknowledge that Ithaca College strongly recommends that I personally obtain insurance coverage in case of any injury or damage sustained or caused resulting from participation in Ithaca College activities.

Ithaca College provides opportunities to participate in educational outdoor adventure activities. Ithaca College has taken reasonable steps to provide appropriate equipment and skilled staff to effectively manage the risks associated with these activities. I acknowledge the importance of understanding the risks and hazards associated with the activities in which I participate.

Activity risks and hazards are the following:

- Programs offered by Ithaca College include but are not limited to: group games and initiatives, low challenge course activities, backpacking, camping, hiking (including stream and river crossings), lake and white water canoeing, kayaking (lake, sea & river), winter backpacking, snowshoeing, cross country skiing, Back-country skiing & snowboarding, whitewater rafting, bouldering and belayed rock climbing.
- These activities occur in the outdoors and are subject to numerous risks, environmental and otherwise, that may be beyond the staff or leaders' abilities to effectively manage or foresee.
- The activities experienced during the OAL ISP may be dangerous and participation may result in property loss, personal injury, and in extreme cases, even death.



## **Ithaca College OAL Immersion Semester Program Information for the Medical Professional**

The OAL Immersion Semester Program contains courses that are wilderness expeditions, varying in length from eight days to three weeks in length. The expeditions operate in remote areas where evacuation to modern medical facilities may take days.

Weather conditions can be extreme with temperatures ranging from -40°F to +100°F. Prolonged storms, high winds, intense sunlight, and sudden immersions in cold water and/or high seas are possible.

Physical demands on the applicant may include carrying a backpack weighing 55-85 pounds over uneven terrain such as snow, rocks, boulders, fallen logs, or slippery surfaces as well as ascending and descending steep mountain slopes. The elevation during the semester will range from sea level to as much as 15,000 feet. Physical demands of sea kayaking or river portions require paddling heavily loaded kayaks or rafts and lifting and carrying boats over uneven terrain.

While participating in the OAL Immersion Semester Program, students will sleep outdoors, experience long physically demanding days, set up their own camp and prepare their own meals. Each student is expected to take good care of him or herself.

All wilderness water will be disinfected with iodine, chlorine, or chlorine dioxide or by boiling. Not all of these methods are effective against cryptosporidium. Immunocompromised people may wish to obtain an appropriate water filter for the semester.

The OAL Immersion Semester Program is not a rehabilitation program. It is not the place to quit smoking, drinking or drugs, or to work through behavioral or psychological problems.

Prior physical conditioning and an enthusiastic mental attitude are a necessity. Students find this program to be extremely demanding both physically and emotionally.

Due to the remote nature of the OAL ISP the student must understand the use of any prescription medications they may be taking in detail. Written specific instructions are necessary. All students who are required by their personal physician, psychiatrist or healthcare provider to take prescription medications on a regular basis must be able to do so on their own and without additional supervision. Students will also need a four-month supply as we will not have access to a facility to refill prescriptions.

The OAL ISP requires a tetanus immunization within 10 years of the start of the semester. The blood type of the participant is also required for our Search and Rescue insurance policy.

In the interest of the personal safety of both the applicant and the other expedition members, please consider the questions carefully when completing the medical history form and provide as much detail as possible. Nothing written on this form potentially disqualifies student's enrollment. If we have questions about the student's capacity to successfully complete the course we will call the student to discuss it.

The applicant is not accepted into the OAL Immersion Semester Program until the medical history form has been reviewed and approved by appropriate Ithaca College personnel.

*Your detailed comments will expedite our review of this form.*



**Immersion Semester  
Participant Medical  
History Form**

Office Use Only

Instructor Notes

Follow-up

Approval

**INSTRUCTIONS:** All the questions on this form are important. The answers are needed in order to assess your level of participation in the program. Please have your physician answer every question in each section in detail. Incomplete forms will slow down the screening process, and may cause you to miss out on your Ithaca College program.

**PART I General Information**

<b>APPLICANT</b>	
Name _____ Gender <input type="checkbox"/> Male <input type="checkbox"/> Female Ht. ____ Wt. ____ Blood Type ____ Age ____ DOB ____/____/____ DL# or SID _____ Address _____ Apt. _____ City/State/Zip _____	Daytime Phone # ( ) _____ Evening Phone # ( ) _____ FAX # ( ) _____ Email Address _____ Do you speak/understand English? Yes <input type="checkbox"/> No <input type="checkbox"/>
<b>PARENT/GUARDIAN</b>	<b>EMERGENCY CONTACT (other than parent/guardian)</b>
Name _____ Daytime Phone # ( ) _____ Evening Phone # ( ) _____ Email Address _____	Name _____ Daytime Phone # ( ) _____ Evening Phone # ( ) _____ Email Address _____
<b>FAMILY PHYSICIAN</b>	
Name _____ Phone # ( ) _____ Fax # ( ) _____	
<b>INSURANCE INFORMATION</b>	
Each participant is responsible for any medical expenses and should be covered by his/her own sickness and accident insurance. Please answer the following questions for our insurance records: (Please attach a photocopy of both front and back of your insurance card)	
Insurance Company Name _____	Policy/Certificate # _____
Prescription Plan # _____	Phone # ( ) _____

**PART II Medical Information**

**A. Allergies** (Including allergies to medicines, foods, insect bites/stings) NONE  or...

Allergy	Reaction	Medication Required ( if any)

**B. Current Medications** (Including psychiatric and over-the-counter) NONE  or...

Medication	Taken For: (Symptom/Condition)	Dosage	Date Started	Current Side Effects

Ithaca College recommends that participants have a tetanus immunization (within 10 years).

**PART III Cardiac Screening Evaluation**

<b>A stress ECG is required if the applicant is:</b>	<b>Cardiac Risk Factors:</b>
<ol style="list-style-type: none"> <li>Over 35 years old and has 2 cardiac risk factors.</li> <li>Over 50 years old and has 1 cardiac risk factor.</li> <li>Over 50 years old and leads a sedentary lifestyle.</li> <li>Any age with a known heart condition.</li> </ol> Please provide a written note from your doctor stating the date of the stress ECG and the results.	<ul style="list-style-type: none"> <li>High blood pressure</li> <li>Diabetes</li> <li>Current or prior cardiovascular disease</li> <li>High blood cholesterol</li> <li>Family history of heart disease (individual with a heart attack at &gt; 55)</li> <li>Smoking</li> </ul>
The stress ECG requirement may be waived for applicants who are over 50 years of age with no cardiac risk factors and who is in good physical condition. <b>Their physician must provide a note that the applicant has a) no cardiac risk factors and b) excellent cardiac health.</b>	

**PART IV Health Profile & Physical Exam** (Do you currently have or have you had any of the items below)

#	Please <input type="checkbox"/> one—if yes, describe below	Y	N	#	Please <input type="checkbox"/> one—if yes, describe below	Y	N
1	Seizures			11	Vegetarian or Vegan dietary needs (circle which one)		
2	Hospitalization / Emergency Room / Urgent Care visit within the past 1 year			12	Neck / Back / Shoulder / Knee / Ankle / Shoulder or other joint problem or surgeries		
3	Respiratory problems and/or Asthma (If yes, please bring inhaler)			13	Currently Pregnant		
4	Unexplained chest pain/pressure, shortness of breath, rapid heartbeat, sweats, or exertional dizziness or faint spells			14	Other cardiac conditions, e.g. heart murmur or other rhythm abnormality		
5	Gastrointestinal Problems			15	Diabetes		
6	Hypertension			16	Bleeding and/or blood disorder		
7	Hepatitis or other liver disease			17	Neurologic problems and/or Epilepsy		
8	Treatment or medication for menstrual cramps			18	Urinary or reproductive tract disorder		
9	History of Frostbite or Acute Mountain Sickness			19	History of heat stroke or heat related illness		
10	Treatment or counseling with a mental health professional.			20	Other: please list below		

Examiners specific comments on any of the items that were marked yes above (attach additional sheets if needed):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physical Exam - findings and comments (attach additional sheets if needed):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PART V Fitness Evaluation** (Needed as important assessment tool)

Please list the activities you do on a daily or weekly basis which show your current fitness level. Be sure to include activities such as walking a pet, mowing a lawn—or after school activities such as playing basketball, skateboarding, skiing, etc.

Activity	Frequency	Approximate Time/Distance	Leisure	Moderate	Intense

**PART VI Physicians Signature Required**

Examiners Name \_\_\_\_\_ Phone # ( ) \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
Physicians Signature Title Date

By my signature, I attest that the information in this form is correct and the person named on page on the form is medically cleared to participate on the Ithaca College Program described on the attached information sheet along with the background information provided by the applicant and my physical examination oh him/her.

**PART VII Participant Signature Required**

I authorize Ithaca College to release information regarding my participation in programs conducted by RLS to the above stated emergency contact(s) and fellow participants as necessary. This information includes, but is limited to: Duration of event/trip, Medical Information, Legal Information. This consent is a waiver of my rights under the Federal Educational Records Privacy Act. Permission is given for any emergency anesthesia, operation, hospitalization or other treatment that may become necessary. You should know that over the years, many students with a variety of medical/psychological difficulties have successfully completed our programs, but we must be aware of these conditions. Failure to disclose such information could result in serious harm to you and your fellow participants.

\_\_\_\_\_  
Applicant Signature Date