

# Kiwi Compass health and safety emergency medical form, directions, and gear list.

## Participant Details:

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

DOB: \_\_\_\_\_

Home phone: \_\_\_\_\_

Work phone: \_\_\_\_\_

Mobile(on hand for the course): \_\_\_\_\_

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

E-mail: \_\_\_\_\_

## Emergency Contact:

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

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

Phone number: \_\_\_\_\_

Relationship: \_\_\_\_\_

## Medical:

Do you suffer from any medical condition, illness, or allergy? \_\_\_\_\_

Are you currently taking medication? \_\_\_\_\_

Medication name: \_\_\_\_\_

Dosage/time to be taken (in the event of an emergency): \_\_\_\_\_

Other instructions: \_\_\_\_\_

Doctor's name/surgery: \_\_\_\_\_

Doctor's phone number: \_\_\_\_\_

\_\_\_\_\_

Injuries relevant to the activity: \_\_\_\_\_

Current tetanus injection/date: \_\_\_\_\_

Is there any other information you would like the facilitator to be aware of? i.e. cultural practices, disability, anxiety, fear of open spaces or interests.

\_\_\_\_\_

All information is confidential.

Voluntary information:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Disclaimer:**

Your activity at Tree Heart Lodge is taken at your own risk. Please note our waterways are not fenced from public access and at times electric fences may be installed. Please take care of your footing on any of the tracks as weather may have compromised safety. Please use Koro's track to walk up or down the driveway away from moving vehicles. Please be aware of kauri die-back and kaitiakitanga (guardianship) duties as a valued visitor on the property. We have a LEAVE NO TRACE policy. All rubbish and recycles to be removed with you. Nga mihi and thank you for your consideration.

Mobile: 02102313706 for questions.

**Signature:**

**Date:**

Nearest A and E is Counties Care 6-8 O'Shaunnessey Street in Papakura 2110. 09-2999380.

Directions: If coming from the North take the Papakura offramp to Boundary Rd then Hunua Road. When in Head Rd cross the little bridge. Around the first bend there are a series of 8 letterboxes. Make sure you veer left at the letterboxes and keep going along Head Rd. You will pass Ziggy the goat and a couple of properties. Around the bend you will pass the gates to 48. DO NOT GO UP TO 48. Keep going past the sign "Around the Bend and Beyond." There is a cattle yard to your right called Te Waharoa and the Tree Heart Lodge sign is at the base of the driveway. There is an area in front of the Tree Heart Lodge sign you can park on.

**Gear List:**

One spare set of clothing and shoes.

Appropriate weather gear e.g. Comfortable clothing, hat/cap, suntan lotion, waterproof rain gear, warm gear, sun protection gear, sturdy shoes e.g. tramping boots.

Water bottle filled with water or juice for the 3.5 hours.

Mobile phone charged.