Over the Hill Survey

In this class we will be walking or doing outdoor activities each week. We will be walking from Building 2120, or downtown, or using an activity bus to access different parks around Eugene. This class takes place rain or shine! Please be sure to wear comfortable closed toed shoes and the appropriate clothing for our changeable Oregon weather. If the weather is too cold or rainy, we may do an indoor activity such as walking around the mall or in building activities.

Please answer the following questions:

What is your name? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* I have read the “over the hill” class guidelines, understand them and agree to them.
* I have completed or will complete a waiver for hybrid learning.

Do you have any health concerns that will affect your ability to walk outdoors for over an hour?

* Yes or no? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* If yes, what are they and do you have a tool to help you (epi pen, allergy meds,cane, etc.)?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is your contact information in case of emergency?

* Your phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Emergency Contact phone number and name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What would you rate as your level of current physical ability?

* I can walk a flat paved area for under one mile
* I can walk a flat paved area for over one mile
* I can walk an unpaved trail for over one mile
* I can walk up an unpaved trail that has hills for over one mile
* I can walk up an unpaved trail that has hills for over two miles