

SAVE THE BAY'S Community-Based Restoration and Watershed Education Program

PARTICIPANT INFORMATION SHEET

You will be outside for 2-4 hours. Here are a few suggestions on what to bring and wear:

Wear:

- Sneakers that you can get **WET and MUDDY**. No bare feet during the trip - sharp rocks, fishing hooks, glass and other debris will cut unprotected feet.
- If the weather is warm, shorts and short-sleeved shirts are permissible, but in addition you must bring a long-sleeved shirt to prevent sunburn, and a windbreaker.
- Brimmed hats and sunglasses help keep the sun off your head and out of your eyes.
- Chums or a string on your glasses.
- Sweater, jacket or coat as necessary. **Dress in layers when it's cold (don't forget a rain jacket!)**
- Gloves, warm hat or hood for cold weather trips.
- Wool socks will also provide added warmth. Cotton does not keep you warm when wet.

Remember: We will be outside all day. Dress for weather on the water rather than for the weather you are having at home. It is often 10 degrees colder and much windier near water than on land.

Bring:

- Water Bottle
- Waterproof plastic bags to put your personal gear in.
- Chapstick and sunscreen to prevent sunburn.
- Camera and/or binoculars - optional (use plastic bags and a great deal of care to keep these dry, or bring waterproof, disposable cameras.)
- Do not bring anything that cannot get wet or muddy.

Weather:

If severe weather or high wind advisories are forecast, the field trip may be canceled. We will contact you in case of a cancellation.

Safety:

Your field trip leader is certified in wilderness first aid and CPR. All sites have been scouted to ensure there are no hazards or unsafe conditions. Field trip leaders carry a first aid kit and cell phone in case of emergency.

Rules: We want you to enjoy yourself, but we also want you to be safe and avoid injury.

- Shoes must be worn at all times. Glass and other sharp debris will cut bare feet.
- No drugs, alcoholic beverages, or smoking permitted.
- Participants must follow all safety directions and use tools appropriately.

Acknowledgment of Risk
“Save The Bay” Program Participants
(Please read the following carefully before signing below)

In consideration of the services of Save The Bay, its agents, employees, trustees, officers, contractors and all other persons or entities associated with it (collectively referred to as “STB”), I agree as follows:

I am familiar with the program for which I am registering. I have had all my questions about the nature of the activities, the conditions, and the location where the program will take place answered. I understand that this program has risks, including certain risks which cannot be eliminated without fundamentally altering the unique character of this program. The same elements that contribute to the unique character of this program can be the cause of loss or damage to my belongings, accidental injury, and illness or, in extreme cases, permanent trauma, disability or death. I understand that STB believes it is important for me to know in advance what to expect and to be informed of the programs’ inherent risks. The following describes some, but not all, of those risks.

STB courses involve travel out of doors where participants are subject to numerous risks, environmental and otherwise. Activities vary from program to program, and may include canoeing, restoration projects, and hiking.

STB programs frequently occur in remote places where communication and transportation are difficult. Consequently emergency evacuations and medical care may be delayed.

Travel is by canoe, on foot and by other means, over rugged, unpredictable off-trail terrain, which may include Bay waters, rivers, slippery rocks, ocean tides and currents, and waves, and floating obstacles. Participant risks include falling, capsizing, and drowning, as well as environmental risks.

Environmental risks and hazards include rapidly moving, deep, or cold water; insects, snakes; lightning and other unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, sunburn, heatstroke, dehydration, allergy attacks, and other mild or serious conditions.

Instructors may be required to make decisions under difficult circumstances, based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to error.

I understand this description of the risks involved is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for all the risks inherent in the activities which comprise these programs. My participation in this program is purely voluntary, no one is forcing me to participate, and I elect to participate with full knowledge of the inherent risks.

I and my parent(s) or guardian, if I am a minor, represent that I am fully capable of participating in this program. Therefore, I, and my parent(s) or guardian, if I am a minor, assume and accept full responsibility for me and for the injury, death, loss of personal property, and expenses suffered by me and/or them as a result of my voluntary participation in this program, as well as for any loss, injury or death resulting from my own negligence.

Signature: _____ Date: _____
(Participant/Student)

Signature: _____ Date: _____
(Parent or Guardian)

(over)