

**Adirondack Community College
Adventure Sports Program
Informed Consent:
Moving & Whitewater Canoeing, Kayaking, & Rafting**

Risks	Prevention	Solution/Treatment
Strains, sprains, dislocations, or broken bones	Be careful entering and exiting the canoe, kayak, or raft.	Administer proper first aid. Inform staff of injury for assistance.
Blisters, hot spots and soreness	Wear properly fitted footwear, clothes, and equipment.	Inform staff of the discomfort for assistance.
Frostnip, frostbite, hypothermia	Wear proper clothing (waterproof, breathable, layers, etc.) Eat and drink proper amounts.	Inform staff of discomfort. Get to warm area and warm affected body parts slowly.
Sore muscles	Paddle with smooth relaxed strokes, slow your stroke rate	Inform staff of the discomfort for assistance.
Dehydration	Drink plenty of water (a liter every couple of hours).	Rest and slowly drink plenty of water.
Heat exhaustion or heat stroke	Wear proper clothing. Rest if you become too hot. Drink plenty of fluids.	Rest in shaded area, drink plenty of fluids. Inform staff of discomfort. If signs of heat stroke are evident, seek medical attention.
Sunburn	Wear sun block, wear proper clothing.	Get out of sun, apply sunblock.
Shoulder injury	Use proper paddling technique, stay inside "paddler's box".	Administer proper first aid. Inform staff of injury for assistance.
Hitting objects	Paddle within abilities. Scout rapids. Aim for V's pointing downstream.	Ask staff for assistance.
Drowning	Always wear PFD. Know your limits, avoid horseplay. Follow instructions and paddle to the appropriate level of competency. Do not stand if capsized.	Be calm and signal for help.

I have read and understand the risks listed above and have received a safety briefing on risks associated with this activity and how to avoid them. I agree to take an active part to protect myself and my fellow participants during this activity. I realize there are other risks and/or dangers that may exist and I will avoid these also, and I will not participate in unsafe practices and I will inform the staff of any dangers known to me that may cause injury to myself or others. I will be on time for all scheduled meetings and events.

Furthermore, I agree to respect the rights and feelings of other participants and staff and to act in a supportive and caring manner during my participation in this event. I will take care of myself by letting others know what I need. I will try everything that I am asked to do by staff. I understand that I have the right not to participate if I don't feel physically or emotionally safe. I will follow all safety guidelines given by staff. I will not use equipment without proper supervision.

I understand that I should do nothing that may harm the environment or destroy its natural beauty, so that anyone who follows me may enjoy what nature provides. I will carry my trash out to a suitable trash container.

I agree not to bring a radio/cell phone, beeper on a trip unless I have written permission from the trip leader.

I have read and understand the alcohol/drug use policies defined in the student handbook and agree to abide by them.

I have read all of this **Informed Consent** and understand and that I may be dismissed from participation for refusing to abide by its contents.