

Adirondack Community College
Adventure Sports Program
Informed Consent:
Alpine Skiing

DESCRIPTION OF RISKS

In consideration of my participation in an Alpine Ski course at ACC, I acknowledge that I am aware of the possible RISKS, DANGERS AND HAZARDS associated with skiing, including the possible risk of severe or fatal injury to myself or others. These risks include but are not limited to:

- injuries resulting from falling or being knocked down on steep terrain where a fall or rock fall may cause injury or death;
- injuries resulting from rough terrain, snow covered obstacles, failure to see an obstacle, etc.;
- injuries resulting from getting on or off or while riding ski lift equipment;
- injuries resulting from malfunction of ski equipment or misuse of equipment;
- extreme changes in weather or temperatures which may result in wind burn, sun burn, or hypothermia;
- unfamiliar terrain, where the participant may become lost, get off course or be separated from the rest of the party;
- all manner of injuries resulting in muscular injuries and soft tissue injuries including bruises, scrapes, cuts, etc.;
- all manner of injuries resulting in sprains, dislocations, concussion, and broken bones;
- all manner of head, facial, eye and/or dental injuries and;
- that my risk of injury increases as I become fatigued.

RISK PREVENTION

Do your part to minimize and/or prevent risks, dangers and hazards associated with Alpine Skiing.

- to ensure safe skiing for you and others, always follow the Skier's Code of Conduct
- learn your limits, know the terrain and ski within your abilities
- know how to use lifts safely
- know your physical abilities and limits
- know and abide by all mountain notices and signage
- have your equipment checked, tuned and maintained by a qualified ski tuning professional
- wear sunscreen and stay hydrated
- layer with breathable, wicking layers that can be added or subtracted with changes in weather
- stay with instructor

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.

Initials: _____