

**Adirondack Community College
Adventure Sports Program
Informed Consent:
Snowshoeing**

Risks	Prevention	Solution/Treatment
Strains, sprains, dislocations, or broken bones	Be careful where you step especially on loose snow, rocks and steep and varying terrain.	Inform Staff of the discomfort, discomfort with pace or terrain, inform staff of injury for assistance, and identify first aid needs.
Blisters, hot spots and soreness	Wear properly fitted footwear, clothes, and equipment.	Inform Staff of the discomfort, ask for assistance, and identify first aid needs.
Frostnip, frostbite, hypothermia	Wear proper clothing (gloves, wool socks, etc.) Eat and drink proper amounts.	Get to warm area and warm affected body parts slowly.
Sore muscles	Snowshoe within abilities, stay in good physical and emotional shape, and take breaks.	Inform staff of the discomfort, discomfort with pace or terrain, and ask for assistance.
Dehydration	Drink plenty of water (a liter every couple of hours)	Rest and slowly drink plenty of water.
Scrapes and cuts	Snowshoe within abilities. Wear proper clothing.	Inform staff of injuries for assistance, identify first aid needs.
Getting lost	Stay on marked trail and stay within sight of the group.	Stay calm and remain in one place until the group finds you.

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 or cell phone on a trip unless I have written permission from the trip leader.

I have read and understand the student handbook and 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: _____