



### Backpacking Informed Consent

Risks	Prevention	Solution/Treatment
1. Twisted ankles, knees or broken bones	Be careful where you step especially on loose rocks or crossing streams or rivers.	Inform Staff of injury for assistance.
2. Blisters on feet.	Wear boots that are broken in, tie laces firmly, wear two pairs of socks.	Apply moleskin to "hot spots".
3. Frostnip, Frostbite or Hypothermia	Wear proper clothing (gloves, hat, etc.)	Get to warm area and warm affected body <u>part</u> .
4. Sore shoulders	Have backpack adjusted properly, carry less weight, take more breaks	Inform Staff of the discomfort for assistance.
5. Dehydration	Drink adequate amounts of water	Rest and slowly drink plenty of water.
6. Getting lost	Stay on marked trail and stay within sight of the group.	Stay calm and in an open area so that you can be easily seen.

I have read and understand the risks listed above and how to avoid them and 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.

Furthermore, I agree to respect the rights and feelings of the other participants and staff and to act in a supportive and caring manner during my participation of the event.

I understand that I have the right to not participate if I don't feel physically or emotionally safe.

I have read all of this Informed Consent and understand that I may be dismissed from participation for refusing to follow any of the above.

**WARNING**, because all of the activities provided by the Outdoor Recreation Program Office take place in an uncontrollable outdoor environment and involve travel to and from outdoor locations, all trips have risks associated with them and are potentially dangerous. You may suffer physical and/or mental injury from participating in this activity in the outdoor setting.

Participation in the Campus Recreation and Intramurals Outdoor Recreation Program is completely voluntary. Individuals participate at their own risks and assume responsibility for their own health and safety. Georgia Southern University and the Campus Recreation and Intramurals Outdoor Recreation Program are not liable for injuries sustained during participation in any Outdoor Recreation sponsored program.

It is strongly recommended that all participants consult a physician and or have a physical exam prior to participation. Georgia Southern University does not provide personal accident/health insurance. Therefore, participants are urged to secure their own adequate health coverage.

I have signed the Assumption of Risk/Release, Waiver of Liability and Covenant not to Sue, and I acknowledge and understand that it applies to my participation in this activity.

Signed \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent/guardian (if under 18)

Date \_\_\_\_\_

Please Print:

Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_