PRINT NAME_____

Georgia College
Outdoor Center at Georgia College
Informed Consent:
Flat Water Canoeing & Kayaking

Risks	Prevention	Solution/Treatment
Strains, sprains, dislocations, or broken bones	Be careful entering and exiting the canoe or kayak	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 (gloves, wool socks, etc.) Eat and drink proper amounts.	Get to warm area and warm affected body parts slowly.
Sore muscles	Stretch before and after paddling. 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. If signs of heat stroke are evident, seek medical attention.
Sunburn	Wear sunblock. Wear protective clothing.	Get out of the sun. Apply sunblock.
Shoulder injury	Use proper paddling technique. Stay inside "paddler's box".	Administer proper first aid. Inform staff of injury for assistance.
Drowning	Always wear a PFD. Avoid rough seas, 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 how to avoid them and agree to take an active part to protect myself and my fellow participants during the activity. I realize there are other risks and/or dangers that may exist (including injury or death) and I will avoid these also; 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 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.

Initial: _____

OUTDOOR CENTER AT GEORGIA COLLEGE
ASSUMPTION OF RISK AND INSURANCE CERTIFICATION

Many recreational activities and outdoor programs involve substantial risks of bodily injury or death, property damage, and other dangers associated with participation in such activities. Dangers related to such activities include, but are not limited to: hypothermia, broken bones, strains, sprains, bruises, drowning, concussions, heart attacks, and heat exhaustion. Each participant in these activities should realize that there are risks and dangers inherent in them, and also in the training for, participation in, and travel to and from such activities. It is the sole responsibility of each participant to participate only in those activities for which he or she has the prerequisite skills, qualifications, preparations, and training. The undersigned acknowledges that Georgia College does not warrant or guarantee in any respect the competency or mental or physical condition of any trip leader, vehicle driver, or individual participant in any outdoor program or recreational activity. I acknowledge that I am solely responsible for any hospital or other costs arising out of any bodily injury or property damage sustained through my participation in such voluntary outdoor programs or recreational activities, and that I am solely responsible for maintaining adequate health and accident insurance coverage for such costs.

I accept and assume all risks, hazards, and dangers involved in such activities in which I may elect to participate including the training, preparation for, and travel to and from the site of such activities or programs.

OUTDOOR CENTER AT GEORGIA COLLEGE
RELEASE, WAIVER OF LIABILITY, AND COVENANT NOT TO SUE

The undersigned hereby acknowledges that participation in outdoor programs and recreational activities involves an inherent risk of physical injury and assumes all such risks. The undersigned hereby agrees that for the sole consideration of Georgia College (the "Institution") allowing the undersigned to participate in voluntary recreational programs or outdoor activities in connection there with, and making available to the undersigned for his or her use while participating in such programs or activities, certain equipment, facilities, grounds, or personnel of the Institution, the undersigned participant does hereby waive liability, release and forever discharge Georgia College and the Board of Regents of the University System of Georgia, its members individually, its officers, agents, or employees from any and all demands, rights, and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property, and the consequences thereof, including death, resulting from my voluntary participation in or in any way connected with such outdoor programs and recreational activities.

I further covenant and agree that for the sole consideration stated above I will not sue Georgia College, the Board of Regents of the University System of Georgia, its members individually, its officers, agents, or employees for any claim for damages arising or growing out of my voluntary participation in recreational programs or outdoor activities.

I understand that the acceptance of this Release, Waiver of Liability, and Covenant Not to Sue the Institution or the Board of Regents of the University System of Georgia or any agent or employee thereof, shall not constitute a waiver, in whole or in part, of sovereign or official immunity by said Board, its members, officers, agents, and employees.

This Release, Waiver of Liability, and Covenant Not to Sue shall remain in effect for as long as I am a participant in outdoor programs or recreational activities offered by the Institution. Further, I understand that, if I am an employee or student at the Institution, this Release, Waiver of Liability, and Covenant Not to Sue shall be effective during the entire period of my enrollment or employment at the Institution.

I do hereby consent and agree to allow the Outdoor Center at Georgia College the use of my image or likeness in photographs, videos, or audio for educational purposes or promotional purposes, including posting on the Internet. I agree that the use herein may be without compensation to me or my child. Check yes or no.

☐ Yes ☐ No

I certify that I am 18 years of age and suffering under no legal disabilities and that I have carefully read and understand this notice.

Participant Name: **Participant Signature:**

Address **Date:**

Parent/Guardian Name (if under 18): **Signature:**

Lead Facilitator Signature: **Date:**

Grey area to be used by office personnel only

Form Revised F13