Required Actions

Your attendance on the field trip is contingent upon the completion of the following five steps:

1. **Part 1: complete a Personal Information form**
2. **Part 2: Read and understand the General Information and Logistics section.**
3. **Part 3: Read and understand all of the sections in the Statement of Hazards & Standards of Conduct.**
4. **Part 4: Sign the Acknowledgement indicating that you received, read, and understand the Statement of Hazards & Standards of Conduct.**
5. **Submit your (1) signed Acknowledgement and (2) signed Personal Information form to the course instructor.**

Questions

If you have any questions about this Safety Statement, the Personal Information form, or any topic associated with this field course, please contact the instructor.

Part 2: General Information and Itinerary

Section A: General Information

- In case of emergency, you or your parents can contact any of the instructors at the email provided on the syllabus.
- We will camp at Green River State Park April 5-10.
- Cell phone reception in the field area is generally adequate on Verizon, AT&T, Sprint, and T Mobile, but generally not good with US Cellular, and unknown on any other carrier.
- We will be tent camping; please find a partner if possible, to reduce volume of gear to transport. The following is a partial list of additional things to bring: clothing appropriate for all weather possibilities including rain gear, sleeping bag & pad, personal utensils, plate/bowl & cup, hand lens, notebook, map board, sturdy field shoes (no open toe shoes), sun screen, sun hat, long sleeve shirt, day pack, water bottles.
- We will visit grocery stores for students to purchase breakfast and dinner supplies. Stoves and cookware will be supplied. Cooking groups are encouraged to make food preparation time more efficient.
- Lunches will be provided and will typically consist of peanut butter and jelly sandwiches, fruit, and chips. Please let the instructors know if you require other accommodations.

Section B: Itinerary

**Saturday, April 4**
Please arrive at Fleet Services by **6:00 am on Saturday morning**.
We will drive to Glenwood Springs, CO, and stay at The Rodeway Inn, 52039 Highway 6 & 24, Glenwood Springs, CO, 81601, 970-945-8817.

**Sunday, April 5**
**Location:** San Rafael Swell along I-70  
**Activity:** Geologic mapping of monoclines on the Colorado Plateau

**Monday, April 6**
**Location:** Onion Creek  
**Activity:** Geologic mapping of an evaporite diapir

**Tuesday, April 7**
**Location:** Secret Spire Safari  
**Activity:** Eolian processes and paleoreservoir mapping exercise

**Wednesday, April 8**
**Location:** Moab Fault Zone  
**Activity:** Geologic mapping of extensional deformation features

**Thursday, April 9**
**Location:** Book Cliffs  
**Activity:** Cretaceous stratigraphy and depositional systems of the distal foreland basin

**Friday, April 10**
Pack up camp in the morning before we head to the field.  
**Location:** San Rafael Swell along I-70  
**Activity:** Geologic mapping of monoclines on the Colorado Plateau
In the afternoon we will Drive to Glenwood Springs, CO and stay at the Glenwood Springs Inn, 141 W. 6th Street, Glenwood Springs, CO, 81601, 800-997-9148.

**Saturday, April 11**
**Activity:** Drive to Iowa City.
Part 3: Statement of Hazards & Standards of Conduct

Section A: Environmental Conditions

Considerations

- Expect a wide range of temperatures. Average April temperatures for the region are 35-45°F lows and 60-70°F highs. Sunrise is ~6am and sunset ~7pm. There is a low chance of rain, but plan for it since spring storms are still active.

- Dehydration develops quickly in the field because of the very low relative humidity and intense sunshine.

- The thinner atmosphere at high altitude filters less UV light and thus predisposes one to sunburn. Similarly, the sun is very bright in the mountains so bring a good pair of sunglasses.

- Expect windy conditions – especially at the end of the day as temperatures begin to drop. Blowing dust is very common. Be prepared with a suitable windbreaker... wind can be exhausting and annoying for the unprepared.

- Be prepared for rain, snow and thunderstorms.

Associated Safety Hazards

- Dehydration can cause fatigue, severe headaches, and result in heat exhaustion & sunstroke.

- Exposure can result in sunburn, windburn, cold-related illness (hypothermia & frostbite), heat-related illness (heat exhaustion & sunstroke), and snow blindness (burn of the eyes).

Mitigation of Hazards

- To prevent dehydration, always drink enough water to cause the need for urination at least every three hours. While in the field, students should drink a minimum of two to three liters of water per day. Drink small amounts of water at a time throughout the day. Hydration packs (e.g., Camelbacks) are great investments.

- Sunburn and heat exhaustion are common and unnecessary field ailments. Sun block is mandatory for those with sensitive skin and should be used by all. People who do not usually burn are more apt to get caught because they do not take necessary precautions. Wear wide-brimmed hats, pants, and light shirts to keep cool and prevent sunburn.

- Wearing UV filtering sunglasses will protect your eyes. Contact lenses can be troublesome in the field because of dust and low humidity. If you prefer contact lenses, bring lots of lens solution and a backup pair of glasses. It is important to wear eye protection (glasses, goggles, sunglasses, etc.) in the field to protect your eyes when you (or those around you) are breaking rocks.

Section B: Personal Health

Considerations

- Field trips can be physically challenging and students must be prepared for a rigorous field experience. You will be conducting physically demanding field exercises, including considerable hiking sometimes at higher elevations. Students in good physical condition are able to complete the course without difficulty. However, the performance of students in poor physical health or condition could be hindered by an inability to access portions of field project areas. Field trips are physically demanding.

- All animals should be left alone – harassing any animal could result in your dismissal. Do not feed any animal, either intentionally or through your own inaction.

- Stinging insects such as hornets, wasps and bees may be present. Venomous spiders and scorpions are present in portions of the field areas. Deer ticks are common at lower elevations and tick checks should be performed nightly.

Associated Safety Hazards

- Poor physical conditioning may lead to overexertion and severe fatigue that can exacerbate pre-existing medical conditions and contribute to accidents.

- You may have allergic reactions to insect bites or plant puncture wounds.

- Burrowed ticks can cause infection.

Mitigation of Hazards

- Please consult your physician before considering attending the field trip – especially if you have a history of cardiac or pulmonary problems, physical, emotional, or mental conditions. Minor complaints could be amplified under the stresses of heat, altitude, and hard work during the field trip. These issues should be taken care of in advance. You should have shots for tetanus if not currently protected.

- Participants should determine their ability to handle the short periods (20 - 60 min) of strenuous exertion at relatively high altitudes required to access some of the field areas. Vertical changes in elevation are generally on the order of 800 ft (250 m) or less at base elevations of 2,000 to 10,000 ft (1,500 to 3,000 m). The importance of beginning daily cardiovascular exercise at least one month prior to departure cannot be stressed enough.
Section C: Daily Activities

Considerations

- Expect daily hikes in the field areas that cover several miles and up to 1000 ft (300 m) of relief.
- Hikes typically cross rough, steep, and/or unstable terrain. Good judgment and extreme care for yourself and those around you are critical. Many people have been injured (some seriously) or even killed (fortunately, not our students) wandering through the types of areas we work in.
- Unsafe cliffs, overhangs, and steep slopes are common in field areas. Stay away from these hazards and be aware of the people above and below you.
- Many students have limited experience working in the outdoors and with the tools of a field geologist. Misuse of field gear (e.g., hammers, chisels, GPS units, etc.) may create unexpected hazards. When used improperly, personal gear may provide less than optimal protection from the elements (e.g., improperly laced boots, hats in backpacks instead of on head, etc.).
- The most serious injuries on field trips do not occur in the field where geologists are all generally fully aware. On the contrary, most serious injuries occur when students are relaxing: playing ultimate Frisbee, soccer, or even hanging around camp, especially when cooking.
- Reckless behavior in the field (running and jumping over gullies, wandering away from the group, etc.) or in camp (roughhousing) that compromises the safety of yourself or the others on the trip will not be tolerated and could result in dismissal from the course.

Associated Safety Hazards

- Trip and fall hazards are extremely common, especially along ledges and steep slopes. Loose rocks and overhanging rocks exist on hillsides and trails. Remember that an injury to your knees, back, etc. could seriously limit or end your career as a field geologist, certainly for the duration of the trip.
- Inadequate footwear commonly results in a range of avoidable injuries, including puncture wounds (from thorny brush, cactus spines, and sharp rocks), severe ankle injuries, and slips and falls.
- Improper use of hammers and/or chisels can result in serious injury to yourself or those around you. Common injuries include crushing wounds and metal shards and/or rock chips in eyes.
- Reckless behavior creates a wide range of completely avoidable hazards.

Mitigation of Hazards

- While each person is primarily responsible for his or her own safe conduct, they must also contribute to the welfare of the entire group. In each field area, the leaders will brief participants on expected and potential hazardous situations and conditions.
- If you are not comfortable participating in any of the particular activities for any reason, you are encouraged to notify an instructor. There are no negative implications for this decision.
- Sturdy, close-toed boots are required in the field at all times. Boots with Vibram-type soles, good tread and sturdy leather (or similar) uppers provide excellent protection against injury. Participants without adequate hiking footwear will not be allowed to enter field sites and will be barred from participating in some activities. Please contact an instructor, ideally before the trip departs, if you have any questions regarding the field boot policy.
- Long pants are recommended in the field.
- When breaking rocks, move away from others and turn your back towards them. Always warn those around you when you plan to use your hammer! Never use another hammer as a chisel. Always protect your eyes with some form of safety glasses (e.g., shatter resistant sunglasses). Once again – an injury to your eyes (and those of your classmates) could seriously limit a career in geology.
- Please be careful when not in the field. When relaxing, remember that you’ve been working hard and are probably more tired than you realize. You have spent a lot of time and money to get to this stage of your geological education - a careless injury that prevents you from completing the course would be tragic.
- Reckless behavior is unacceptable. If your behavior becomes a significant problem, you may be dismissed from the field trip and will be responsible for your own trip home.

- Bring any medicines or antidotes (Epi-Pens) that you might require.
- Health insurance is required. You are responsible for all medical and dental expenses while on the field trip – the department, college, or university has no responsibility for the medical expenses of students and does not provide students with any forms of medical insurance. Work closely with your family to determine what health insurance policies are available to you and what the limits of your coverage are before the trip. Make sure to carry your medical insurance information with you at all times.
- Use insect repellent and check yourself carefully for ticks each day.
- Your chances of being bitten by a snake (if applicable) become remote when wearing sturdy, over-ankle boots and by not putting your hands (or any other part of your body) in places you cannot see. Leave snakes alone – a little fear is a very healthy thing. If you should be bitten and it was a rattlesnake: (1) Slow down circulation and be as inactive as possible. If possible, don't run or walk, and have someone assist you to a vehicle. Allow the wound to bleed freely. (2) Have someone get you to a doctor as soon as possible. Make sure the doctor checks for reaction to horse-serum, if necessary. For any other snake bites contact an instructor immediately.
Section D: Transportation

Considerations

• Thousands of freeway and off-road miles are put on vehicles for field trips each summer. Drivers have a great responsibility and must be extremely vigilant and careful – the lives of all of passengers, members of the caravan, and the public at large are in their hands.

Associated Safety Hazards

• Driver-related hazards are significant and include fatigue, distractions, and inattention during driving.
• Car-person collisions are a serious hazard during activities that require work along busy roadways.
• Flat tires introduce significant hazards associated with both the operation of a moving vehicle and roadside repairs.

Mitigation of Hazards

• All participants must pay careful attention to safety briefings by the instructors. It is your responsibility to be fully informed of potentially hazardous conditions associated with use of vehicles.
• Passengers must never do anything to interfere with the driver's ability to operate the vehicle safely.
• Passengers riding shotgun should never sleep and should help keep drivers awake and aware.
• Personnel driving university vehicles must first satisfy all the driver requirements outlined by the university.
• Before driving, drivers should take whatever time needed to familiarize themselves with their vehicle and routes.
• Participants must wear high-visibility clothing (and/or safety vests if provided) when working along roadways and bike trails.
• Read, understand, and follow the procedures in the Guidelines for Driving University Vehicles below.

Section E: Guidelines for Driving University Vehicles

The following guidelines regarding the use of university vehicles must be read, understood, and followed at all times:

For All Vehicle Occupants

1. University vehicles include any vehicle owned, rented, leased, or otherwise provided to affiliates of the University for use in conducting official business.
2. “Compliance with applicable motor vehicle laws and the University of Iowa Driving Policy is required for any eligible driver to be authorized to use a University vehicle and for any driver of a non-owned, borrowed, or rental vehicle being used on University business.”
3. Safety restraints (seat belts, both lap and shoulder) must be worn by everyone whenever a vehicle is in motion.
4. Keep Vehicles Clean. Regularly remove trash. Loose bottles, rocks and materials on the floor are significant hazards to safe vehicle operation. Whenever possible, maintain the driver's ability to see out of the rear window when packing the vehicles.
5. Alcohol in any university vehicle is strictly prohibited.
6. Passengers are required to report to the course instructors or teaching assistants any incident regarding unsafe or improper vehicle use including:
   • alcohol or illegal drug use or transport;
   • drivers who are impaired in any way;
   • unsafe or reckless driving;
   • unauthorized vehicle use.

For Drivers

1. Authorized drivers are individuals cleared to drive specified vehicles by the university’s department of risk management. Drivers must immediately inform the instructors if they receive a suspension, probation, cancellation, or disqualification of his/her driver's license.
2. Authorized drivers are subject to all traffic laws and are financially responsible for any traffic citations. In addition to posted limits, drivers must operate at speeds suitable for vehicle, road, traffic, and weather conditions. Where vision is restricted, drivers must slow to a speed that will permit the safe negotiation of curves, hills, or intersections.
3. Driver fatigue is a leading cause of fatal accidents. Requests for breaks or driver swaps have priority over any itinerary. “The University guidelines for groups for long-distance driving are as follows:
   a. In those instances when only one authorized driver is driving long-distance (four or more hours of total driving time), the driver is required to take a 30-minute break every four hours. The driver is not to drive for more than a total of 10 hours during a 24-hour period.
   b. In those instances where a group is driving long-distance (e.g., more than one employee traveling together to a business meeting, or members of a University-recognized student organization traveling to an approved conference), at least two individuals are required to be designated drivers. Drivers are required to rotate driving duties at least once every two-hour period, and take a minimum one-hour break every six hours for all drivers and occupants of the entire vehicle. Any one driver is not to drive for more than a total of 10 hours during a 24-hour period.”
4. Caravan Driving is among the most dangerous activity during field trips. To help mitigate this hazard, please follow these guidelines:
   a. Do not pass the lead vehicle and unless safety dictates maintain your position in the line of vehicles.
   b. Do not worry about “keeping up” with the vehicle ahead of you – instead, slow your vehicle to maintain visual contact with the vehicle behind you.
5. Avoid distractions. The use of cellular telephones and iPods, etc. while driving are not permitted (even with a “hands-free” device), except in immediate emergency situations. The person sitting in the “shotgun” seat should assist drivers with these functions.
6. Drivers are responsible for thoroughly inspecting their vehicle prior to initial use and regularly thereafter for unsafe conditions (lights, brakes, windshield wipers, windshield washer fluid) or damage. Drivers must immediately report vehicles that are damaged or in an unsafe condition.
7. Use of university vehicles while under the influence of alcohol or drugs (including prescription drugs that may impair the ability of the driver) is prohibited.
8. Here are a few things we’d like you to remember about driving for the University:
   a. You must follow all applicable laws and university policies at all times.
   b. You represent the University of Iowa so please drive safely and be professional and courteous.
   c. You must use your seatbelt and other safety devices at all times. Please ask others in the vehicle to do so as well.
   d. You are required to take a direct route to/from your destination. Side trips are not allowed.
   e. You are not allowed to use the vehicle for personal use at any time. This restriction includes not picking passengers up at their homes.
   f. You should only allow authorized passengers to travel in a University-owned vehicle.
   g. You must contact the local police immediately whenever you are in an accident!
   h. You must report all accidents to Risk Management within 48 hours at driving-safety@uiowa.edu
9. If you have any questions regarding your responsibilities as a driver for the University of Iowa or prohibited uses of university vehicles please see the University Driving Policy at: https://opsmanual.uiowa.edu/administrative-financial-and-facilities-policies/risk-management-insurance-and-loss-prevention#15.7

Section F: Field Protocol

- Always conduct yourself in a professionally responsible way. If you happen upon some problem another person has caused please try to correct it if you can (e.g. if you come across some trash, pick it up).
- Never disregard a "No trespassing" sign. Generally, landowners are willing to allow us on their land if we ask permission, but this is their prerogative and we need to ask permission first. Report any no trespassing signs to your instructor at once so they can secure the required permission.
- If we are working in a heavily used area, please don't hammer on outcrops. Generally, the people who have been there in previous years have left plenty of fresh samples at the base of an outcrop for you to examine. If for some reason you need to break a fresh surface, break a small piece of float and leave the pieces so that the next person can use it. Under no circumstances should you create debris that would be noticeable to a casual observer.
- Do not create graffiti on rocks, trees or other surfaces.
- If you need to cross a fence, do it in a way that will not damage it. Cross through a gate if possible. If a gate is locked but sturdy enough to support your weight without drooping or damaging it, climb over it next to the hinges. If a gate is not available, look for an alternative such as a low spot where you can slide your pack and yourself under the fence, a rock or log that will let you step over the fence, or a corner that is reinforced with thick posts that you can use to climb over it. Never stretch the wire in a fence to pass over or under it.
- Leave gates as you find them (open or closed). Ranchers may change the status of gates from one day to the next to move animals from one area to another. They know what is going on, we don't, so leave things as they are unless there is an obvious danger presented by an open gate (e.g. cattle passing through it onto a highway.) Report any instance where you changed the status of a gate and the reasons why to your instructor so he/she can inform the landowner quickly about the problem.
- Always pack your trash in and out. Do not throw anything away in the field, even items that you think are biodegradable (e.g. orange peels). If you come upon trash others have left, pick it up and take it with you. We want to leave the area in the same or better condition than we found it.
- No boulder rolling or rock throwing. These are dangerous activities that can severely injure people or damage property below you that you didn’t see. Always be aware of the situation around you so that you do not place yourself or others in a potentially dangerous situation. In particular be aware of what is above and below you.
- Never cross above another person on a steep hill or cliff if there is any possibility material can be dislodged that might fall.
- Never place yourself below someone who might knock something loose.
- Avoid situations where you cannot see what is above you, especially if you suspect people may be above you who might knock debris loose.
- If a rock is knocked loose, yell ROCK loudly and repeatedly until you can see it has stopped rolling. Do this even if no one appears to be in the way. If you hear a ROCK warning, immediately try to determine where it is and move safely out of the way if it is heading towards you.
- Do not cross streams if the water is fast or over your knee. Always wear shoes when crossing creeks to minimize danger of cutting your feet.
- Do not go in the field if you are ill. Speak to your instructor immediately if you think you need medical attention.
- Any student deemed to be hungover will not be allowed in the field, and will be docked participation points for that days' work. They will not have the option to make up missed mapping days.
Section G: Standards of Conduct

The College of Liberal Arts and Sciences is a community of learners. Students, as well as faculty, have a responsibility for creating and maintaining an environment that supports effective instruction. In order for faculty members to provide, and students to receive, effective instruction in the Department of Earth and Environmental Sciences field courses, we expect students to conduct themselves in a responsible and cooperative manner. You are a representative of the university and expected to behave responsibly at all times, including personal time outside of class.

Failure by a student to follow prescribed rules of conduct will subject him or her to disciplinary action by the Department of Earth and Environmental Sciences, the College of Liberal Arts and Sciences, and/or the University of Iowa. Earth and Environmental Sciences field classes are an adult learning environment and should be treated as such. As adult learners, students are expected to conduct themselves accordingly.

Academic Integrity

As a student in this class, I agree to the following:

- I will be prepared at the designated departure time each morning.
- I will do my own work and not plagiarize. It is normal procedure in this class to share ideas with each other in the field and when you are working in the evening. However, you should never copy information from someone else’s map, section or notebook. Ask the instructors for advice when you are having trouble, they have suggestions about how to proceed.
- Copying other’s work, allowing your work to be copied and using or possessing published materials are considered cheating. The policies of the college of Liberal Arts and Sciences allow severe penalties for cheating, as discussed in the schedule of courses.
- I will read, understand, and comply with all expectations in the course syllabus.
- I will behave as a responsible representative of the University of Iowa at all times, including personal time.

Alcohol & Drugs

Alcohol and physical activity don’t mix. The abuse of alcohol and other drugs severely interfere with our educational mission and pose a serious threat to the health and well-being to the course community. Specific policies are as follows:

1. Illegal drugs are prohibited.
2. State laws must be obeyed. Drinking by individuals under the age of 21 is strictly prohibited. While the legal limit of blood alcohol content (BAC) levels are .08 in every state, the punishments vary widely. For example, Arizona, Tennessee, and Georgia are among the states with mandatory jail time for first offenders. Even if you do not feel the effects of alcohol, your BAC may exceed the legal limit because everyone's body and alcohol tolerance is different.
3. ALL vehicles carrying course personnel must only be driven by a designated driver who has agreed to consume no alcohol.
4. Drunk driving in vehicles and driving after drinking any amount of alcohol is prohibited.
5. Moderation, total respect for others and common sense is expected of those who drink alcohol. The drinking of alcohol should never be actively encouraged. Binge drinking, risky drinking and drinking games are strictly forbidden.
6. Students should be aware of how the consumption of alcohol might interact with any medications they are currently taking.

University of Iowa Community Policies

The same policies described in the University of Iowa Operations Manual (https://opsmanual.uiowa.edu/community-policies) apply to university-sanctioned off-campus activities. Students should familiarize themselves with these policies and adhere to them for the duration of the trip.

CLAS Information and Policies for Undergraduates

Please refer to the course syllabus for additional policies that apply to this course.

Student Bill of Rights

All students may expect the right to:

1. personal privacy.
2. a reasonably clean living environment.
3. a study environment reasonably free from undue interference (unreasonable noise and other distractions).
4. conditions enabling adequate sleep free of disturbances associated with the behavior of roommates and neighbors. Rest is essential for good health and safe, effective work in the field (for you and everyone else).
5. respect for one's personal belongings.

Smoking

The use of tobacco and all forms of smokeless tobacco (including cigarettes, cigars, e-cigarettes, pipes, bidi, hookah, snus, orbs, vape, vapor, vaporizer pens) by students, faculty, or staff is prohibited in the field.

Noise

Evening work periods and overnight hours should be free of unrelated disturbances (no partying or loud music – please use headphones).
Section H: Policy Violations

As with any university program, students must accept the rights and responsibilities of membership in this academic and social community when they choose to enroll in a field course. Students are required to uphold and obey all of the policies listed in this document at all times. Violations of any policy may result in disciplinary action.

Reporting Concerns

Any student, faculty member, or staff member may submit a complaint alleging a violation of university, CLAS, or course policies to an instructor. If the instructor determines that the alleged behavior may be a violation, the instructor will notify the accused student and schedule a meeting. The instructor(s) will meet with the accused student to explain the complaint and the resolution process. The student will have the opportunity to ask questions and make a statement. The committee may also interview witnesses. At the end of the meeting, the instructor(s) will determine if the violation warrants sanctions and which sanctions to apply. Students may appeal any decision to the DEO.

Sanctions

Sanctions are in place to promote safety and uphold the field course educational mission. Sanctions may also serve to deter students from behavior that may harm, harasses or threaten people or property or is unlawful. Sanctions may include but are not limited to the following:

1. The first instance of failing to abide by this code of conduct will result in a written warning. A formal notice will be given to the student that policies were violated and that future violations will be dealt with more severely.
2. Upon the second offense, a student will be removed from the class and sent home at his/her own expense. The instructors and DEO reserve the right to expel a student without warning if the first offense is serious. A student who is expelled will not be reimbursed for the cost of the class, and will not receive credit for participating in the class, which may delay fulfillment of degree requirements. Compensation for loss, damage, or injury to the appropriate party in the form of service, money, or material replacement may also be required.

Required Actions

Your enrollment in the program is contingent upon the completion of the following five steps:

1. Part 1: complete a Personal Information form
2. Part 2: Read and understand the General Information and Logistics section.
3. Part 3: Read and understand all of the sections in the Statement of Hazards & Standards of Conduct.
4. Part 4: Sign the Acknowledgement indicating that you received, read, and understand the Statement of Hazards & Standards of Conduct.
5. Submit your (1) signed Acknowledgement and (2) signed Personal Information form to the course instructor.

Part 4: Acknowledgment

I hereby certify that I have received, read, and understand the contents of the General Information and Logistics and Statement of Hazards & Standards of Conduct that describes the common environmental, health, and safety hazards, the expected standards of conduct, and the ramifications of policy violations during the field course.

I understand the safety precautions needed to minimize the risk to myself and other participants. I agree to follow the required safety guidelines and briefings and certify, to the best of my knowledge, that I am physically capable of participating in the field courses.

I consent to the retention of this Acknowledgement by the Instructors so long as evidence of the consents and acknowledgments provided herein are required.

Signature of Participant: __________________________ Date: __________________________
Name (printed): __________________________
If the Participant is under the age of 18, this form must also be signed by a legal Guardian.

Signature of Legal Guardian: __________________________ Date: __________________________
Name (printed): __________________________