

ACKNOWLEDGEMENT OF RISK / WAIVER

“Save The Bay” Program Participants

This must be completed for all participants and returned to trip organizer.

(Please read the following carefully before signing below)

In consideration of the services of Save The Bay, its agents, employees, trustees, officers, contractors and all other persons or entities associated with it (collectively referred to as “STB”), I agree as follows:

I am familiar with the program for which I am registering. I have had all my questions about the nature of the activities, the conditions, and the location where the program will take place answered. I understand that this program has risks, including certain risks which cannot be eliminated without fundamentally altering the unique character of this program. The same elements that contribute to the unique character of this program can be the cause of loss or damage to my belongings, accidental injury, and illness or, in extreme cases, permanent trauma, disability or death. I understand that STB believes it is important for me to know in advance what to expect and to be informed of the programs’ inherent risks. The following describes some, but not all, of those risks.

STB programs frequently occur in remote places where communication and transportation are difficult. Consequently emergency evacuations and medical care may be delayed.

STB courses involve travel out of doors where participants are subject to numerous risks, environmental and otherwise. Travel is on foot, sometimes over rugged, unpredictable off-trail terrain. Participant risks include soreness, strains, sprains, broken bones, tripping, falls, bruises, scrapes, cuts, and splinters, and that they entail hazards including picking up sharp or unsanitary objects, being cut or hit by tools, and lifting heavy tools. Environmental risks include exposure to insects and snakes, and lightning and other unpredictable forces of nature, including weather which may change to extreme conditions without notice. Possible injuries and illnesses include hypothermia, sunburn, heatstroke, dehydration, allergy attacks, and other mild or serious conditions.

Instructors may be required to make decisions under difficult circumstances, based on a variety of perceptions and evaluations, which by their nature are imprecise and subject to error.

I understand this description of the risks involved is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I agree to assume responsibility for all the risks inherent in the activities that comprise these programs. My participation in this program is purely voluntary, no one is forcing me to participate, and I elect to participate with full knowledge of the inherent risks.

I hereby agree to permit Save The Bay employees, agents, and other guests to take photographs and make film records of the trip without further recourse. I understand that such items may be used for commercial and/or promotional purposes.

I and my parent(s) or guardian, if I am a minor, represent that I am fully capable of participating in this program. Therefore, I, and my parent(s) or guardian, if I am a minor, assume and accept full responsibility for me and for the injury, death, loss of personal property, and expenses suffered by me and/or them as a result of my voluntary participation in this program, as well as for any loss, injury or death resulting from my own negligence.

School Name: _____

Participant Name (printed): _____

Signature: _____
(Participant/Student)

Date: _____

Signature: _____
(Parent of Guardian)

Date: _____

PARTICIPANT’S HEALTH HISTORY:

Please circle any allergies participant may have: Insect Stings, Hay Fever, Asthma, Food _____, Penicillin, Other: _____

Please describe known reaction to circled and list any medications carried: _____

Please circle any of the following diseases or disorders participant has had or has now: Heart Defect/Disease, Epilepsy, Diabetes, Bleeding/Clotting Disorders, Hypertension, Other: _____

Describe circled from above _____

SAVE THE BAY Restoration Program PARTICIPANT INFORMATION SHEET

What is Community-based Restoration?

"Anyone can serve, because we all have something to give."

Sharon Davis

Save The Bay's community-based Restoration is an environmental service-learning program in which participants improve the health of the community by helping to restore wetland habitat to its natural state. Restoration activities done by students help stabilize creeks, wetlands, and Bay Shoreline, thus improving habitat for wildlife in San Francisco Bay.

What you will be doing:

A typical program includes:

- Welcome and introduction to wetland ecology and Issues
- Discussion of habitat restoration and why it is important
- Description of the restoration project, including safety and tool use
- 1-2 hours of actual project time (as described below)
- Lunch break (please bring your own lunch)

What to Wear and Bring:

You will be outside for 4 hours, often walking 15-20 minutes to the project. Here are a few suggestions on what to bring and wear:

- Dress in layers. It can be 10 degrees colder, warmer, or much windier near water than it is inland.
- Rain jacket, t shirt, pants, and work boots or other **sturdy close-toed shoes**. If it is warm, you may wear shorts.
- Hat and sunglasses.
- At least **one full water bottle**.
- Your **lunch** (preferably a low-waste lunch that will not create trash).
- Lip balm and sunscreen.
- Do not bring anything that cannot get wet or muddy.
- Our projects are in public parks—leave valuables at home.

We Provide:

- All equipment, restoration tools, gloves, etc.
- Educational maps and materials
- Instruction

Weather:

If severe weather is forecast, the field trip may be cancelled. We will contact the group leader in case of a cancellation and make every effort to reschedule. If there is simply a light rain, we will still run the program.

Safety:

Your field trip leaders are certified in first aid and CPR. All sites have been scouted to ensure there are no hazards or unsafe conditions. Field trip leaders carry a first aid kit and cell phone in case of emergency.

Group Guidelines and Expectations:

We want you to enjoy yourself, but we also want you to be safe and avoid injury. Therefore, these are the rules:

1. Respect all instructors and participants
 - a. Mutual respect: Treat others the way you would want to be treated

- b. Attentive listening
 - c. Raise your hand
 - d. Maintain personal space
2. Respect all equipment and the environment
- a. Treat the tools and equipment gently
 - b. Dispose of all trash and recycling properly
 - c. Respect the wildlife, use quiet voices and maintain an appropriate distance
3. Other rules
- a. Wear shoes at all times
 - b. No drugs, alcoholic beverages, or smoking permitted
 - c. No cell phones, pagers, walkmans/discmans, ipods, or electronic games permitted
 - d. Participants must follow all safety directions and use tools appropriately
 - e. All school rules apply

Community Volunteers:

We also encourage participants to join our drop-in community volunteer days with their families. These happen nearly every week and weekend at one or more sites. All ages and ability levels are welcome to participate in the community volunteer days. For more information contact Rachelle Cardona, Restoration Education Specialist at 510-463-6805 or email rcardona@saveSFbay.org. You can also sign up online <http://www.savesfbay.org/volunteer>