

Informed Consent

MHRC is arranging dryland training activities at Kelso Conservation Area that include: general fitness related activities, Aerial Course, Climbing Tower, and Mountain Biking on October 3, 10, 24, 31, and November 14, 21, 2021.

THIS FORM MUST BE READ AND SIGNED BY EVERY PERSON UNDER 18 YEARS OF AGE WHO WISHES TO PARTICIPATE AND BY A PARENT OR GUARDIAN OF THE PARTICIPATING PERSON.



Elements of Risk:

The above Activities involve certain elements of risk. Injuries may occur whilst participating in these activities. The follow list includes, but is not limited to, examples of the type of injury which may result from participating in these activities.

Athletic fitness activities, High Ropes and Mountain Biking

1. There is a possibility of falls leading to fractures, head injuries or other serious injury
2. There is a possibility of insect bites, reaction to vegetation or illness associated to these
3. There is a possibility of slips and trips associated with uneven terrain

The risk of sustaining these types of injuries result from the nature of the activity and can occur without any fault of either the student, or Conservation Halton its employees, agents, volunteers, independent contractors, sub-contractors, representatives, sponsors, board of directors, successors and assigns (hereinafter referred to as The Halton Region Conservation Authority). By choosing to take part in this activity, you are accepting the risk that you/your child may be injured.

The chance of an injury can be reduced by carefully following instructions at all times while engaged in the activity.

If you chose to participate in the activities on October 3, 10, 24, 31, and November 14, 21, 2021 you must understand that you bear the responsibility for any injury that might occur.

Acknowledgement

WE HAVE READ THE ABOVE and the included 'OUTDOOR ACTIVITIES AT CONSERVATION HALTON'. WE UNDERSTAND THAT IN PARTICIPATING IN THE ACTIVITY DESCRIBED ABOVE, WE ARE ASSUMING THE RISKS ASSOCIATED IN DOING SO.

Signature of Student:

Date:

Signature of Parent/Guardian:

Date:

Permission

I give _____ permission to participate in the above activities to be held Oct 3,10, 24, 31, and November 14, 21, 2021.

Signature of Parent/Guardian:

Date:

Outdoor Activities at Conservation Halton

Conservation Halton offers a wide variety of outdoor activities across all of its properties that your child's group (school, youth group etc.) has chosen to participate in. All of these activities are delivered by Conservation Halton's experienced members of staff who hold appropriate certifications and qualifications. All activities are fully insured and risk assessments have been undertaken. We seek your support as a parent/guardian in:

- Reading and understanding the below – we will happily answer any questions, through your child's group organiser
- Telling your child to listen carefully to instructions provided during the day – we all want to have fun, but we also want to do so safely

While every effort is made to avoid accidents and injuries, occasionally, and through no fault of our staff or your child's group, accidents do happen. When they do, rest assured that our staff all have appropriate first aid training and can provide help, and if outside help from medical staff is needed, we will not hesitate in bringing it in.

Please read the information below that provides more details on what activities we offer, and the sorts of risks that they pose

Boating

A number of forms of 'boating' take place at our Conservation Areas including kayaking, canoeing, stand up paddle boarding and peddle boating. The main risks associated with boating are related to handling the boat and being on and around water. These risks include cuts, scrapes and bruises, being in contact with a natural water body that has no chemical treatment, being close to and possibly submerged in cold and deep water and possibly include drowning. Your child will be supervised by staff, lifeguards will be on duty, an emergency rescue boat available and Personal Flotation Devices (PFD's) will be worn at all times.

Swimming

Swimming is available in a marked area at Kelso Conservation Area and will always be under the supervision of qualified lifeguard staff. Kelso is a natural water body, the depth of the water varies as does the temperature, which you can expect to be significantly cooler than an indoor swimming pool. There are also risks associated with walking in bare feet on our natural sand/rock beaches. The main risks are cuts and scrapes, exposure to cold water and, the possibility of drowning.

Mountain Biking

Conservation Halton has an extensive network of trails that are available to mountain bikers. These offer biking opportunities for first time mountain bikers, to those that have significant skill and experience. Some of our trails are wide and, whilst naturally surfaced, relatively level and smooth; some of our trails are narrow, very uneven and technically challenging. Our trails also have a range of features designed to enhance the challenge of the ride. Typically, risks associated with mountain biking are related to falling from a bike onto the natural surface below; cuts and scrapes and bruises. However, a fall whilst riding at speed may result in more significant injuries such as fractures. Your child will be instructed by our staff and will only be accessing trails appropriate to their skill level during their visit. Helmets will be

worn at all times during the session and their instructors will stop and gather the group regularly. Instructors are first aid trained and have means to be able to communicate immediately with our other staff and emergency services, if additional help is needed.

Hiking

Our trail system offers excellent hiking opportunities and some magnificent views of the surrounding landscape. Trail hiking is relatively low risk, but our trails are natural and largely unsurfaced. There is always an enhanced risk of slips trips and falls in these situations. We will also be visiting some of our iconic lookouts so there is an exposure to significant heights. Lastly, our natural areas are home to species of insect that may bite or sting, and plants such as poison ivy, that can cause a reaction. We ask that you send your child with close toed shoes which provide good grip and some ankle support, and our instructors will keep the group on trail and under supervision at all times.

Archery

Archery is an exciting activity where traditional long bows are used to undertake target bow shooting. All archery activities are very closely monitored; participants are always behind the line of fire, and targets are positioned against natural backdrops. The biggest risks are associated with strains, sprains and bruising from learning and use of the bow.

Low Ropes

Low Ropes is a term we use for a series of activities that are based on, or a very short distance, above the ground. Many of these use ropes, but they are not exclusively rope based. These activities are designed to promote coordination and skills of balance, as well as promoting team work and cooperation. The risks associated with low ropes include slips and trips and falls. These falls will be from a low level, but may be from challenges above the ground. As some activities use ropes, rope burns might be possible. Sprains and strains from reaching may also be possible. Our instructors provide clear information on the task at hand and the ways in which injuries can be avoided and all activities are undertaken under supervision. We also teach participants to look out for each other and provide the role of 'spotters' where climbing is involved.

High Ropes

High Ropes is the term we use for a series of activities that are based around high level obstacles. This includes climbing walls, aerial challenge courses, abseiling and zip lining. Many of these activities can be undertaken at a lower level, but progression into more challenging environments that are as much as 30 feet above the ground will take place if the participant is comfortable to take part in these. All our high rope activities are closely supervised, involve wearing a harness and helmet at all times and being roped in or secured to an activity. Occasionally, participants may 'spot' each other to provide additional support. Because of this, the risks include slips, trips and falls at a low level while preparing or moving between activities, strains and sprains associated with using equipment and the possibility of rope burns.

Team Building

Many of the activities we offer involve aspects of collaboration, team work and partnership. As well as using any of the above activities to support a team building session, we provide a range of other dedicated team building tasks. These involve games and trust activities which may involve blindfolds, running and balance as well as other sensory and challenged based activities. The most likely incurred risks are slips trips and falls and low level drops associated with changes in terrain. Team building often relies on our Low Ropes facilities as well.