

ASSUMPTION OF RISK/RULES AND REGULATIONS

The Pennsylvania Fish and Boat Commission provide excellent state-of-the-art training for students. The Commission has an outstanding safety record and every reasonable effort is made to safeguard students during indoor and outdoor training sessions.

The Water Rescue Program is designed to develop the student's awareness, knowledge, and skills. The activities will expose students to a number of outdoor hazards (temperature extremes and inclement weather, cold and moving water, steep slopes, slippery rocky river banks, poisonous plants, animals, and human contact), which could lead to serious injury and/or death. These risks include the loss of, or damage to, personal property, heat and cold related emergencies (hypothermia and hyperthermia), drowning, broken bones, wounds/contusions, head/neck and spinal cord injury.

All reasonable precautions will be taken to provide a safe environment during training sessions. The instructor prior to training has evaluated all sites used. Also, to minimize the risk, personal and group safety is essential and the following rules must be followed to insure the highest degree of safety.

1. If any problems occur during the activity, the student should contact the instructor immediately.
2. No alcohol or drugs are permitted.
3. All participants will work on a "buddy" system – in at least teams of two.
4. Students are not permitted to leave the training site without the permission of the instructor or designated individual.
5. Participants must come physically and mentally prepared to engage in the activity.
6. Group dynamics are an important component of the activity. Each participant must understand the potential risks involved in the activity and work as part of a team for the well being of the entire group.
7. Participants must dress appropriately for the outdoor environment and weather conditions. A Personal Flotation Device (PFD), helmet, protective foot wear, wet suit, polypropylene, polyester/wool top and bottoms, and nylon wind shell are required for both ice and moving water practical sessions.
8. Personal Flotation Device (PFD) and helmets must be worn at outdoor ice and moving water practical sessions. During ice rescue, PFDs will be worn at all times except when in cold water exposure suits.
9. Students are not permitted on the ice without a cold-water exposure suit, attached to a harness and line system.

10. Participants are responsible for equipment that is assigned to them. If the equipment is broken or damaged under normal use, the participant is not accountable. If the equipment is damaged due to willful abuse or negligence, the participant is responsible for replacement of the equipment.
11. Everything that is carried in will be carried out.
12. Each participant is responsible to bring a container of fresh drinking water and must refill only from designate areas.
13. Students who become lost or separated from the group should remain calm and remain where they are until help arrives.
14. All participants are expected to share in-group duties. This may include loading and unloading, cleaning and storing equipment, and assisting with assigned duties if an emergency arises.
15. Boisterous, immoral, or indecent conduct is not tolerated.
16. Headfirst diving is prohibited.
17. Because of the risk involved in water rescue training, students who do not understand direction(s) of the instructor or designated individual must stop the instructor and ask for clarification.
18. Students have the right to not participate in any aspect of the training program.
19. The lead instructor has the right to dismiss any student from the course for violation of any part of this agreement.

I have read and agree to the terms of the Assumption of Risk/Rules and Regulations

Participant:			
Print Name	_____	_____	_____
	First	Middle	Last
Signature	_____		Date ____/____/____

Witness:			
Signature	_____		Date ____/____/____