AUGUSTANA FACULTY: OUTDOOR EDUCATION SAFETY SUMMARY

You are responsible for yourself and, through your actions, those around you. All Outdoor Education participants will behave in a safe manner, and, if unsure, will seek advice from the instructor(s). No one will knowingly risk themselves or put others at risk.

Although field localities and field exercises are chosen with safety in mind, work and study outdoors carries some risk. Outdoor education activities are associated with many inherent risks. All participants are equally responsible for safety, but faculty, staff, and contract and guest instructors are in charge. Therefore, safety guidelines and rules presented by the course instructors and guest instructors are not negotiable and must be obeyed.

**Preparation**
Prevention is the key to safety. All participants will come prepared daily with:

- attitudes and behaviours conducive to safety;
- appropriate footwear for the day’s activity. **Open-toed shoes are forbidden as they commonly lead to serious foot injuries and lack the traction and stability needed (i.e.: sandals and crocs).**
- clothing appropriate for the complete “normal” range of local weather, including long trousers, sweater, and wind/rain gear, regardless of anticipated weather;
- in general, all clothing and equipment indicated on the clothing and equipment list provided by the instructors must be brought, unless you consult with them and agree that a particular item is unnecessary in your case.
- sun protection: hat, sun glasses, and sun screen;
- extra food and water when appropriate;
- medicine for chronic illnesses such as diabetes, asthma, etc.;
- mosquito and fly repellent;
- Safety equipment as issued.
- **Inform your trip leader of any condition, which might require emergency medical attention, such as bee sting allergy.**

**Incidents**
Most fatal field incidents are related to vehicle travel. So:

- Only approved/authorized drivers may drive vehicles, if and when required;
- Vehicles may not be used for recreational purposes;
- All Highway Traffic Act and local by-law, rules and regulations must be followed.

Most injury (non-fatal field incidents) are caused by slips and falls, So:

- Proper footwear is important
- Pay attention - watch around, below and above you at all camp sites and portage trails. Stay within sight but spaced enough apart while on trails to avoid injury from braches caught on individuals ahead of you.
- Do not run or jump around when scouting a rapid or moving over a portage trail. This can cause a fall, injury, and possibly being swept into the river. Wading in the river can be dangerous. If wading is necessary follow instructions on how to do so. Move with attention and caution.
- Diving in not permitted.
- Ask for help if you are having difficulty at any time - do not play the hero;
- **Rock climbing, aided or free, is not allowed** - stay off the cliffs and steep pitches.

On the river, in the canoes:

- You will be instructed on how to swim in a rapid in order to reduce the risk of injury and leg-entrapment. Follow these instructions.
- Scout rapids in consultation with instructors. The instructors have final say regarding whether a rapid will be run or portaged.
- Reasonable conduct in the canoes, respect for the power of the river is very important. Do not ‘horse around’ in the canoes, an upset canoe could result in personal injury, lengthy evacuation, unnecessary demands on participants and staff, and the loss of precious food and equipment. This puts your own and others’ safety and the success of the expedition in jeopardy. Take a long-term, cautious approach to the expedition.
- Personal Floatation Devices (PFD) will be worn whenever in, on, or scouting a section of river or lake.
- Helmet will be worn as directed by the course instructors.
**Equipment**
Camping and canoe equipment such as stoves, paddles, throw bags, personal floatation devices and canoes will be used. You will be taught how to use this equipment safely. Follow these instructions whenever using the equipment. If you do not know how to use it, just ask and we’ll be happy to teach you before you get into a dangerous situation.

**Teamwork**
Teamwork is essential to the success of these courses, you are required and expected to participate fully as a team member. The buddy system will be used, always stay within sight of your buddy. Remain within ear-shot of the group while on the river and follow the instructions for group management set out by the leaders.

**Hygiene/Animals**
Wildlife and domestic animals can be dangerous. Interact with domestic animals with caution. Techniques to avoid dangerous wildlife encounters will be discussed. Proper reaction to such encounters will also be taught. Hygiene and camp cleanliness play an important role in this regard. Pots, pans and dishes must be kept clean. You must endeavour to keep all food, perfumed products (including toothpaste) stored safely away from your tent as well as feminine hygiene products. Blood, faeces, urine and used toilet paper attract animals, contaminate water sources, and are highly unsightly. We will teach you how to properly dispose/pack out these contaminates. It is extremely important that you follow these instructions for animal safety, cleanliness and environmental reasons.

**Fires**
Participants will be taught how to light, supervise and extinguish a campfire. The place for a campfire will be decided upon at each campsite, if appropriate. You must get consent for a fire from one of the instructors. Fires should be kept small, NEVER left unattended, and extinguished until they are cold and wet to the touch. We must always respect and attend to the local fire-hazard conditions. Forest fire is a real possibility.

**Drug and Alcohol Policy**
The use of Alcohol, illegal drugs or tobacco products of any kind is not permitted during any aspect of this course, including the hiking and canoe trips. Students found using, or in possession of alcohol, illegal drugs or tobacco products, will be given a grade of ZERO on all the out trip grades and be given and failing grade in the course.

**Physical Demands**
This course is physically demanding. The days will be long and activity level will be high. You are encouraged to come to the course with a high level of physical fitness.

People with some allergies, bad knees or ankles, back trouble, spinal ailments and other physical injuries or disabilities should contact the course instructors before registering for the program. While some disabilities can be accommodated, others can place the applicant and entire group at considerable risk.

**Miscellaneous**
Other items/activities that are forbidden during field activities including but not limited to:
- cliff jumping
- firearms;
- boulder rolling;
- rough-housing / horsing around;
- antagonizing wildlife;
- swimming alone;
- rock climbing;
- use or possession cell phones, ipods, MP3 players, GPS etc - leave them in Camrose.

I, __________________________________, have read and understood these safety guidelines and expectations and commit to honouring them throughout my participation in this course. If I do not honour these guidelines, I understand that I may be directed to leave the course without any compensation or refund of money or academic credit.

Signature: __________________________________ Date: _____________________

PLEASE SIGN BOTH COPIES AND RETURN ONE TO THE COURSE INSTRUCTOR AND KEEP ONE FOR YOUR RECORDS.