



Informed Consent for all Treks Activities

RISKS	PREVENTION	SOLUTION/TREATMENT
Strains, sprains, dislocations, or broken bones	Look where you walk. Climb, ski paddle within your abilities-	Inform staff of injury for first aid assistance
Blisters, hot spots, muscle soreness	Wear properly fitting footwear, clothing & and equipment	Inform staff of the discomfort for assistance
Frostnip, frostbite, hypothermia	Wear proper clothing (wool, socks, gloves). Eat and drink proper amounts	Get to warm area and slowly warm affected areas
Dehydration	Drink plenty of water (a liter/hour)	Rest and slowly drink plenty of water
Sore muscles	Climb slower, carry less weight, take more breaks	Inform staff of the discomfort for assistance
Scrapes and cuts	Look where you walk, don't run; climb within abilities	Inform staff for assistance
Heat exhaustion or heat stroke	Wear proper clothing; rest if too hot; drink fluids	Rest in shaded area; drink fluids; if signs of heat stroke evident seek medical attention
Hit by falling objects	Be alert; wear helmet	Inform staff for assistance
Death or serious injury	Wear proper safety gear double check the situation for safety	Inform staff of injuries

1. I have read and understand the risks listed above.
2. I will follow all safety guidelines given by the staff and will not use equipment without proper supervision.
3. I agree to take an active part to protect myself and my fellow participants during activities and I will inform staff of any dangers known to me that may cause injury to others or me. I will take care of myself by letting others know what I need.

Signature of participant

Signature of parent

Date _____

Date _____



Code of Conduct for all Trekkers

1. I agree to respect the rights and feelings of other participants and staff.
2. I understand that I should do nothing that may harm the environment or its natural beauty. I will carry out what I carry in.
3. I agree not to bring a radio, cell phone, beeper, or any other electronic device.
4. I will not bring or use tobacco, alcohol, or drugs on a trip with Adirondack Treks.
5. I acknowledge the necessity to respect the leaders' authority and do as they tell me to do.

I have read this Code of Conduct and understand that I may be dismissed from participation for refusing to abide by the code.

Date

Signature of participant

Signature of parent