

Make copies for participants

Information for Participants

Please note that EWU CC programs take place whether rain or shine. Please be prepared for the weather!

The EWU CC reserves the right to deny your participation if the following guidelines are not followed. Each participant, for their own and others' protection and safety, **MUST**:

- A. Submit to your group leader a signed Assumption of Risk form. For those under the age of 18 years, the form must include the signature of the legal parent or guardian of the participant. Group members will not be allowed to participate in the EWU CC Program without a signed form, no exemptions.
- B. Wear appropriate clothing/attire (Clothes to play and get dirty in):
1. Dress for the weather and dress in layers. (i.e. T-shirt, sweatshirt, fleece, rain shell)
 2. Closed-toe shoes with backs, sneakers, or lightweight hiking boots and socks (no open toe sandals).
 3. Long pants or rugged shorts that allow plenty of freedom and movement for moderate physical activity that may include being upside down or lifted by others.
 4. No loose jewelry. (Including watches, earrings, and necklaces)
 5. No large or ornamental belt buckles.
 6. Shirts should be long enough to tuck into pants. (No belly shirts or tank tops)
 7. Rain Gear. It may not be raining when you come--but it might later on.
 8. Hat, sunglasses and sunscreen
- C. Follow these regulations:
- No chewing gum, chewing tobacco, snuff, or smoking.
 - Participants may not be under the influence of nor possess illegal drugs or alcohol during EWU CC program activities. EWU CC reserves the right to request a participant under the influence of drugs or alcohol to cease participation in the activity and leave the premises.
 - Abide by all directions of the EWU CC program staff and follow all established safety procedures. Failure to do so may be cause to modify or cancel the event.
 - No cell phones, portable game devices or other electronic devices are allowed while on course.
 - Keep off all elements until instructed to use by instructor.
 - Use elements only with approved spotters and safety systems.
 - Follow all safety and spotting regulations.
- D. Recommended items:
1. Water, snack or meals are the responsibility of group members unless otherwise stated.
 2. Soft hat with a brim.
 3. Strap to hold eyeglasses or sunglasses on.
 4. Small backpack to hold possessions.
 5. Extra warm clothing and rain gear.
 6. Any needed medications. (Please inform you instructor of allergies and physical limitations)