Participant Responsibilities and Information Form:

Family

SIERRA CLUB Outings

Instructions for Completing this Form

- Please read the trip brochure. This can be found in your registration packet or at ***sc.org/outings***.
- Please read the Participation Agreement. This can be found in your registration packet or at ***content.sierraclub.org/outings/participant-forms***.
- Please read the Sierra Club Essential Eligibility Criteria ("EEC") on the following page or at ***content.sierraclub.org/outings/essential-eligibility-criteria***.
- Once you have reviewed these documents, please complete and sign this form and return it to your trip leader within 30 days of registering for the trip.
- If the space provided is not sufficient, you may submit your responses on a separate sheet.
- Minor participants (those under 18 years old) must complete the form with a parent/legal guardian (collectively "parent").

Participant (and parent of a minor) Responsibilities

In applying for and participating on this trip, I and my parent, if I am a minor, understand and agree:

- The trip may require vigorous activity and be mentally, physically and emotionally demanding, and I declare that I am/my child is capable of actively participating;
- I have read the trip brochure and EEC, spoken with Sierra Club representatives if needed, and agree that I (or my child) can and will meet the EEC;
- I will provide honest, accurate and complete information in this Participant Responsibilities and Information Form, the Sierra Club Medical Form, and in any communications with the trip leader or other Sierra Club representatives regarding my disclosures or otherwise. I understand that although the trip leader will review this collective information and may (with or without referral to participant's medical provider) allow me (or my child) to participate, they or other Sierra Club representatives cannot anticipate or eliminate risks or complications posed by a participant's mental, physical (including fitness level), or emotional condition;
- Even if the trip leader accepts me (or my child) for the trip, I should consider carefully (whether or not in consultation with my or my child's medical provider), whether the trip is an appropriate match;
- I have reviewed the Participation Agreement for additional details regarding the activities, risks and my/my child's responsibilities;
- To heed and adhere to the Sierra Club Terms & Conditions: ***www.sierraclub.org/terms***;
- I have read the Equipment and Clothing section of the trip brochure and I (or my child) have appropriate equipment (gear, clothing, footwear) for this trip;
- I (or my child) will respect the customs of the areas/countries visited and comply with any applicable laws, regulations or guidelines.

Participant Information

Full name:

Address:

City:

State:

ZIP:

Mobile phone:

Home phone:

Email address:

Date of birth:

Essential Eligibility Criteria: Family

Sierra Club developed these Essential Eligibility Criteria (EEC) to help trip applicants better understand the essential criteria necessary to participate in a Sierra Club trip. Please read carefully! These EEC are not intended to be exclusionary, but to identify the basic requirements of participation focused on safety and risk management considerations, and consistent with Sierra Club's mission. Importantly, these EEC are intended to be helpful and constructive for all participants considering attending Sierra Club trips. However, these EEC are only intended to give an overall picture of EEC for trip activities and do not encompass every criteria or function of the various activities you may encounter on a given trip. **Each participant commits on their Participant Responsibilities and Information Form that they have read and can meet the EEC for their particular trip.**

General EEC

- Have the capacity to travel through and navigate variations in a given trip's weather, temperatures, terrain, and altitude and continue traveling, as appropriate, during adverse weather; wind, rain, heat, cold.
- Accept that the dynamic of a group requires coming together on a daily schedule, hiking at a consistent speed, taking regular breaks, etc.
- Take care of yourself: eat and drink appropriately, dress for the weather, maintain personal hygiene and necessary self-care, manage known medical conditions.
- Effectively notify and communicate with leaders or other participants in the event of personal distress, injury, illness, or the need for assistance while engaging in activities.
- Remain alert and focused for several hours at a time while traveling through the wilderness and other areas.
- Can pay attention and understand and follow directions when traveling independently or with the group, and stay with the group when necessary.
- Follow rules that the leaders establish for the safety and well-being of the group.
- Act in a manner consistent with Leave No Trace ethics. Participants must be able to follow leaders' directions regarding minimum impact guidelines. For more information, go to ***www.LNT.org.***
- Work cooperatively as a member of a group and support a team approach despite potentially challenging circumstances. This includes treating others with courtesy and respect and requires flexibility and the ability to compromise on an interpersonal or group level.
- Recognize that group members may have different views on problem-solving. The leaders will make the final decisions, but your input is valued and welcome. Tolerance, compromise, and flexibility are required.
- As applicable on a given trip, live and travel in the remote US or international settings frequently 8 or more hours from medical facilities with potential delays or difficulties in communication, transportation, evacuation, and medical care.

Physical Abilities

- Travel over uneven, variable terrain.
- Enter and exit tent over rocky, wet, sandy, and slick surfaces.
- Carry personal gear from vehicle to and from trailhead or campground, carry a daypack with a personal emergency kit on trails, set-up and take down personal camp (tent, pad, sleeping bag).
- Know and safely perform fundamental camping skills.
- Navigate safely around camp and toileting facilities across terrain that may be any combination of sandy, rocky, muddy, slippery, or steep.
- Perform necessary self-care, including maintaining adequate nutrition and hydration, dressing appropriately for environmental conditions, maintaining personal hygiene, managing known medical conditions, and maintaining personal (and, in some cases, group) safety gear in an outdoor environment.
- Continue traveling over varied terrain when safe during adverse weather, such as heat, wind, rain, and cold.
- If conditions become adverse, travel without stopping for rest stops for one hour.

Safety and Risk Management

- Wear all required safety gear, including comfortable, broken-in footwear.
- Effectively warn others of potential or impending hazards such as falling rocks, slippery terrain, snow or rock slide, aggressive animals or insects, fast water, falling person, or other environmental hazards.
- Manage any known medical conditions in a remote environment for as long as two times the trip's scheduled length.

Participant Questionnaire

Note: Only one form must be submitted for your entire family. Be sure to provide information for each family member.

To enhance the leader's initial conversation with you, briefly describe your interest in this trip.

Have you been on a trip with Sierra Club Outings before? ○ **Yes** ○ **No**

Please list your most recent 3 trips (Sierra Club Outings, another group, or personal) related to the activities described in the trip brochure. *Include approximate dates, locations, distances, and trip-related activities.*

1.

2.

3.

Please carefully review the trip brochure and the Essential Eligibility Criteria above and list your questions or concerns about the trip, including any potentially challenging conditions.

For each family member, describe their general physical condition *and* regular activities or exercise program.

Please review the trip brochure, including the Trip Difficulty section, and the Essential Eligibility Criteria above and describe what additional physical conditioning each family member will do to prepare for this trip.

Does any family member have any dietary restrictions or requirements? Please be specific. *For example, vegetarian, vegan, sugar or gluten intolerance, allergies, sensitivities, or other important considerations, including foods you do not eat.*

Please list any outdoor interests, hobbies, or skills that your family would be willing to share with the group. *For example, birding, archaeology, geology, volunteer work, conservation, renewable energy, environmental issues, etc.*

After reviewing the trip brochure, including the Equipment and Clothing section, please describe the equipment needed for this trip. *Examples: tent, sleeping bag, boots, foul weather gear, or other primary equipment listed in the brochure. If you do not have any equipment, please indicate this so the leader can discuss it with you.*

Participant (and Parent of a Minor Participant), please sign and date below:

I agree the above information is accurate. I agree to the Participant (and parent of a minor) Responsibilities and understand those responsibilities apply to all aspects of my (or my child's) application, registration, and participation in this Sierra Club trip. I understand my (or my child's) final acceptance and participation in the trip is contingent upon the Sierra Club's receipt and review of all required (completed and/or signed) forms and information, including this form.

Trip name and dates:

Participant Signature:

Print name: **Date:**

Parent or Legal Guardian Signature (if participant is a minor):

Print name: **Date:**