

Participant Responsibilities and Information Form:

Multisport



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:

Mobile phone: ()

Address:

Home phone: ()

City:

Email address:

State:

ZIP:

Date of birth:

Essential Eligibility Criteria: Multisport

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.

BICYCLE

Physical Abilities

- Ability to balance, pedal, steer, stop, and negotiate a bike over various terrain, including flat, uphill, and downhill.
- If necessary and available, with assistance, be able to perform minor bike maintenance, including lube chain, check the air in tires daily, change a flat, or reset a chain.
- While traveling on paved roads or dirt/rock trails, follow posted signs. On paved roads, ride single file on available shoulders of the road. Do not signal to vehicles to pass; it is their responsibility to decide if they can safely. Stop at all stop signs or signals.
- Perform necessary self-care.
- Maintain adequate nutrition and hydration.
- Dress appropriately for environmental conditions.
- Maintain personal hygiene.
- Manage general health conditions, including keeping an adequate supply of medications.
- Be able to travel farther and longer than anticipated by adequate pre-trip training.

Safety and Risk Management

- Observe the safety recommendations of leaders.
- Warn others of hazards such as slippery terrain, an accident, wild animals, etc.
- Notify leaders or others of personal distress, injury, illness, or the need for assistance.
- Use hand signals and voice to warn of an emergency stop.

CANOE

Physical Abilities

- Enter and exit canoe in the water and over rocky, wet, sandy, and slick surfaces.
- Remain seated and balanced for several hours while paddling.

- Control a paddle and pull it through the water to steer and propel the boat forward for up to six hours a day and against strong potential headwinds.
- Carry personal gear from canoe to and from camp, set-up,

and takedown personal camp (tent, pad, sleeping bag).

- Navigate safely from canoe to camp and toileting facilities through shallow water and across the terrain, which may be any combination of sandy, rocky, muddy, slippery, or steep.

Safety and Risk Management

- Wear all required safety gear, including an approved personal flotation device (PFD).
- Hold breath while underwater and while in the water wearing a properly fitted PFD, and be able to independently turn from a face down to a face-up position keeping head above water.
- Fend for self in moving water and gentle rapids while away from the boat, be able to assume a “safe swimming position,” be able to self-rescue or actively swim to safety, be able to grab and hold onto a safety rope and

cooperate with an assisted rescue.

- In the event of a capsize, be able to exit the boat independently and re-enter the boat with the assistance of one other boat and your paddling partner, following directions.
- Together with a paddling partner, be able to control a canoe and maintain a balanced upright position in moving water for up to two hours at a time, with adaptations as necessary.

HIKE

Physical Abilities

- Have sufficient prior relevant hiking experience to qualify for the intended trip. Hikes of varying levels of difficulty may be available.
- Be able to carry personal gear (daypack, water, lunch, extra clothing, etc.) over the miles, elevation gain, and terrain of the planned day hikes. Also, have some extra capacity to carry additional items if another trip member should be injured.

- Navigate safely around camp and toileting facilities across terrain that may be any combination of sandy, rocky, muddy, slippery, or steep if necessary.
- Must have the reserve to travel further, faster, and longer than planned if unforeseen or adverse conditions (storm, fire, flood) require that.

Safety and Risk Management

- Follow leader recommendations about what gear to bring, the maximum weight of duffel bag, how much water you need to carry, etc.
- Warn other group members and leaders of hazards such as falling rocks, unstable terrain, fast water, aggressive animals, or injuries to other persons.

- Pay attention to yourself. Especially your feet. Don't hesitate to stop if you need to manage a blister, take a drink, add or remove clothing layers.

KAYAK

Physical Abilities

- Enter and exit kayak in the water and over rocky, wet, sandy, and slick surfaces.
- Remain seated and balanced, with legs extended forward for several hours while paddling.
- Control a paddle and pull it through the water to steer and propel the boat forward for up to 6 hours a day and against strong potential headwinds.
- Carry personal gear from kayak to and from camp, set-up

and take down personal camp (tent, pad, sleeping bag) with the help of companion as needed.

- Navigate safely from kayak to camp and toileting facilities through shallow water and across the terrain, which may be any combination of sandy, rocky, muddy, slippery, or steep.
- Together with a paddling partner, be able to control a kayak and maintain a balanced upright position in moving water or the ocean for up to two hours.

Safety and Risk Management

- Wear all required safety gear, including an approved personal flotation device (PFD).
- Be able to demonstrate “safe swim position”: independently turn from a face-down to a face-up position keeping head above water and feet at the water's surface.
- In the event of a capsize, be able to exit the boat indepen-

dently and re-enter the boat with the assistance of one other boat and your paddling partner, following directions.

- Be able to self-rescue or actively swim to safety, grab and hold onto a safety rope and cooperate with an assisted rescue.

RAFT

Physical Abilities

- Enter and exit raft in the water and over rocky, wet, sandy, and slick surfaces.
- Be able to maintain a seated and balanced position in the raft over moving water and through up to class 4 rapids for up to 2 hours at a time, with adaptations as necessary.
- Be able to hold on and keep oneself in the raft through whitewater rapids up to class 4.
- Be able to maintain the whitewater swim position on your back with feet out of the water and swim in whitewater if ejected from the raft.
- The ability to identify life-threatening hazards and how to react if separated from the raft guide.
- Carry personal gear from canoe to and from camp, set-up and take down personal camp (tent, pad, sleeping bag) with the help of companion as needed.
- Navigate safely from a raft to camp and toileting facilities through shallow water and across the terrain, which may be any combination of sandy, rocky, muddy, slippery, or steep.

Safety and Risk Management

- Wear all required safety gear, including an approved personal flotation device (PFD) at all times while in a raft or swimming in a river, and wear a helmet when required.
- Fend for self in moving water and gentle rapids while away from the boat and assume a “safe swimming position.”
- Hold their breath while underwater and while in the water wearing a properly fitted PFD, be able to independently turn from a face down to a face-up position keeping their head above water.
- Be able to self-rescue or actively swim to safety, grab and hold onto a safety rope and cooperate with an assisted rescue.
- In the event of a capsize or fall out of the raft, be able to move to a safe position and then re-enter the boat with others’ assistance in your raft, following directions.

Participant Questionnaire

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.

Many of our trips exceed the physical demands of regular exercise programs. For example, being capable of a long-distance bike-ride or run or swim on a single day will not necessarily prepare a participant for a long-distance, multi-day backpack with variable elevation changes over uneven terrain.

Describe your 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 you will do to prepare for this trip.

Do you 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 you 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 your equipment needed for this trip. If you do not have any equipment, please indicate this so the leader can discuss this requirement with you.	Footwear:
	Daypack:
	Rain gear:

If the brochure indicates that you must provide the following equipment, please describe it.	Drybag:	BRAND/MODEL/CONDITION/CAPACITY
	Canoe or kayak:	BRAND/MODEL/CONDITION/CAPACITY
	Paddle:	BRAND/MODEL/CONDITION
	Personal floatation device:	BRAND/MODEL/CONDITION

If this trip includes bicycling, please answer the following questions. If not, you may skip to the next section below.

BICYCLE SECTION

What is your cycling regimen?

How far do you ride and on what sort of terrain?

If this trip includes canoeing, kayaking, or rafting, please answer the following questions. If not, you may skip to the next section below.

CANOE, KAYAK & RAFT SECTION

Please carefully review the trip brochure and describe your related paddling/sailing experience. *Include experience with various watercraft and on rivers, lakes, oceans, and whitewater.* **If you do not have related experience, please indicate this and skip the next question.**

If the trip you are applying for is a canoe or kayak trip, please indicate which of the following best describes your paddling ability.

Beginner: Is familiar with basic strokes and can handle a tandem canoe/kayak competently from the bow or stern in flat water; solo canoeist/kayaker is familiar with basic strokes.

Novice: Can handle more advanced whitewater strokes solo or in either bow or stern of a tandem canoe/kayak. Knows how to read water; can negotiate easy and regular rapids with assurance.

Intermediate: Can negotiate rapids requiring linked sequence of maneuvers; understands and can use eddy turns and basic bow-upstream techniques; is skilled in either bow or stern of a tandem canoe/kayak; can paddle Class II rapids in a solo canoe or kayak.

Expert: Has established ability to run difficult (Class III and Class IV) rapids in bow or stern of a tandem craft; can paddle solo in a properly equipped canoe or kayak; understands and can maneuver in heavy (Class H) water.

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: