



### **Outdoor Program Participant Responsibility Code**

- Read the pre-trip literature and arrive at the meeting place on time.
- Read and fill out the Release of Liability form, understand the risks and self-advocate when necessary, your safety is ultimately your responsibility.
- Read and fill out the confidential Medical History form with all pertinent information regarding health, pre-existing injuries and food needs.
- Wear clothing appropriate for the conditions and ask questions of your Trip Leaders regarding the provided Equipment List.
- No drugs, tobacco/nicotine products, or alcohol on UIOP programs.
- Minimize your impact on the environment by practicing Leave No Trace principals.
- Abide by the land management agencies rules.
- Listen to and follow the Trip Staff instructions for safety and communicate if you are uncomfortable with a situation.
- Wear all UIOP issued and properly fitted safety equipment for the activity.
- Take advantage of a structured program to safely push your boundaries.
- Treat your fellow participants with dignity by respecting individuals and using inclusive language.
- Build connections with the group by being an active participant and practicing cooperative behavior.
- Be mindful of and respect other users by practicing good outdoor etiquette and expeditionary behavior.
- Practice mindfulness and wellbeing by unplugging from technology when appropriate and being present in the outdoor space.
- In an emergency, listen to and follow the trip staff instructions. Do not communicate to emergency services unless requested by a staff, this can confuse and complicate emergency response, unless necessary for life and/or limb. Any communication on your personal devices with emergency services during the trip is considered public information.

NAME/SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_