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Caving "Add-On" Information and Required Waiver

You should have already received (or downloaded) your Confirmation Packet for your chosen camp program. These two pages are IN ADDITION to your Confirmation Packet and includes "Additional Items to Pack & Bring," safety information, and your Caving Waiver. Carefully read all the enclosed information.

This waiver must be returned to Camp Bethel at least 7 days before your first day of camp. Submit this waiver online at www.CampBethelVirginia.org/packets.

Additional Items to Pack for Caving plus Safety for our Adventure day-trip:

Caving: All things taken and worn into the cave will get muddy! For caving, WILD GUYde Outfitters will supply helmets, emergency equipment and guides. Camp Bethel provides lunches for all outings.

- *If you wear glasses, you will need a strap to keep them on*
- *2 water bottles*
- *Wild Guyde participant waivers, mailed back or given to Camp Bethel registrar at check-in.*
- *Boots (hiking style, work boots, or military) to get muddy.*
- *Backpack or book bag.*
- *Blue jeans or work pants, two long sleeve shirt layers, or coveralls (able to be muddied).*
- *Change of clothing to travel home in.*
- *1-2 large plastic trash bags.*
- *Headlamp AND extra batteries.*
- *Change of footwear for travel (sandals, sneakers).*
- **Disposable or waterproof camera with flash & strap optional.*

Safety for our Adventure day-trips:

All vehicles used for transporting campers are equipped with a first aid kit and emergency accessories. All vehicles have seatbelts for each passenger, and we check vehicle safety conditions prior to transport. Counselors will carry health forms for all passengers and a cell phone for emergency communication. Campers get full safety orientation prior to our day-trip.

Passengers (campers) are instructed in the following safety procedures prior to transporting:

1. Passengers will remain seated at all times with hands and arms inside vehicle.
2. Seatbelts will be fastened – one person per seatbelt.
3. Noise level will be such as to not distract the driver. There will be no disruptive behavior.
4. Passengers will enter and leave the vehicle under the direction of a staff member and/or driver. If the vehicle makes an emergency stop, passengers will follow directions of staff member and/or driver and use buddy system if leaving the vehicle.

The Directors of Camp Bethel have selected our Adventure outfitters (those providing equipment, leadership and expertise) and off-site projects based upon their qualifications and their adherence to safety standards as outlined by the American Camp Association.

Complete this waiver **ON LINE** at www.CampBethelVirginia.org/packets OR print and complete the form and return it **ASAP** to:
CAMP BETHEL REGISTRAR, 328 BETHEL ROAD, FINCASTLE, VA 24090
OR upload a scan of your completed paper form at www.CampBethelVirginia.org/health

WILD GUYde Adventures AGREEMENT TO PARTICIPATE: *Caving & Rock Climbing*

In agreeing to participate in this *WILD GUYde Adventure* experience, **I recognize** that the activities of hiking, canoeing, caving, and rock climbing might involve some or all of the following:

- Strenuous travel in rugged natural terrain
- Load carrying (for myself and others)
- Route-finding and navigation challenges in remote areas
- Climbing, crawling, swimming, and walking in places that are high, dark, cold, wet, exposed, or constricted
- Access to advanced medical care that is limited, delayed, or completely absent

I also acknowledge that certain dangers and risks exist. These include, but are not limited to emotional discomfort or bodily injury or death from:

- Equipment failure
- Drowning; water that is fast or cold or deep
- Human error or negligence
- Weather-related disaster (lightning, cold, heat, high wind, etc.)
- Slips, falls, and other gravity-related mishaps (loose rocks, unstable terrain, treacherous trails)
- Accident while traveling to or from activity sites
- Assault by creatures of nature (snakes, insects, rodents, etc.)

I understand that types of injuries and discomforts may include but are not limited to:

- Minor or major bone fracture
- Scrapes, abrasions, lacerations
- Muscle, tendon, or ligament strains or sprains
- Allergic reactions, sickness or disease
- Illnesses and infections
- Burns (cooking, rope)
- Head or body bumps and bruises
- Hypothermia and frostbite
- Heat-related conditions (heat exhaustion, heat stroke, sunburn)

I acknowledge the need to follow instructions, to obey rules, to learn thoroughly the practices and precautions of the various activities, and to participate in holding group members accountable to those practices.

I also acknowledge the need for specialized equipment (see equipment and clothing list), and am prepared to outfit myself accordingly. Furthermore, **I have honestly disclosed** to *WILD GUYde Adventures* any relevant physical or medical conditions (via the copy of the Camp Bethel Health History Form).

Photo Waiver: by signing the Participant Agreement, I also hereby waive my rights to any photos or videos of myself taken by WGA personnel for advertising, marketing, or commercial use. I understand that my personal information will not be give out, but that the photos/videos are the property of *WILD GUYde Adventures*.

My signature below indicates my understanding of the inherent risks in this experience, and my continued willingness to participate.

Printed Name of Camper

Signature of camper

Date

Printed name of Parent/Guardian

Signature of Parent/Guardian

Date

Staff Review (initials and dates): _____