



GUIDELINES FOR HIKING PROGRAM FORM

Thank you for choosing Project Imo programs! We're excited to take a journey with you. There are a few things that you need to prepare for in advance of your day with us.

CLOTHING

- We will be outside. This means you need to dress appropriately. We will proceed in variable weather conditions so please check the forecast the day(s) of the program. Rain cover is required if there is any chance of inclement weather.
- Dress in layers that will prepare you for different kinds of weather specific to our region depending on the time of year
- **Sturdy, close-toed shoes-trail sneakers or boots; with socks are REQUIRED**
- Long pants are strongly suggested to protect from tick-borne illness.
- Long-sleeved t-shirt or shirt are strongly suggested
- Winter hat or something similar if appropriate for time of year
- Winter gloves or something similar to keep your hands warm if appropriate for time of year

SUPPLIES

TO BE TURNED IN TO YOUR PROJECT IMO TEAM CONTACT PERSON THE WEEK PRIOR TO YOUR PROGRAM:

- Signed (1) "Guidelines" (this form), (2) "Waiver and Acknowledgement Agreement", and (3) "Health and Medical Background-Emergency Contact Information" forms

REQUIRED ON THE DAY OF THE PROGRAM:

- Positive Identification if adult, Insurance Card or information (in case of emergency)
- Water bottle (with your name on it) and any food or snacks are outlined in your program contract
- A backpack, bug spray, sunscreen, light source (flashlight, headlamp)

PARTICIPATION

- Project Imo hiking programs are an adventure. Come prepared with an attitude and an appetite for the exciting, the new, the ambiguous, and the profound. Leave your troubles behind, open your mind, and get ready for a great experience.
- Group hiking is a cooperative experience. Pace and trail etiquette are discussed at the onset of the program. If the Project Imo facilitators need to adapt the pace to ensure everyone is included and can safely participate, everyone on the program must follow directions for safety.
- We use the model "Challenge of Choice." You are not required to do anything if you feel it poses unreasonable physical or psychological stress to you; you will be challenged to go beyond your comfort zone and to take new risks.
- Because of safety risks inherent in an adventure program, you must follow the directions of the facilitators.

TRAIL READINESS & ESSENTIAL ELIGIBILITY

All participants in Project Imo, Inc. sponsored hikes must be able to complete the following requirements **WITHOUT ASSISTANCE** or **WITH ASSISTANCE FROM A TRAINED, 1-on-1 AID,**

- Effectively warn other participants or staff of personal distress, injury, illness, or need for assistance,
- Effectively warn others of impending adverse conditions such as tree branches, tripping hazards, falling rocks, steep elevation, animals and insects, rapid water, and other environmental hazards.
- Communicate effectively up to a distance of 50 feet to alert program participants of hazards or distress.
- Understand and follow basic instructions, such as urgent directions to move, stop, or other actions.
- Travel during inclement weather.
- Communicate nonverbally, potentially at night and in low-light conditions, through use of systems such as hand signals, rope tugs, body movement, etc.
- Perform necessary self-care in remote or outdoor environment, including maintaining hydration and nutrition, dressing appropriately for the weather, maintaining personal hygiene and toileting, managing personal medical conditions, and utilizing safety gear.
- Must be able to traverse uneven, rocky, or sometimes unstable terrain both up and downhill.
- Travel without stopping at pace for up to half an hour if conditions become dangerous.
- With a backpack or similar item, carry personal and/or group gear if necessary and under adverse for a period of time equivalent to half the scheduled outing.
- Sustain for a potential two-hour extension of the planned activity in case of emergency.



TRAIL FIRST AID

- Each facilitator carries a First Aid kit and supplies; let us know if you need anything.

Trail

Specific

Information

TRAIL ETTIQUETTE

- Pace- Project Imo trip leaders will work to ensure that the person in the lead of the trail line does not carry a pace where they spend time waiting for the group to catch up, and the person at the end of the line never gets a rest. We will hike as a group.
- Leave No Trace- all Project Imo programs follow Leave No Trace principals. Our staff will cover the basics of these critical practices before we hit the trail.
- Project Imo hiking participants must be able to work together in a cooperative manner to ensure safe and successful exploration of our greenspaces. This may include problem solving and flexibility to adapt to changing natural environments

INSECT-BORNE ILLNESS

Mosquitos and ticks are vector species for infectious bloodborne diseases. Both can transmit potentially serious viruses through bites. There are two main ways to reduce the risk of infectious bites. Ticks live in grassy, brushy, or wooded areas. . Many species of mosquitos live in forests, marshes, and tall grasses. All species of mosquitos like water.

- **PROTECTION-** We recommend placing a barrier between exposed skin and potential bites. This can include a combination of bug repellent sprays and clothing. Long pants and sleeves when travelling in tall grasses and underbrush are recommended, as are close-toed shoes and socks. The Centers for Disease Control recommend bug sprays containing EPA-registered insect repellents and treating clothing and gear with 0.5% permethrin. (but do not use directly on skin). Insect-barrier nets that cover your head are recommended when mosquitos are prevalent.
- **BEHAVIORS-** Walk to the center of trails if at all possible. If your travels take you through brush or tall grass, conduct a tick-check. Check your clothing for ticks, shower after you return home, and on extended time outdoors, check your body for ticks. Conduct a full body check including under the arms, in and around the ears, inside the belly button, back of the knees, between the legs, and around the waist. Avoid standing water to reduce interactions with mosquitos.

I acknowledge that I have read these guidelines, and agree to abide by them while participating at in Project Imo programming:

Participants Name (print): _____ Signature: _____ Date: _____

Parent/Guardian (if under 18) Name: _____ Signature: _____ Date: _____

ACKNOWLEDGEMENT & MEDIA RELEASE

Media Release: Project Imo, Inc. periodically uses electronic and traditional media for publicity, educational, or advertising purposes. By indicating my stance and providing my signature on this form, I acknowledge receipt of this document and deny or give permission to Project Imo, Inc. and its agents to use such reproductions of my person in any and all forms of media for educational, publicity, or advertising purposes in perpetuity without further consideration from me.

I hereby waive any right to inspect or approve the finished photographs or printed or electronic matter that may be used in conjunction with them now or in the future, whether that use is known to me or unknown, and I waive any right to royalties or other compensation arising from or related to the use of the photograph.

I understand that I will need to notify Project Imo, Inc. if any changes to my situation occur that will impact this media release permission.

MEDIA RELEASE Please Check One Box: Yes, I Give Permission No, I Deny Permission

Participants Name (print): _____ Signature: _____ Date: _____

Parent/Guardian (if under 18) Name: _____ Signature: _____ Date: _____