



Time In, Outdoors

### **Safety Requirements:**

- Each participant must wear closed toe shoes, each day, no exceptions. Sneakers or boots preferred.
- Each participant should dress in “layers” this means: t-shirt, long-sleeve, and possible sweat shirt on top, depending on temperature.
- Each participant should bring a backpack to carry a snack and their own lunch; Elk Hill will provide water, snack and lunch. However, each participant will be responsible for carrying their own supplies.
- Your child will be returned home without participating if all requirements are not met each day, this includes: 1) Closed toe shoes 2) A backpack 3) Dressed in appropriate clothing.
- All youth must wear safety/seat belts at all times while being transported
- All hikes are “no-drop hikes” meaning that during our hikes staff will not allow the group to get separated to the extent that a child may fall out of staff supervision. To assist with this, one staff will lead the hike while another staff remains at the back of the group. It is the youth’s responsibility during all hikes and outdoor activities to stay together as a group and/or under the direct supervision of staff.
- Youth must inform staff of any physical injury they receive so that their needs can be assessed and tended to by staff trained in first aid.

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Parent/Legal Guardian