

**Regional Cadet Support Unit (Prairie)
Expedition Centre**



**Silver Star Expedition Training
Joining Instructions
2010**

INTRODUCTION

1. Silver Star cadets from across Prairie Region will attend the Silver Star Expedition Centre Training Weekends (SSECTW). Expedition Centre (EC) training has been designed to provide the Silver Star cadet with the opportunity to develop expedition skills in a structured environment under the supervision and instruction of highly qualified staff. The EC will approach training through an experiential approach, which will allow the cadet to develop skills such as canoeing and hiking through direct experience at a personal level.
2. The purpose of these joining instructions is to provide the cadets and their parent(s)/guardian(s) with the information necessary for the cadets to prepare for and participate in the expedition. It is extremely important that cadets and parent(s)/guardian(s) review these instructions thoroughly in preparation for the expedition.

GENERAL

3. The following EOs will be completed at the EC:
 - a. EO M326.03 (Practice Environmental Stewardship as a Team Leader),
 - b. EO M326.04 (Navigate Along a Route Using a Map and Compass),
 - c. EO M326.05 (Use Expedition Equipment),
 - d. EO M326.06 (Follow Daily Routine), and
 - e. EO M326.07 (Record Entries in a Journal).
4. ECs will provide training in the following dynamic modes of travel:
 - a. EO M326.02a (Paddle a Canoe), and
 - b. EO M326.02c (Hike Along a Route).
5. A sample weekend training schedule is located at Annex C.
6. Specific EC dates and locations are located at Annexes D—G.

PRE TRAINING

7. Prior to the cadet attending the SSECTW each cadet should receive a briefing from corps staff that reviews:
 - a. selection of clothing, footwear and equipment,
 - b. selection high-energy snacks; and
 - c. the ECs joining instructions and training schedule.

OBJECTIVES

8. Specific objectives of expedition training are to:
 - a. promote a feeling of fun and satisfaction of being a part of an exciting and adventurous activity;
 - b. increase personal development; including self-confidence, self-discipline, self-esteem, self-worth and self-satisfaction;
 - c. develop leadership and outdoor abilities, techniques, and skills;
 - d. promote improvement in personal fitness conditioning and encourage healthy lifestyle choices;
 - e. promote an increased awareness and concern for the natural environment; and
 - f. develop an awareness of the skills and knowledge necessary to cope safely in adventure training activities.

ASSESSMENT OF PARTICIPANTS

9. All cadets participating in the SSECTW will be formally assessed using PO 326 Assessment Checklist. Assessment results will be forwarded to their cadet corps by EC staff following completion of the weekend.

ACCOMODATIONS AND MEALS

10. All accommodations and meals during the expedition will be pre-arranged and DND will bear the cost.
11. Cadets will be sleeping overnight in civilian pattern expedition style tents. Sleeping bags and air mattresses are provided. Cadets allergic to down should notify their Commanding Officer (CO) who will notify the EC CO to make necessary arrangements for a synthetic sleeping bag.
12. During the SSECTW cadets will be fed Individual Meal Packages (IMPs) or Meals Ready to Eat (MREs). They will also receive a meal supplement each day that includes items such as nuts, crackers, granola bars, etc.
13. Cadets who are vegetarians, have food allergies or have special diet requirements should inform their corps CO who will then inform the EC CO who will make alternate arrangements.

DRESS

14. Dress during training shall be suitable clothing based on the both current and forecasted weather conditions, air temperatures, insulating properties of clothing worn, and the ability to allow the wearer to remain dry. As such, appropriate civilian clothing is

authorized. Absolutely no type of combat clothing, combat boots or jeans is permitted.

15. Annex A of these JIs provides a complete list of clothing that should be brought to the EC. If you do not have access to all of the items listed in Annex A, please inform your Corps CO who will then inform the EC CO so that the items can be procured.

16. Annex A also provides a detailed list of clothing and equipment items that will be issued to each cadet while at the EC.

TRANSPORTATION/MOVEMENTS

17. All transportation to and from training sites is provided by the Department of National Defence. A cadet corps officer will meet all cadets at the assigned pick-up / drop off point. An escort officer will travel with the cadets from the pick-up point to the EC and back.

18. For cadets who are taking commercial transportation to the EC they will be met by an officer at the start and end point of their journey.

19. Cadets are NOT required to travel in their cadet uniform. Appropriate civilian clothing is authorized for travel.

20. All cadet transportation information will be sent to the corps CO not later than one week prior the expedition training weekend.

21. There may be a requirement for parent(s)/guardian(s) to transport cadets to and from a specified pick-up / drop-off location. This location will not be more than 45 minutes from the cadets corps parade location.

MEDICAL / DENTAL / HEALTH

22. **Medical Entitlement.** While participating in the SSECTW cadets are considered to be on cadet duty (Class 'B' Service) and as such will be entitled to medical care by DND as prescribed in Queen's Regulations (Cadets) 6.12.

23. **Dental Entitlement.** While participating in the SSECTW cadets will be entitled to restricted (emergency) dental treatment in accordance with Canadian Forces Administration Order 35-4 while in Canada and Queen's Regulations & Orders 35.06 while outside Canada.

24. **Facilities / Services.** Medical and dental emergencies will be handled through a combination of on the spot first aid and the local 911 emergency systems. During training, medical incidents will be handled using first aid and evacuation to a designated medical facility. More serious incidents will involve the services of Emergency Services. The Cadet Instructor Cadre (CIC) Officers leading the expedition are first aid qualified, CPR qualified and trained in emergency procedures for outdoor activities.

25. **Prescription Medication.** Cadets taking prescription medication for an existing medical condition must bring a sufficient supply for the duration the SSECTW. Medications must be in clearly labelled containers. Individuals allergic to bee and wasp stings must have an ANAKIT with them and carry it on their person at all times.

26. **Medic Alert.** Cadets who have a pre-existing medical condition that could present a problem during the expedition are encouraged to wear a Medic Alert® bracelet.

EYE GLASSES / CONTACT LENSES

27. Either eyeglasses or contact lenses are suitable for expedition activities. Cadets wearing eyeglasses during the expedition must wear a safety strap.

EMERGENCY CONTACT NUMBERS

28. The following is a list of emergency contact numbers:

- a. Capt Nicole Stark, Expd Trg O:
 - (1) office: (204) 833-2500 extension 5504;
 - (2) toll free: (800) 842-1851, opt 8, ext 5504; and
 - (3) cell: (204) 782-0201;
- b. Capt Michael Turko, Winnipeg EC CO – (204) 918-9536;
- c. Major Mark Rosin, Regina EC CO – (306) 371-2774;
- d. Capt Chris Novak, Calgary EC CO – (403) 923-8633; and
- e. Capt Patrick Greenfield, Edmonton EC CO – (780) 887-2701.

SECURITY / RESTRICTIONS

29. All personal belongings must be marked with the cadet's name or initials for identification purposes.

30. No radios, MP3 players, cellular phones, video games or similar electronic devices will be permitted during training hours.

31. Cadets are forbidden from bringing any firearms or weapons of any sort, excluding pocket knives.

DRUGS, ALCOHOL AND TOBACCO

32. **Regulations.** The orders detailed in CATO 13-23 concerning drugs and alcohol will be applied to conduct of the expedition. Cadets who possess or use drugs, prohibited substances or drug related material will be reported to local civilian police. The use of alcohol by cadets will result in an immediate return to unit (RTU).

33. **Tobacco.** Smoking by cadets will not be permitted.

DISCIPLINE AND BEHAVIOUR

34. Cadets indulging in inappropriate behaviour, violation(s) of rules/regulations or disrupting the learning of others will be subject to disciplinary action including the possibility of Return to Unit (RTU).

SPIRITUAL WELFARE

35. Special accommodations may be made possible for those requiring access to spiritual welfare.

COMMUNICATIONS AND CONTACTS

36. Communications regarding the expedition are to be directed to the Expd Trg O or the EC CO. Contact information is as follows:

- a. OPI – Expd Trg O – Capt Nicole Stark:
 - (1) office: (204) 833-2500 extension 5504;
 - (2) toll free: (800) 842-1851 opt 8 ext 5504;
 - (3) cell: (204) 782-0201; and
 - (4) email: nicole.stark@forces.gc.ca; and
- b. OIC – Winnipeg EC CO – Capt Michael Turko:
 - (1) cell: (204) 918-9536; and
 - (2) email: Michael.turko@cadets.gc.ca;
- c. OIC – Regina EC CO – Major Mark Rosin:
 - (1) cell: (306) 371-2774; and
 - (2) email: mark.rosin@cadets.gc.ca;
- d. OIC – Calgary EC CO – Capt Chris Novak:
 - (1) cell: (403) 923-8633; and
 - (2) email: christopher.novak@cadets.gc.ca; and
- e. OIC – Edmonton EO CO – Capt Patrick Greenfield:
 - (1) cell: (780) 887-2701; and
 - (2) email: Patrick.greenfield@cadets.gc.ca.

37. As training will be conducted in remote locations, the cadets will NOT have access to telephone. However, there will be both cellular and satellite phones for emergency communication purposes.



B. H. Kiecker
Major
OIC Army Training
for Commanding Officer

- Annex A – Clothing and Equipment List
- Annex B – Packing Tips Checklist
- Annex C – Sample Weekend Training Schedule
- Annex D – Winnipeg Expedition Center Dates and Locations
- Annex E – Regina Expedition Center Dates and Locations
- Annex F – Calgary Expedition Center Dates and Locations
- Annex G – Edmonton Expedition Center Dates and Locations
- Annex H – Consent to Participate in Adventure Training
- Annex I – Medical Information Form

CLOTHING AND EQUIPMENT LIST

1. EC staff, staff cadets, escort officers, and cadets will bring the following:

TO BE BROUGHT	CHECKLIST
4 pairs of warm wool/synthetic (not cotton) socks	
4 pairs of inner socks (not cotton)	
4 pairs of underwear	
1 pair of long underwear (not cotton) (top & bottom)	
2 short sleeve shirts or t-shirts (not cotton)	
2 pairs of long pants (not cotton or denim)	
1 pair shorts	
1 fleece or long sleeve shirt/sweater	
1 wind/water resistant (proof) jacket	
pyjamas or sleepwear (suitable for shared sleeping)	
1 hat (i.e. Ball cap, Tilley Hat, etc)	
1 toque	
1 pair paddling shoes (not thongs) will get wet	
1 pair hiking boots/footwear with good ankle support	
1 pair shoes/sneakers for evening	
1 swimsuit	
1 water bottle	
1 wrist watch	
1 kit bag or equivalent for bringing/stowing gear.	
soap	
deodorant	
toothbrush and toothpaste	
shaving kit	
comb/hairbrush	

2. Cadets who do not have an item should notify their unit CO, who will then contact the EC CO, who will make arrangements to procure the equipment for the cadet.

3. EC staff, staff cadets, escort officers, and cadets may bring the following:

MAY BE BROUGHT	CHECKLIST
sunglasses	
camera	
healthy snacks (i.e. trail mix, granola bars, dried fruit)	
journal	

4. The following items will be issued upon arrival at the EC training site:

ISSUED AT THE EC TRAINING SITE
waterproof jacket
waterproof pants
fleece jacket
fleece pants
sleeping bag with liner
air mattress
gaiters
expedition backpack
water bottle
cup
headlamp
hiking boots (if required)
whistle
trekking poles

5. The following items will NOT be brought to the EC training site by any participants:

- a. personal abseil equipment,
- b. personal canoeing equipment,
- c. junk food of any sort,
- d. inappropriate books or magazines (due to pornographic or violent content),
- e. lighters,
- f. non-prescription drugs, alcohol or other controlled substances, and
- g. knives, ammunition, firearms (or any other weapon) of any kind.

6. The pack light philosophy will apply for all items brought and carried. Rucksacks and backpacks will be loaded IAW CATO 14-37 – Rucksack Weight. Cadets aged 12 – 15 can carry a load not exceeding 25% of their body weight. Cadets 16 years of age and older can carry a load not exceeding 30% of their body weight.

Weight		12–15 years old		16 years old – up		Weight		12–15 years old		16 years old – up	
Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms	Pounds	Kilograms
80	36.4	20.0	9.1	24.0	10.9	185	84.1	46.3	21.0	55.5	25.2
85	38.6	21.3	9.7	25.5	11.6	190	86.4	47.5	21.6	57.0	25.9
90	40.9	22.5	10.2	27.0	12.3	195	88.6	48.8	22.2	58.5	26.6
95	43.2	23.8	10.8	28.5	13.0	200	90.9	50.0	22.7	60.0	27.3
100	45.5	25.0	11.4	30.0	13.6	205	93.2	51.3	23.3	61.5	28.0
105	47.7	26.3	11.9	31.5	14.3	210	95.5	52.5	23.9	63.0	28.6
110	50.0	27.5	12.5	33.0	15.0	215	97.7	53.8	24.4	64.5	29.3
115	52.3	28.8	13.1	34.5	15.7	220	100.0	55.0	25.0	66.0	30.0
120	54.5	30.0	13.6	36.0	16.4	225	102.3	56.3	25.6	67.5	30.7
125	56.8	31.3	14.2	37.5	17.0	230	104.5	57.5	26.1	69.0	31.4
130	59.1	32.5	14.8	39.0	17.7	235	106.8	58.8	26.7	70.5	32.0
135	61.4	33.8	15.3	40.5	18.4	240	109.1	60.0	27.3	72.0	32.7
140	63.6	35.0	15.9	42.0	19.1	245	111.4	61.3	27.8	73.5	33.4
145	65.9	36.3	16.5	43.5	19.8	250	113.6	62.5	28.4	75.0	34.1
150	68.2	37.5	17.0	45.0	20.5	255	115.9	63.8	29.0	76.5	34.8
155	70.5	38.8	17.6	46.5	21.1	260	118.2	65.0	29.5	78.0	35.5
160	72.7	40.0	18.2	48.0	21.8	265	120.5	66.3	30.1	79.5	36.1
165	75.0	41.3	18.8	49.5	22.5	270	122.7	67.5	30.7	81.0	36.8
170	77.3	42.5	19.3	51.0	23.2	275	125.0	68.8	31.3	82.5	37.5
175	79.5	43.8	19.9	52.5	23.9	280	127.3	70.0	31.8	84.0	38.2
180	81.8	45.0	20.5	54.0	24.5	285	129.5	71.3	32.4	85.5	38.9

PACKING TIPS

1. Before departure, double check all belongings and documents. Use this list to ensure that nothing has been forgotten.

INSTRUCTION	CHECK
Is your personal kit complete and marked?	
Do you have your prescription for medication?	
Do you have a prescription for your corrective lenses?	
Do you have a floating security strap for your glasses?	
Do you have your MEDIC ALERT bracelet or necklace, if applicable?	
Do you have your health insurance card?	
Do you know exactly how you are travelling? If not, contact your CO.	
Do you have your medical questionnaire – signed?	
Do you have your consent form – signed?	

SAMPLE WEEKEND TRAINING SCHEDULE

1. Below is a sample schedule of a Silver Star Expedition Centre Training Weekend. This should provide you an idea of what you will be doing on the weekend.

FRIDAY		
Timings	Tasks/Activity	Remarks
	Collect all applicable paperwork.	Place cadets in teams of varied skill levels.
	Issue all personal and group expedition equipment	Expedition Centre staff.
	Set up campsite	Expedition Centre staff to rotate to ensure that cadets know how to set up tents, organize equipment, light lanterns, etc.
	Initial briefing/break cadets into teams	To include: activities, expectations, safety, timings, dress, meals, rules, etc. Cadets will be introduced to their TI.
	Navigation review	Completed as required, time permitting.
SATURDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Ablutions	Cadets will pack all personal equipment prior to eating breakfast. Expedition Centre staff to model daily routine activities as detailed in EO M326.06 (Follow Daily Routine).
0630	Breakfast	Log O to prepare breakfast, expedition centre staff to model set-up of eating area, garbage collection, clean up, etc.
0730	Campsite tear down	Under direction of TI each team will tear down all components of the campsite, organize personal and group equipment for transport to a new campsite.
0800	Start Expedition	
	Mode of Travel #1	Initial training for designated mode of travel will begin as per IG. Once the initial training has been completed the teams will depart the base campsite and follow the designated route card to campsite #2.
1200 – 1300	Lunch	Lunch will occur at a designated point along the practical expedition route. TI will use time during lunch to instruct EO M326.06 (Follow Daily Routine).
1600	Arrive at campsite #2	Teams will set up their campsites, with the TI providing feedback as required. TI should ensure that cadets follow principles discussed in EO M326.06 (Follow Daily Routine).
1730	Supper	Preparation of supper will be incorporated into

		the teams campsite setup routine. TI will use time during supper to instruct M326.02 (Use Expedition Equipment).
1900	EO M326.07 (Record Entries in a Journal)	TIs should ensure that they choose a location away from other teams to teach this EO. Following this presentation of the TPs in this EO all teams will complete a group journal entry under the direction of their TI.
2000	Evening Activities	Navigation Review
2200	Lights Out	
SUNDAY		
Timings	Tasks/Activity	Remarks
0600	Reveille/Breakfast/Tear down campsite	Teams will be required to complete daily routine activities, as discussed in EO M326.06 (Follow Daily Routine). TI should not have to provide much guidance and should observe their teams to ensure all tasks are completed.
0800	Mode of travel #2	Initial training for designated mode of travel will begin as per IG. Once the initial training has been completed the teams will depart the base campsite and follow the designated route card to the practical expedition end point.
1200	Lunch	Lunch will occur at a designated point along the practical expedition route.
1300	Arrival at practical expedition activity end point	Upon arrival at practical expedition activity end point teams will complete the de-kitting process under the direction of the expedition centre Log O.
1330	Debrief	All cadets will be required to: fill out an expedition centre activity critique and complete a journal entry about their experiences during the weekend.
1400	Depart	

WINNIPEG EXPEDITION CENTER DATES AND LOCATIONS

1. The following corps will be participating in expedition training, run by the Winnipeg EC on 7-9 May 2010:

- a. 19 Portage La Prairie,
- b. 38 Cross Lake,
- c. 1226 Winnipeg,
- d. 2294 Thunder Bay,
- e. 2520 Brandon,
- f. 2528 Virden, and
- g. 2701 Winnipeg.

2. The following corps will be participating in expedition training, run by the Winnipeg EC on 28-30 May 2010:

- a. 407 Winnipeg,
- b. 526 Winnipeg,
- c. 553 Winnipeg,
- d. 774 Kenora,
- e. 2072 Dryden,
- f. 2295 Winnipeg,
- g. 2328 Flin Flon, and
- h. 2511 Thunder Bay.

3. The Silver Star Expedition Training location is at White Lake located in White Shell Provincial Park, approximately two hours west of Winnipeg.

REGINA EXPEDITION CENTER DATES AND LOCATIONS

1. The following South Zone corps will be participating in expedition training, run by the Regina EC on 28-30 May 2010:
 - a. 155 RCACC Regina,
 - b. 1856 RCACC Moose Jaw,
 - c. 2302 RCACC Weyburn,
 - d. 2370 RCACC Regina,
 - e. 2517 RCACC Melville,
 - f.
 - g. 2834 RCACC Yorkton,
 - h. 2901 RCACC Estevan, and
 - i. 2988 RCACC Montmartre.

2. The Silver Star Expedition training location for the South Zone is located at the Saskairie Outdoor Education Centre near Carlyle, SK.

3. The following North Zone corps will be participating in expedition training, run by the Regina EC on 4-6 Jun 2010:
 - a. 328 RCACC Saskatoon,
 - b.
 - c. 390 RCACC Prince Albert,
 - d. 572 RCACC Humboldt,
 - e. 2271 RCACC Wadena,
 - f. 2293 RCACC Saskatoon,
 - g. 2537 RCACC North Battleford, and
 - h. 2815 RCACC Naicam.

4. The Silver Star Expedition training location for the North Zone is located at Canadian Forces Detachment Dundurn; approximately, thirty minutes south of Saskatoon.

CALGARY EXPEDITION CENTER DATES AND LOCATIONS

1. The following corps will be participating in expedition training, run by the Calgary EC on 7-9 May 2010:
 - a. 2137 Calgary,
 - b. 2296 Lethbridge,
 - c. 2309 Fort MacLeod,
 - d. 2313 Medicine Hat,
 - e. 2383 Turner Valley,
 - f. 2509 Calgary,
 - g. 2554 Calgary, and
 - h. 2384 Standoff.

2. The following corps will be participating in expedition training, run by the Calgary EC on 14-16 May 2010:
 - a. 1292 Calgary,
 - b. 1955 Calgary,
 - c. 2512 Cochrane,
 - d. 1390 Red Deer,
 - e. 3016 Airdrie,
 - f. 3025 Didsbury, and
 - g. 1325 Chestermere.

3. The Silver Star Expedition Training location is in Kananaskis Country – the cadets will travel between the Stoney Creek Campground and the Quait Valley Campground.

EDMONTON EXPEDITION CENTER DATES AND LOCATIONS

1. The following corps will be participating in expedition training, run by the Edmonton EC on 14-16 May 2010:

- a. 2467 Westlock,
- b. 2561 Thorsby,
- c. 2638 Hinton,
- d. 2716 Mayerthorpe,
- e. 2890 Slave Lake,
- f. 3053 Onoway,
- g. 3061 Morinville,
- h. 3069 St-Albert, and
- i. 3070 Evamsburg.

2. The following corps will be participating in expedition training, run by the Edmonton EC on 28-30 May 2010:

- a. 180 Edmonton,
- b. 1809 Edmonton,
- c. 2551 Edmonton,
- d. 2733 Edmonton, and
- e. 2981 Edmonton.

3. The following corps will be participating in expedition training, run by the Edmonton EC on 4-6 June 2010:

- a. 2051 Edmonton,
- b. 2395 Mallaig,
- c. 2645 Vermillion,
- d. 2803 Fort McMurray,
- e. 2836 Edmonton,
- f. 2979 High Level,

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- g. 2995 Lac La Biche,
- h. 3003 Edgerton, and
- i. 3068 Camrose.

4. The Silver Star Expedition Training location is the Brazeau Reservoir Provincial Recreational area located south west of Drayton Valley.

Cadet ID Information	
Name of Cadet:	First Name:
Telephone No.:	Emergency Telephone No.:
Provincial Health Insurance No.:	Expiry Date:
Name of Activity:	Activity Leader:
Location of Activity:	Dates of Activity:
Purpose of Activity:	
Details of Activity:	
Parental Consent (please read carefully)	
Name of Parent:	First Name:
I consent to the participation of my son/daughter or pupil in the requested cadet activity (activities). I am aware that the activity (activities) in which my son/daughter or pupil plans to participate is (are) dangerous and may result in a loss of limbs, injuries and/or trauma.	
I hereby declare that I have understood each of the provisions of this agreement.	
Parent Signature _____ Date _____	
Participant Statement (please read carefully and initial each paragraph)	
	Initials
The activity leader has explained, illustrated and demonstrated to me to my satisfaction the nature, risks and dangers of this activity and I accept these risks.	
I am aware that the activity in which I plan to participate is dangerous and may result in the loss of limbs, injury and/or trauma.	
I pledge to abide by all the directives and instructions issued by the activity leader, his/her guides, monitors or other officials.	
I hereby declare that I have understood each of the provisions of this agreement.	
Cadet Signature _____ Date _____	
Commander Signature _____ Date _____	
Note: Before signing, the commander must ensure that the expedition has been well planned and that the leader possesses the necessary qualifications.	

Section A – Medical Condition		
Yes	No	
		1. Has your doctor ever told you that you have a heart problem and that you should only take part in physical activities prescribed and approved by a medical doctor?
		2. Do you ever experience chest pain while engaging in physical activity?
		3. In the past month, have you ever experienced chest pain at times when not engaging in a physical activity?
		4. Do you ever experience balance problems associated with dizziness or have you ever lost consciousness?
		5. Do you have bone or joint problems that may be aggravated by a change in your level of participation in a physical activity?
		6. Are you currently being prescribed medication to control your blood pressure or a heart problem (e.g. diuretics)?
		7. Are you aware of any other reasons why you should not engage in physical activity?
Section B – Are You Suffering From or Have You Ever Suffered From		
Yes	No	
		Epilepsy
		Hemophilia
		Psychiatric problems
		Serious allergies (e.g. nuts, peanuts, stinging insects, hypersensitivity to cold)
		Asthma
		Diabetes
Section C – General		
Yes	No	
		Are you pregnant?
		Have you undergone surgery during the past 10 months?
		Are you currently taking any medication(s)? If so, please indicate:
		Do you have any dietary restrictions? If so, please indicate:
		Do you have any physical restrictions that would affect your participation in the entirety of adventure training? If so, please indicate:
Section D – Participant Statement		
Please read carefully and initial each paragraph.		Initials
I hereby declare that I am not under the influence of alcohol or any drug, and I formally pledge to refrain from using drugs or alcohol during the activity.		
I hereby declare that I have read, understood and agreed to the provisions in this document and that all the information contained herein is true.		
Signature _____ Date _____ Year _____		
Name of Parent or Tutor _____ Signature of Parent or Tutor _____ (Required for participant under 18 years of age)		