

Stream Team Monitoring & Restoration
WAIVER OF LIABILITY AND EXPRESS ASSUMPTION OF RISK

I, the undersigned, being of lawful age or the parent or legal guardian of the participant involved in the Stream Team Monitoring and Restoration Program (hereinafter, this "Program"), in consideration of the opportunity to participate in this Program, do hereby RELEASE, DISCHARGE and HOLD HARMLESS, HEAL THE BAY and MOUNTAINS RESTORATION TRUST and any officer, agent, and/or employee of any one of them FROM ANY AND ALL ACTIONS, CAUSES OF ACTIONS, CLAIMS, OR ANY OTHER LIABILITIES WHATSOEVER, KNOWN OR UNKNOWN, OR WHICH MAY ARISE IN THE FUTURE ON ACCOUNT OF, OR RELATING TO OR ARISING OUT OF PARTICIPATION IN THIS PROGRAM.

THE UNDERSIGNED UNDERSTANDS THERE ARE RISKS IN PARTICIPATING IN THIS PROGRAM, including the risk of possible injury or loss of life as a result of contact with hazardous materials, wild animals, poisonous plants, snakes, or from over-exertion or environmental conditions, including but not limited to flooding, rockslides or dangerous terrain. Despite these risks the undersigned wishes to proceed and freely accepts and expressly assumes all risk, dangers and hazards that may arise from participation during the duration of this Program.

The undersigned acknowledges that the participant has received and read appropriate instruction regarding this Program, including appropriate safety and emergency procedures, and that the participant fully understands those instructions and is capable of and agreeable to following them. In addition, in any actions undertaken during this Program the participant agrees to use only the supplies, tools and equipment provided by Heal the Bay, Mountains Restoration Trust, the Resource Conservation District of the Santa Monica Mountains, California Department of Parks and Recreation, National Park Service and/or the California Coastal Conservancy and understands such equipment's intended use and method of operation. The undersigned knows of no physical disorder which would prevent or impair the participant's undertaking of the activities associated with this Program. The undersigned agrees not to participate in this Program if under the influence of alcohol or of any drug, whether or not prescribed by a physician, that could impair his or her physical or mental abilities. The undersigned acknowledges that, as an independent volunteer, the participant will not be considered an employee of Heal the Bay, Mountains Restoration Trust, the Resource Conservation District of the Santa Monica Mountains, Santa Monica Mountains Conservancy, and/or the California Coastal Conservancy and will have no claims to any Workers' Compensation coverage thereunder.

If the participant should become injured while participating in this Program, the undersigned authorizes any physician or surgeon licensed in the State of California to perform emergency or surgical treatment as in his or her sole judgment may be necessary.

Name _____ Date of Birth ____-____-____ Check box if under 18

Home Phone ____-____-____ Work Phone ____-____-____

Email _____ StreetAddress _____

City _____ State _____ Zip Code _____

Emergency Contact _____ Emergency Contact ____-____-____
Name & Relationship Phone

I HAVE READ THIS AGREEMENT. I UNDERSTAND IT. I AGREE TO BE BOUND BY IT.

Signature of Participant _____ Date _____

Signature of Parent or Guardian (if under 18 years of age) _____

SAFETY INSTRUCTIONS:

- Be prepared! Pack for all types of weather, bring a filled water bottle, snacks, if possible bring a cellular phone, layered clothing for warm or cool weather, and sturdy footwear.
- Stay with the group. We will be hiking to the restoration area as a group. Make sure to stay with the group and keep from wandering off alone.
- You may be traversing slippery rocks, hillsides, eroded areas, and steep streambanks. Wear tennis shoes or boots that provide good support, and that you don't mind getting wet. Be careful not to fall.
- When crossing or wading through a stream be aware of fast moving current. If possible look for areas shallower than knee depth to wade across.
- Don't drink the stream water!
- If you pass through a stream, remove your shoes directly afterwards and inspect them for small rocks and snails. The best practice to avoid the highly invasive New Zealand Mudsnails is to freeze your shoes for 48 hours after passing through a stream to kill any New Zealand Mudsnails (which are tiny and difficult to spot). It is extremely important to freeze your shoes before you hike in a new area to avoid spreading these invaders.
- Within the watershed, rattlesnakes can be a concern. They really don't want to bother you, especially if you don't bother them. Keep a respectable distance from them and they will probably leave you alone. Be careful where you step, wear high hiking boots, and be careful of where you put your hands if you are climbing over rocks. If bitten, try to remain calm and seek prompt medical attention.
- Be aware of Poison Oak. If you don't know what it looks like, ask a Heal the Bay or Mountains Restoration Trust staff member. Get to know this plant's characteristics. It changes through the seasons and the physical characteristics can vary from plant to plant. Avoid contact with this plant as oils from this plant can cause severe blistering and itching. Even secondary contact such as petting a dog or washing someone else's laundry that had direct contact with poison oak can cause adverse reactions.
- Stinging nettle is another plant that should be avoided. If you don't know what it looks like, ask a Heal the Bay or Mountains Restoration Trust staff member. As its name suggests, body contact with the plant causes a stinging sensation that can be painful. If you do touch stinging nettle, rinse the contact area with water. The stinging feeling can last several hours but will eventually subside.
- Ticks also can be found in the watershed usually in grassy or bushy places. Make sure you check your body carefully during and after an event for any ticks. If you do find a tick, brush it off your clothes or body. If it has embedded itself, carefully remove the tick with forceps, making sure to remove any buried parts.
- Africanized honey bees have made their way into southern California. If you observe a bee hive, leave the area and do not encroach on their territory. If you are attacked by bees, run until they stop chasing you. Agitated bees may pursue for up to a quarter of a mile. Do not hide in a brush or under water they will just wait until you are exposed.
- Mountain Lions are present throughout the Santa Monica Mountains. Mountain Lions are generally timid and avoid direct contact with people. If you do encounter a Mountain Lion do not run or crouch down! Make yourself as large and loud as possible.