

Stroller Hikes Notices and Waiver

Stroller Hikes is excited to create opportunities for families to come together to camp, hike, bike, and participate in other activities. This notice provides you general information about the upcoming camping event. Please sign the bottom of this document, and provide it at the camping event or e-mail a scanned, photographed, or digitally signed version prior to the event.

Notes about safety, preparation, and expectations:

1. All outdoor activities have safety hazards including:
 - a. rattlesnakes, ticks, other wild animal encounters,
 - b. sunburn,
 - c. plant exposure including poison oak and nettles,
 - d. falling, and
 - e. drowning

You will be encouraged to stay on trails and in groups, to avoid these encounters, and regular tick checks are encouraged during your event (several times per day). Leaders can help you identify poison oak and nettles, but awareness and appropriate response to safety hazards are ultimately your responsibility. Families are encouraged to bring first aid kits with tick tweezers, cleanser, and bandages on overnight trips. Hats and/or sunscreen are suggested. Please follow up with a medical doctor following any injuries. Bathing with a strong soap (like Borax) can help reduce response to poison oak (usually within 72 hours of exposure). Anti-itching lotion can be applied to nettle injuries, though most people naturally resolve the injury within a few hours, to reduce swelling and discomfort. Participants should watch where they are going, in order to avoid injury along the trail. Any water play is done at the discretion of the participant and his/her guardian; it takes only a few seconds for what appears to be safe water play to become potential drowning, particularly in deeper water with other hazards such as stones.

2. Safe play: All members of the family need to be aware of some “rules” in nature that align with goals of respecting the environment, creating a safe and welcoming environment for others, and leaving no trace.

Families will:

- a. Pick no plants and mushrooms
- b. Avoid rapid play with sticks and stones near others, including throwing and mock fighting, or running with sticks
- c. Avoid destroying native habitat by breaking up dead wood, interacting with animal residences (e.g. nests, hives, or anthills), damming water ways, and similar behaviors that leave a long-standing visible mark on the landscape
- d. Keep their voices relatively quiet, particularly during rest times of other families
- e. Keep supplies contained, particularly food supplies or hazardous supplies such as medicines, knives, lighters, and stoves
- f. Clean up trash and food scraps, and dispose of them appropriately (in trash cans or waste bags). Food must be stored securely and safely in food lockers/coolers or hung food bags at night
- g. Supervise their own children at all times, or if temporary supervision is required by another adult, this will be made clear to the child and both adults, along with a return time at which the familial adult will resume supervision

3. Know that overnight outdoor events result in more dirtiness and escape from the usual routine of “home.” We recommend that you try to minimally adopt aspects of your usual routine (such as bedtimes) in order to ease the transition between a home routine and camping, for members of your family that are new to camping. Alternatively, you can resolve that the camping experience will simply be different, and sleep, eat, and activity routines will just be different for the duration of your trip.

4. Know that space will be shared with other families that you may or may not be familiar with. Bring earplugs to create quiet at night, but otherwise embrace the opportunity to engage with other people, do activities together, and contribute to a common camp space.

5. There are no refunds on cancelled reservations. In the case of cancellation, excess funds (not used to pay for supplies that a family would have brought) become a donation, with a tax receipt to the family. Families finding replacements for themselves could handle money transfer between the two families, but this needs to be clear to Stroller Hikes, so Stroller Hikes can contact the correct family for the event. No family-to-family arrangements are allowed within 10 days of the event.

6. Backpacking trips DO NOT typically include much or any sharing of supplies, and there are no common meals. Unless otherwise indicated by the event leader, each family should bring their own stove, fuel, and food and should be able to filter or treat their water independently of other families (all families will bring iodine tablets as a back-up measure). Families will also bring other supplies as recommended on the Stroller Hikes backpacking list (<http://strollerhikes.com/camping/backpacking-list/>). Sharing supplies is the exception for these trips, not the rule. Families should “test drive” their supplies well ahead of the trip, to ensure that each family member can carry their supplies and hike – try to leave extra things at home to cherish when you return! All families will be prepared to pack out all of their trash.

7. Car-camping trips likely include shared supplies such as washing tubs, stoves, pots, and foods (like for communal dinner and breakfast). Large camp supplies that much of the group is dependent on will be dropped off with the camp leader ahead of time, or ensured to arrive at the site on time. Some events may involve a communal cooler, and the event leader will communicate with the group about filling this cooler ahead of time, if this is the case. If participants are unable to contribute supplies, this must be communicated as soon as possible to the event leader, so modifications can be made. Communal meal times will be clearly communicated by the event leader ahead of time, and adhered to, so late arrivers should not be surprised to have access to less food. Each adult will have one or two assigned tasks during the trip. Veteran job performers will be assigned to new workers, in order to teach new skills. The job list will be posted in a covered sheet at a central location (e.g. attached to the communal food cooler).

8. Stroller Hikes will provide some Walkie-Talkies for use with larger groups that are difficult to visually track during hike-in or –out on Backpacking Trips, and these will remain on and with leader and “tailer” families during hike-in or –out, then off once at the campground (to preserve batteries).

9. Stroller Hikes will provide a SPOT (Satellite GPS Messenger) to be used in emergency situations to notify authorities and expedite extraction of the injured person. The injured person is liable for all costs associated with the extraction. Stroller Hikes assumes the authority to use the SPOT to coordinate an extraction, even without the injured person’s consent, if, to the Stroller Hikes leader’s best knowledge, the injury needs immediate attention (e.g. broken limbs, concussion). During all non-emergency medical treatment and assistance with food, water, and camp supplies, neither Stroller Hikes nor attendees of events will be held liable for material damage or loss, or minor personal injury provided that the help was solicited, and the helper was working to their best abilities with the best intentions.

10. Stroller Hikes participants are regularly photographed during events, and photographs may be used for Stroller Hikes promotional purposes, such as marketing, newsletter posts, and hike / location posts.

I have read these notices and waive Stroller Hikes from liability for my safety and ability to participate in this overnight activity, and allow Stroller Hikes to use photos of me or members of my family participating in Stroller Hikes events.

_____ (Printed Name) _____ (Signature)
_____ (Printed Name) _____ (Signature)
_____ (Printed Name) _____ (Signature)
_____ (Printed Name) _____ (Signature)

Date: _____