

Canoeing

Activity

The **Canoeing** activities can include but are not limited to: Canoeing on flat and moving water (Level 1 or 2, ONLY), navigating using compasses/charts/maps, docking on land, races, training, competitions, trials, regattas, camps, workshops and clinics, dry land training using machines and facilities, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs.

Description of Risks

- Executing strenuous and demanding physical techniques, and exerting and stretching various muscle groups;
- Water hazards, terrain obstacles, waves, unstable surfaces, and extreme weather conditions;
- Drowning including but not limited to, equipment failure or entanglement, falling out of boat/watercraft into the water, capsizing or being knocked unconscious in the water;
- Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- Abrasions, sprains, strains, fractures, or dislocations;
- Encounters with dangerous animals;
- Concussion or other head and spine injuries, including but not limited to closed head injury, blunt head trauma, or spinal cord injuries which may render the Participant paralyzed;
- Physical contact with other Individuals, spectators, equipment, and hazards;
- Not wearing appropriate safety or protective equipment,
- Contact, colliding, falling or being struck by other participants or equipment;

Swimming (Lifeguard)

Activity

Swimming (Lifeguard) activities can include but are not limited to: being in and around a lifeguard supervised body of water, swimming, events, games, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the “Activities”).

Description of Risks

- A. Drowning due to swimming abilities, cramps, loss of consciousness, and/or loss of energy;
- B. Executing strenuous and demanding physical techniques;
- C. Slips or falls due to uneven, slippery or irregular surfaces, including on the pool deck, in dressing rooms or other facilities or rooms at an aquatic venue and at any physical facilities in and around open Water venues;
- D. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- E. Exerting and stretching various muscle groups;
- F. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- G. Spinal cord injuries which may render the Individual permanently paralyzed;
- H. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- I. Abrasions, sprains, strains, fractures, or dislocations;
- J. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- K. Physical contact with other Individuals, spectators, equipment, and hazards;
- L. Not wearing appropriate safety or protective equipment;
- M. Failure to act safely or within the Individual's ability or within designated areas;
- N. Contact with pool deck, diving boards, pool walls, and all other surfaces may lead to bacterial infections and rashes;
- O. Collisions with pool walls, ladders, other swimmers, stands, and all sporting equipment;

Outdoor Education

Activity

The **Outdoor Education** activities may include, but are not limited to: archery, canoeing, orienteering, walking, climbing, hiking, being amongst wildlife, games, rope courses, strength training and fitness conditioning, the use of public facilities, and orientational or instructional sessions or lessons (collectively the “Activities”).

Description of Risks

- A. Executing strenuous and demanding physical techniques;
- B. Vigorous physical exertion, strenuous cardiovascular workouts;
- C. Water hazards, terrain obstacles, waves, unstable surfaces, and extreme weather conditions;
- D. Drowning including but not limited to, equipment failure or entanglement, falling out of boat/watercraft into the water, capsizing or being knocked unconscious in the water;
- E. The failure to use the proper technique or failure to follow instructions and facility rules, resulting in injury to virtually any part of the body;
- F. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- G. Encountering potentially dangerous animals and wildlife, including but not limited to mammals, birds snakes, insects, poisonous plants;
- H. Exerting and stretching various muscle groups;
- I. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- J. Abrasions, sprains, strains, fractures, or dislocations;
- K. Injury due to falling objects or loose soil;
- L. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- M. Not wearing appropriate safety or Activity attire;

Wall Climbing

Activity

The **Wall Climbing** sport activities can include but are not limited to: climbing, events, practices, training, personal training, dry land training, the use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientations or instructional sessions or lessons, and aerobic and anaerobic conditioning programs (collectively the "Activities").

Description of Risks

- A. Contracting COVID-19 or any other contagious disease;
- B. Executing strenuous and demanding physical techniques;
- C. Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
- D. Exerting and stretching various muscle groups;
- E. The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- F. Spinal cord injuries which may render the Individual permanently paralyzed;
- G. Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Individual's body or to the Individual's general health and well-being;
- H. Abrasions, sprains, strains, fractures, or dislocations;
- I. Privacy breaches, hacking, technology malfunction or damage of the information collected;
- J. Concussion or other head injuries, including but not limited to closed head injury or blunt head trauma;
- K. Physical contact with other Individuals, spectators, climbing equipment, and all other hazards;
- L. Not wearing appropriate safety or protective equipment, or climbing equipment;
- M. Failure to act safely or within the Individual's ability or within designated areas;
- N. Grass, turf, and other surfaces including walls, which may lead to bacterial infections and rashes;
- O. Collisions with walls, rope, other climbers, stands, and all sporting equipment;