

# GONZAGA UNIVERSITY

## LEADERSHIP & HARDINESS



## RISK MANAGEMENT PLAN

Adrian B. Popa - 2012

**Table of Contents**

Course Outline & Overview.....3

Leadership & Hardiness Risk Management Plan.....5

Trip- Specific Risk Management Procedures.....6

## Leadership and Hardiness Background

### **Course Description**

This elective course was developed and piloted in the Organizational Leadership Program during Summer 2011. The course introduces students to existential psychology and psychological hardiness in the context of organizational leadership. Students gain an understanding of existentialism and how it represents the foundation of psychological hardiness. The course begins with a personal exploration of meaning and how meaning informs psychological attitudes and existential courage during personal and organizational adversity. Students learn to deconstruct and operationalize psychological hardiness through scholarly literature, classroom exercises, classroom discussions, assignments, and experiential learning. Students partner and study a resilient organization that has responded well to adversity and challenge, and explore principles of hardiness embedded in organizational culture, climate, structure, operations and workforce issues.

### **Course Objectives/Competencies**

*Upon completion of this course, students will:*

- Develop knowledge of and strategies for learning about the role of existentialism in clarifying personal meaning for self and organizations
- Develop knowledge of psychological hardiness as a pathway to personal and organizational resiliency
- Develop knowledge and strategies for thinking creatively and strategically in implementing psychological hardiness with organizations
- Develop strategies for applying principles of psychological hardiness in real life simulation
- Implement hardiness principles in experiential learning while climbing Mt. Adams, WA

## Brief Course Outline & Overview

The Leadership & Hardiness course involves 12 weeks of online classroom instruction with one required 4-day weekend outing on Mt. Adams, WA. The course is offered in the summer, with a time period typically between middle of May to second week of August. The required course residency/outing is towards the latter part of the course, typically the last weekend of July and two weeks before the end of summer session. The required residency spans across four days, beginning with Thursday and ending with Sunday.

### **Participation**

#### *Blackboard Utility*

The blackboard site is the platform provided for lectures, course content, student discussions, course announcements, tools and other resources. Weekly forums will serve as gateways for dialogue and graded discussions. Students are also encouraged to utilize the blackboard platform as a resource to cooperate on assignments prior to submitting required papers for formal evaluation. This didactic and inductive process will enrich understanding of content and enhance caliber of work. Cooperative peer review and shared learning are key practices to developing knowledge and understanding in graduate education. The ideal scenario is for students to proactively contribute to learning opportunities within an organized online community represented by peers sharing a mutual interest in leadership and ethical authenticity.

#### *Training Logs*

You will partner with four other classmates to create accountability groups while you study for the course and train for the expedition. You will share weekly training and lifestyle logs that reflect life decisions and self care. This transparency will require you to share choices around food, rest/sleep, and training. You will climb alongside these folks, so it is your responsibility as group to be accountable to each other for purpose, direction, safety, and success. This ethos will be expanded in various case studies that we will read, study, and view.

#### *Mt. Adams Residency*

Students are required to attend a four day residency expedition on Mt. Adams, WA. The climb represents a simulation where students have the opportunity to challenges and apply hardiness principles developed throughout the course. The course will provide a roadmap for mental and physical training; a risk management plan, and waiver assuming all legal and personal responsibilities of climbing. Additionally, Gonzaga University will not assume financial responsibilities for canceling an organized climbing trip as a result of inclement weather or unanticipated injuries. A participant release of liability, waiver of claims, assumptions of risks, and indemnity agreement form will be distributed at the campground with signature required prior to climbing.

## **The Leadership & Hardiness Risk Management Plan**

With the knowledge that instruction and activities associated with mountaineering pose inherent risks and hazards to students, the Department of Organizational Leadership developed this risk management plan for the course of 2012. Because this plan is the first effort to formalize many procedures either already in place or being developed, this plan will likely be modified in future years as “inefficiencies are identified, education/skill levels evolve, and feedback is generated by the “users” of this plan.

The main components of the risk management plan which are explained in detail in this document are:

- High Altitude Risks and Planning
- Pre Expedition Physical Training
- Team Formation and Roles
- Equipment/Gear
- Emergency Action Response Procedures
- Record Keeping: emergency contacts, Forest Ranger, Satellite Phone,
- Itinerary/Trip Plan:
- Maps/Location

## **TRIP-SPECIFIC RISK MANAGEMENT PROCEDURES**

In addition to the standards and protocols detailed in other sections of this document, the following procedures shall be mandatory for all BMC outings.

### **FIELD EQUIPMENT**

- Current weather report bulletin (read to participants before departure)
- Emergency contact numbers of all outing participants (Appendix A)
- Contact numbers for local emergency response agencies/search and rescue (Appendix B)
- Cell phone and/or VHF radios (extra batteries)
- First Aid Kit (band aids, triple antibiotic, wrap, gloves, tape, duck-tape)

### **GU-ORGL OUTING RISK MANAGEMENT PROTOCOLS**

- Instructor/Assistant-to-Student ratio not to exceed 1:6
- Instructors/Assistants will lead all demonstrations
- Outing itinerary (Appendix C), route options (Appendix D), and rescue protocols to be discussed before departure
- Turn-around time to be announced by Trip Leader and adhered to by all outing participants
- Roll call shall be taken prior to departure and upon return
- All party members must remain at the trailhead for final roll call with team captain to ensure that everyone has returned safely. Team captain will report count to Trip Leader.
- No student shall depart early from an OURGL outing without being escorted by the Trip Leader or a qualified Outing Assistant

### **FURTHER EFFORTS**

#### **1) Risk Management Basics**

- All club member volunteers and students shall read this risk management plan
- The Safety Coordinator shall have the emergency contact information for all party members and local emergency response entities during the outing
- Review cell phone, Satellite Phone, or radio coverage for outing
- Trip Leaders shall choose outing locations based upon learning objectives and have appropriate maps/route descriptions

#### **2) Instructional Team Coordination**

Prior to departing for weekend outings instructional team shall coordinate/discuss:

- Proposed objectives and options
- Contingency plans for possible returns to campground
- Departure, turn around, and return times
- Potential terrain and weather hazards

#### **3) Emergency Response Plan**

- File a trip plan with an individual not on the trip
- 24-hour contact person should be available to act as a liaison and base rescue leader
- Ensure communication between party teams via radio is possible throughout outing

- Determine cell phone range prior to departure
- Determine access to local medical facilities
- Ensure that all party members know where car keys are kept and how to operate vehicle

**4) Self-rescue is first priority and it is the Trip Leader's responsibility to ensure that equipment essential for safety and care of and individual is carried on with the party.**

**5) Post-incident debriefs are to take place with all outing participants regardless of whether they were involved in the incident. Even close calls that don't result in injury should be discussed to better understand what went wrong with risk management protocols or how they might be adjusted.**

#### **6) Student Registration and Liability Release Forms**

**All Leadership & Hardiness students and all volunteers who participate in the Mt. Adams climb shall complete a liability release form (Appendix E). By signing this form, individuals participating in the course as students or volunteers agree to hold Gonzaga University harmless for any accident/injury resulting from participating in course-related activities.**

## Pre-Expedition Physical Training

Physical training expectations are clearly articulated not as an optional but required activity of the course. Students team up at the beginning of the course in order to develop climbing teams and also a supportive and accountability network for physical training and preparation. Students are provided with a progressive physical training program that allows them gauge their baseline and anticipated fitness requirements by the end of the course.

### Week 1:

- Focus for this week is on building strength, balance, and a base. This will help prevent injury later.
- For strength training work on your techniques and motion.
- Ensure a good warm up and cool down to prevent injury.

Week 1	Warm Up	Aerobic	Strength	Notes
<b>Monday</b>	10 min stretch and warm up	30 min Cardio @ 60% Avg MHRRun, Bike, Swim, or other.	<u>1 Set of 10 reps of the following:</u> Step ups front Step ups side Step downs Push Ups Crunches Plank Mountain climbers	
<b>Tuesday</b>				Rest Day
<b>Wednesday</b>	10 min stretch and warm up	20 min Cardio @ 70% MHR	<u>3 sets of following:</u> Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
<b>Thursday</b>	10 min stretch and warm up	40 min Stairs @ 70% MHR 20 min walking		
<b>Friday</b>	10 min stretch and warm up	30 min Cardio @ 70%	<u>3 sets of following:</u> Squats (15) Step ups front (40)	



			Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
<b>Saturday</b>	10 min stretch and warm up	2-3 hr walk or hike with 15-20 lb pack		
<b>Sunday</b>				Rest Day: Review knots and/or equipment

[Link to top](#)

### Week 2:

- Continue building strength, balance, and a strong base. .
- Increase the number of reps for strength training.
- Increase the intensity of aerobic activity.

Week 2	Warm Up	Aerobic	Strength	Notes
<b>Monday</b>	10 min stretch and warm up	30 min Cardio @ 70% Avg MHR Run, Bike, Swim 20 min walk		
<b>Tuesday</b>	10 min stretch and warm up	20 min cardio @ 70% Avg MHR	45 minutes of weight training or yoga	Balance exercises
<b>Wednesday</b>	10 min stretch and warm up	40 min stairs @ 70% Avg MHR	<u>3 sets of following:</u> Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
<b>Thursday</b>	10 min stretch and warm up	30 min Cardio @ 75%MHR		Balance exercises
<b>Friday</b>	10 min stretch and warm up	30 Min cardio @ 60-75% Avg MHR	<u>4 sets of following:</u> Squats (15)	

			Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (50)	
<b>Saturday</b>	10 min stretch and warm up	3 mile run or 15 mile bike or 1000 meter swim		
<b>Sunday</b>	Rest			Review knots and/or equipment

[Link to top](#)

### Week 3:

Continue shift from strength training to emphasis on aerobic.

- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking.

<b>Week 3</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>	10 min stretch and warm up	50 min Cardio @ 75% Avg MHR Run, Bike, Swim 10 min walk		
<b>Tuesday</b>	10 min stretch and warm up	75 min stairs @ 75% Avg MHR		
<b>Wednesday</b>	10 min stretch and warm up		<u>4 sets of following:</u> Squats (15) Step ups front (40) Step ups side Left and right (40) Step downs (40) Push Ups (10) Crunches (50) Plank (60 seconds) Mountain climbers (40)	
<b>Thursday</b>	10 min stretch and warm up	1 hr 15 min of stairs with 15-20		Balance exercises

		lb pack. Aim for 1800 steps up and 1800 steps down.		
<b>Friday</b>				Rest Day
<b>Saturday</b>	10 min stretch and warm up	Walk/Run 50% alternating for 1.5 hrs or Hike 3-5hrs with 15-20lb Pack or Snowshoe 1.5-2hrs		
<b>Sunday</b>				Rest Day: Read up on trip, equipment, and skills

[Link to top](#)

#### Week 4:

- Emphasis on interval training and endurance.
- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking.

<b>Week 4</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>	10 min stretch and warm up	1 hr 30 min Cardio @ 65% Avg MHRRun, Bike, Swim		
<b>Tuesday</b>				Rest Day
<b>Wednesday</b>	10 min stretch and warm up	4 mile run alternating between 70 MHRand 80 MHR every mile. Aim for 10 minute miles or faster.		
<b>Thursday</b>	10 min stretch and warm up	1 hr Cardio @ 75% Avg MHR Run, Bike, Swim		
<b>Friday</b>		20 min stairs @ 80% Avg MHR		
<b>Saturday</b>	10 min stretch	5 hr hike with 15-		

	and warm up	25 lb pack. 3000-4000 ft of elevation gain.		
<b>Sunday</b>	15 min stretching in the morning			Balance exercises

[Link to top](#)

### Week 5:

- Emphasis on interval training and endurance.
- Increase the % of MHR and duration of aerobic activity.
- Increase the amount of time spent outdoors hiking and backpacking with a pack.

<b>Week 5</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>	10 min stretch and warm up	1 hr Cardio @ 85% Avg MHR Run, Bike, Swim		
<b>Tuesday</b>			Weight training your pick.	
<b>Wednesday</b>	10 min stretch and warm up	45 min cardio @ 85% MHR run, Bike, Swim	<u>4 sets of following:</u> Squats (20) Step ups front (50) Step ups side Left and right (50) Step downs (50) Push Ups (10) Pull ups (5-10) Crunches (70) Plank (60 seconds) Mountain climbers (50)	Strength training can be substituted with 45 min of Yoga
<b>Thursday</b>	10 min stretch and warm up	1 hr 15 min Cardio @ 75% MHR Run, Bike, Swim		
<b>Friday</b>		30 min stairs @ 85% Avg MHR		
<b>Saturday</b>	10 min stretch and warm up	5 hr hike with 15-35 lb pack. 2000 ft of elevation gain.		If no access to hiking substitute: 1 hr 30 min of stairs with 15-25 lb pack. Aim for 1500 steps up and down. Take frequent but

				short breaks and drink plenty of water.
<b>Sunday</b>		5 hr hike with 15-35 lb pack. 2000 ft of elevation gain		If no access to hiking substitute: 1 hr 30 min of stairs with 15-25 lb pack. Aim for 1500 steps up and down. Take frequent but short breaks and drink plenty of water.

[Link to top](#)

#### Week 6:

- Increase the duration of aerobic activity.
- Increase the amount of elevation gain hiking and backpacking with a pack.

Week 6	Warm Up	Aerobic	Strength	Notes
<b>Monday</b>				Rest from weekend
<b>Tuesday</b>	10 min stretch and warm up	50 min stairs @ 70% Avg MHR		
<b>Wednesday</b>	10 min stretch and warm up	1 hr 15 min Cardio @ 75% MHR Run, Bike, Swim		
<b>Thursday</b>	10 min stretch and warm up	90 min walk		Balance exercises
<b>Friday</b>				Rest
<b>Saturday</b>		4-6 mile hike with 35-45 lb pack. Aim for 3500-4500 feet of elevation gain.		
<b>Sunday</b>				Rest- Practice knots

[Link to top](#)

#### Week 7:

- Add Yoga and Weight training
- Increase the number of sets and amount of reps on strength training.
- Hike multiple days in a row with a heavy pack.

Week 7	Warm Up	Aerobic	Strength	Notes
<b>Monday</b>			Yoga or Weight training	

<b>Tuesday</b>	10 min stretch and warm up	60 min stairs @ 70% Avg MHR		Balance exercises
<b>Wednesday</b>	10 min stretch and warm up		<u>4 sets of following:</u> Squats (30) Step ups front (100) Step ups side Left and right (100) Step downs (100) Push Ups (25) Pull ups (as many as you can do) Crunches (100) Plank (60 seconds hold) Mountain climbers (70)	
<b>Thursday</b>	10 min stretch and warm up	90 min walk		
<b>Friday</b>				Rest
<b>Saturday</b>		Hike and camp at least 2 mile hike with full pack. Preferably 3-4 miles.		
<b>Sunday</b>		2 mile day hike from camp with day pack. Return to camp and hike out with full pack. If doing a loop substitute full pack for day pack.		

[Link to top](#)

#### Week 8:

- Easy week to guard against burnout.
- Introduction on walking longer distance and duration.

<b>Week 8</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>				Rest from weekend
<b>Tuesday</b>	10 min stretch and warm up	60 min Cardio @ 85% Avg MHR		
<b>Wednesday</b>	10 min stretch and warm up		<u>4 sets of following:</u> Squats (30)	Balance exercises

			Step ups front (100) Step ups side Left and right (100) Step downs (100) Push Ups (25) Pull ups (as many as you can do) Crunches (100) Plank (60 seconds hold) Mountain climbers (70)	
<b>Thursday</b>	10 min stretch and warm up	2-2.5 hour walk		
<b>Friday</b>		60 min Cardio @ 85% Avg MHR		
<b>Saturday</b>				Rest
<b>Sunday</b>				Rest

[Link to top](#)

### Week 9:

- Building endurance and intensity of Aerobic activity

Week 9	Warm Up	Aerobic	Strength	Notes
<b>Monday</b>		60-80 min Cardio @ 85% Avg MHR		
<b>Tuesday</b>	10 min stretch and warm up	20 min Cardio @ 85% Avg MHR	<u>3 sets of following:</u> Squats (30) Step ups front (100) Step ups side Left and right (100) Step downs (100) Push Ups (25) Pull ups (as many as you can do) Crunches (100) Plank (60 seconds hold) Mountain climbers (70)	Feel free to switch up the order of cardio and strength training. One day doing Cardio first and the next time doing strength first.
<b>Wednesday</b>	10 min stretch			Rest

	and warm up			
<b>Thursday</b>	10 min stretch and warm up	30 min aerobic activity at 85% MHR.		
<b>Friday</b>		6-8 mile run aim for a 10 minute pace.		
<b>Saturday</b>				Rest
<b>Sunday</b>		45 min cardio at 85% of MHR.		

[Link to top](#)

#### Week 10:

- Test week to see if you can manage a 5000ft elevation gain 2 days in a row. Similar to climbing 1 day on Mt. Rainier.

<b>Week 10</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>				Rest
<b>Tuesday</b>	10 min stretch and warm up	60 min stairs @ 75% Avg MHR		
<b>Wednesday</b>	10 min stretch and warm up	1 hr 45 min Cardio @ 70% MHR Run, Bike, Swim		
<b>Thursday</b>	10 min stretch and warm up	2- 2.5 hr brisk walk.		
<b>Friday</b>				Rest
<b>Saturday</b>		Hike with about 5000 feet of elevation gain, carrying a 55-60 lb pack.		Wight pack with water or small rocks for weight.
<b>Sunday</b>		Hike with about 5000 feet of elevation gain. 20 lb pack.		Repeat the same hike as yesterday if your area doesn't have enough mountains or trails. Urban users can climb stairs as a substitute for trail

[Link to top](#)

#### Week 11:

- Rest from climb/hike from last weekend.
- Continue to gain endurance and aerobic intensity.
- Taper off during end of week to maintain fitness.
- Shop for gear, practice knots and skills.

<b>Week 11</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>		30 min walk		Rest from weekend



<b>Tuesday</b>	20 min stretch and warm up			Rest
<b>Wednesday</b>	10 min stretch and warm up	45 min Cardio @ 75%MHR Run, Bike, Swim	3 sets of following: Squats (30) Step ups front (100) Step ups side Left and right (100) Step downs (100) Push Ups (25) Pull ups (as many as you can do) Crunches (100) Plank (60 seconds hold) Mountain climbers (70)	
<b>Thursday</b>	10 min stretch and warm up	60 min cardio at 75-85% of MHR run, bike, swim, etc...		
<b>Friday</b>		60 min cardio at 75-85% of MHR run, bike, swim, etc...		
<b>Saturday</b>		90 minute walk		
<b>Sunday</b>				Rest

[Link to top](#)

### Week 12:

- Reduce intensity to prevent injury.
- Rest at least 2 days before climb.

<b>Week 12</b>	<b>Warm Up</b>	<b>Aerobic</b>	<b>Strength</b>	<b>Notes</b>
<b>Monday</b>		90 min cardio at 70-75% MHR run, bike, swim, etc...		
<b>Tuesday</b>	10 min stretch and warm up	45 min stairs @ 75% Avg MHR		
<b>Wednesday</b>	20 min stretch and warm up	30 minute walk		Rest, Stay well hydrated, Practice putting on gear, packing, etc...
<b>Thursday</b>	20 min stretch and warm up	30 minute walk		Rest, Stay well hydrated, Practice putting on gear, packing, etc...

---

## ROLES AND QUALIFICATIONS OF COURSE INSTRUCTORS AND ASSISTANTS

### LEAD INSTRUCTOR & Trip Leader

**Role:** Develops lecture and outing schedules, responsible for making the final go/no go decision on all outings after making a detailed risk assessment, develops/modifies classroom curriculum, creates roster of student volunteers and their roles, coordinates outing logistics, reviews proposed lecture materials and outings, arranges guest lecturers, chairs and coordinates Climbing Committee, oversees annual gear requirements and inspections, coordinates acquisition of new equipment and gear, and ensures that all students and student volunteers have provided appropriate forms/documentation, reviews and assesses the course risk management plan. Responsible for all elements of safety and emergency response on weekend outings. Ensures that appropriate First Aid supplies are on hand, maintains student list/emergency contact information and response agency contact information, develops and executes emergency response plan during all emergencies and safety related incidents, completes emergency/incident report.

#### **Experience/Qualifications:**

Minimum four years climbing experience including glacier travel on Northwest Peaks. Demonstrated commitment to expanding mountaineering skills through participating in climbs unrelated to Gonzaga University, and through pursuit of relevant training, experience, and credentials. Demonstrated ability to plan, coordinate, lead and execute climbs involving advanced off-trail navigation, glacier travel, and rock climbing.

### OUTING ASSISTANT/Student Volunteer

**Role:** Assists Trip Leader with trip coordination, travel and gear logistics, skill demonstration, student oversight and safety, route finding, assist in emergency response.

#### **Experience/Qualifications:**

A minimum one year climbing experience including glacier travel, rock climbing, and safety and rescue techniques. The Lead Instructor and/or Climbing Committee may make an exception to this for individuals who demonstrate the skills/competence to perform the duties of Outing Assistant but have not taken a formal course in mountaineering. Demonstrated involvement with mountaineering instruction and mountain safety through other volunteer experiences. Demonstrated commitment to expanding mountaineering skills through participating in climbs unrelated to Gonzaga University, and through pursuit of relevant training, experience, and credentials.

## Team Formation and Roles

Trip leader/faculty required all students enrolled in this course to develop teams and assign duties pertaining to class project and weekend outing. The following roles were assigned students following team formation.

- **Team Leader:** responsible for team cohesion, delegation and direct communication with faculty member. Will collaborate with other team captains to share ideas and progress, and will directly collaborate with team specialists without micro-managing services and responsibilities.
- **Communication Specialist:** the duties and responsibilities of this role pertain to coordinating communication via emails, conference calls, social media, and/or other web conferencing possibilities.
- **Gear 'geek' Specialist:** the role speaks for itself, but requires responsibilities to coordinate shared gear required for the entire team and collaboration with training leader to assess gear weight distribution among team members. Gear Specialist will collaborate with Trip Leader to inspect gear before departure. Stronger team members will have to carry a heavier load. Inversely, those carrying a lighter load will work more at camp and base camp to help load carrier recuperate. Both duties will contribute to the success of the team.
- **Training & Nutrition Coach:** this person leads, mentors, and motivates by example. They will develop a methodical process to inspire and encourage the team, holding each individual accountable to small wins and the success of the larger team. You will need to sensitively assess the physical, mental, and spiritual capacity of each individual and help them elevate their performance towards the group goal.
- **Logistics Coordinator:** this person will collaborate with all other members in the team to coordinate logistics related to travel, rental car & accommodations. A good number of you will be flying to Portland. Coordinate your arrival times and rental car for transportation to the camp site. This person will also have great responsibility in coordinating projects deadlines and other collaborative efforts on the team project required in this course.

## EMERGENCY ACTION PLAN

The emergency action plan for the course is based upon the principles provided in *Mountaineering First Aid: A Guide to Accident Response and First Aid Care – Fifth Ed.* (Carline, Lentz, and MacDonald 2004). Student volunteers who perform the roles of Safety Coordinator and Trip Leader shall have mountain/wilderness specific first aid familiarity with these techniques. Thus, the emergency action plan described below describes a prescriptive approach, but does not provide extensive detail for what tends to be very site- or case-specific steps taken in the event of a mountaineering injury.

### PRE-TRIP PLANNING AND PREPAREDNESS

While the consistent prioritized response to a mountaineering accident/injury is of paramount importance, the leadership/hardiness course places considerable emphasis on pre-trip planning and preparedness. As a result, risks are better understood, prepared for, avoided or minimized, and the “seven-steps for first aid response” (described below) are familiar and predictable. Student volunteers alike have some responsibilities for pre-trip planning and preparedness for weekend outing. At the most basic level, this includes mental and physical preparedness, each individual having their required gear and having clear knowledge of potential weather-related and environmental risks associated with the outing. The roles of course volunteers must be clearly understood and communicated to all outing participants at the onset of the outing. The Trip Leader and student volunteers have additional responsibilities including ensuring appropriate contact information, first aid report forms, radios and first aid kits are on hand and distributed (as appropriate) to Volunteer Assistants.

### THE SEVEN STEPS FOR FIRST AID RESPONSE

As described elsewhere in this document, the weekend outing shall have a Safety Coordinator (faculty) present and that person shall have the appropriate first aid supplies. In the event of an injury on a weekend outing, the Safety Coordinator is responsible for the development and execution of an emergency action plan. Provided that first aid skills of others in the party are sufficient to deal with the injured party member(s), the Safety Coordinator should remain focused on managing the situation and not treating the patient(s). The Safety Coordinator/Trip Leader/Faculty will assist with executing the emergency response plan, but maintain ultimate decision-making authority.

#### Overview of the Seven Steps

**Step 1 - Take Charge of the Situation** – Little time shall be spent on this, as it has been predetermined what the member’s responsibilities are

**Step 2 – Approach the Patient Safely** – assess potential hazards (e.g. rock fall, avalanche) and do no further harm to the patient or the individual(s) who is approaching

**Step 3 – Perform Emergency Rescue and Urgent First Aid** – check for and treat responsiveness, breathing, circulation/pulse and severe bleeding (with patient consent).

**Step 4 – Protect the Patient** – from weather related exposure, terrain hazards, shock, etc... and provide care. DO NOT MOVE THE PATIENT unless absolutely necessary!!!

**Step 5 – Check for Other Injuries** – initial observations of patient, get information from others, check initial vital signs, head-to-toe examination and regularly monitor vital signs.

**CRITICAL THAT FIRST AID REPORT FORM BE USED!!!**

**Step 6 – Make a Plan** – end the trip, assess first aid needs, move the patient, initiate self-evacuation, request outside assistance, plan for overnight stay, or combination of the above.

**Step 7 – Implement the Plan** – Decide who goes vs. who stays, use of radios and/or cell phones. Rescue request form, car keys, map/coordinates and necessary equipment go with rescue request party. Patient first aid party must continue to provide first aid and monitor, but also plan for rescuers (e.g. helicopter landing site and signaling)

## Equipment & Gear Requirements & Inspections

A list of required and optional gear is provided to all students at the beginning of the course. Students have nearly three months to purchase, borrow, or plan to share gear with other team members. The course or academic program does not provide gear for students, but it does recommend or connect students to local and national outfitters, such as Gonzaga Outdoors, REI, Mountain Gear or others.

All gear and equipment will be inspected at the campground by Trip Leader/Faculty and Student Volunteers. Students will receive mentorship and guidance with packing, balancing backpacks, fitment, and load sharing among team members.

The following list with context and explanation is provided to all students:

### **Mt. Adams 2012**

#### **Gear List**

#### **Equipment**

Pack (large enough for a weekend - 3,500 - 4,500 cubic inches)	Y	
Camelbak/Water Bottles (2 liters minimum in total)	Y	
Sleeping Bag (20 degree or warmer)	Y	
Pillow	Y	Optional
Thermarest or Foam Pad	Y	
Ice Axe	Y	I would say optional given that we will start late morning, rather than an alpine start at midnight; however, the axe

		comes in handy when self-arresting on the way down.
Trekking Poles (optional but helpful)	Y	Mandatory, most climbers use them all the way to the summit and back.
Gaiters	Y	Optional and it depends on your boots. I typically spray my boots several days before a trip.
Boots - Leather and crampon compatible or Plastic	Y	My recommendation is to go with leather or other synthetics, Kevlar etc. and avoid plastic. Rentals are available at REI and other outdoor stores, but stories related to rental plastic boots are always painful.
Crampons	Y	Optional, not required unless cold & icy. Last year we kicked in the snow and/or followed existing tracks; however, they are life savers and/or maintain your sanity on the summit because they help you avoid slipping backwards.
Mt. Adams Map	Y	From Ranger station
Compass/GPS	N	Optional, but you can always find a 'cheap' compass.
Headlamp, Extra Batteries (Lithium)	Y	
Flashlight (Compact)	Y	
Knife	Y	Optional, and please keep them collapsible
Waterproof Matches/Light er (Kit)	N	Regular matches in ziplock
Extra Cord	N	No, but bring some extra rope for

(REI sells a 50 foot pack - orange)		tent tie-downs given the potential for high winds.
First Aid Kit	Y	Personal
Eating Utensils	Y	Personal
Cooking Stove	Y	Shared among team
Fuel	Y	Shared among team
Cup/Plate	N	Personal or shared among team, but you often drying directly from your water bottle and eat directly from your Mountain house packet
Tent	Y	Shared among team
Water Filtration System	N	We will be boiling water, but do bring a backpacking filtration system if it happens to be at home. I've been using a steri-pen and that appears to have the same efficacy.
Compression Sacks (for clothing items)	Y	Optional, but it helps shrink the bulk in your pack

### **Apparel** **Items**

Sun/Baseball Hat	Y
Warm Hat	Y
Ski Gloves/Mitten	Y



s

Fleece Gloves	Y	
Gortex Shell (Jacket)	Y	
Gortex Pants	Y	These will come in handy at basecamp and/or summit push, all depending on the weather. All of us will be climbing to from parking lot to basecamp in shorts, unless the weather shows differently.
Fleece Jacket	Y	
Mid-Weight layer - fleece/poly	Y	
(2) Wool Socks (liners are optional)	Y	
(2) poly T- shirts	Y	
Down/Synthetic Coat	Y	I always carry my TNF down jacket as a backup and find that I only use it at basecamp. The 800 down compresses to the size of a football with a compression sack. You know your tolerance to heat and cold.
Pants with zip for shorts	Y	Typically what you see most on the mountain.
Shorts (unless zip off pants)	Y	
Underwear	Y	
Low Top Hiking Shoes (optional)	Y	Optional, remember that every item contributes to the weight of your pack. Although you might like the convenience of additional shoes, you might find yourself purging them on the trail.
Bandana/small towel	Y	Optional, but helpful for the way up.

Sunglasses	Y	I always bring a second pair that I never touch, but a priceless commodity if you need them.
------------	---	--

**Miscellaneous**  
**Items**

Camera	Y	
--------	---	--

Toiletry articles	Y	
-------------------	---	--

Toilet Paper	Y	
--------------	---	--

Blue Bags (for human waste - pick up at Ranger Station)	Y	Bring backup ziplocks with some Arm&Hammer or baby powder. The blue bags are not entirely air tight.
---	---	--

Ear Plugs	Y	
-----------	---	--

Hand Sanitizer	Y	
----------------	---	--

Watch	Y	
-------	---	--

Plastic Bags	Y	I would recommend one or two grocery plastic bags and one black trash bag per team. The black bag is a great ice melter at base camp.
--------------	---	---

Cell Phone	Y	
------------	---	--

Pad/Pen	Y	Required for some class activities.
---------	---	-------------------------------------

Camp Towel	Y	
------------	---	--

Sunscreen	Y	
-----------	---	--

Mountain House Meals	Y	Purchase meals that you typically eat at home. It's not a good idea to start experimenting with new food. Don't shy away from high calorie, high carb, high salt meals when it comes to your meal the night before summit push.
----------------------	---	---

Pain/anti-inflammatory	Y	Go with what you typically use at home and/or can stomach.
Tea & Coffee (Starbucks Via)	Y	For me it's a must in the morning, but that's a personal decision.
Trail mix & dry fruits	Y	A good treat throughout the entire trip
Energy bars, gels, Gatorade powder etc.	Y	All personalized once more

### **Mt. Adams 2012 Gear List**

#### **Equipment**

Pack (large enough for a weekend - 3,500 - 4,500 cubic inches)	Y	
Camelbak/Water Bottles (2 liters minimum in total)	Y	
Sleeping Bag (20 degree or warmer)	Y	
Pillow	Y	Optional
Thermarest or Foam Pad	Y	

Ice Axe	Y	I would say optional given that we will start late morning, rather than an alpine start at midnight; however, the axe comes in handy when self-arresting on the way down.
Trekking Poles (optional but helpful)	Y	Mandatory, most climbers use them all the way to the summit and back.
Gaiters	Y	Optional and it depends on your boots. I typically spray my boots several days before a trip.
Boots - Leather and crampon compatible or Plastic	Y	My recommendation is to go with leather or other synthetics, Kevlar etc. and avoid plastic. Rentals are available at REI and other outdoor stores, but stories related to rental plastic boots are always painful.
Crampons	Y	Optional, not required unless cold & icy. Last year we kicked in the snow and/or followed existing tracks; however, they are life savers and/or maintain your sanity on the summit because they help you avoid slipping backwards.
Mt. Adams Map	Y	From Ranger station
Compass/GPS	N	Optional, but you can always find a 'cheap' compass.
Headlamp, Extra Batteries (Lithium)	Y	
Flashlight (Compact)	Y	
Knife	Y	Optional, and please keep them collapsible
Waterproof Matches/Light	N	Regular matches in

er (Kit)		ziplock
Extra Cord (REI sells a 50 foot pack - orange)	N	No, but bring some extra rope for tent tie-downs given the potential for high winds.
First Aid Kit	Y	Personal
Eating Utensils	Y	Personal
Cooking Stove	Y	Shared among team
Fuel	Y	Shared among team
Cup/Plate	N	Personal or shared among team, but you often dry directly from your water bottle and eat directly from your Mountain house packet
Tent	Y	Shared among team
Water Filtration System	N	We will be boiling water, but do bring a backpacking filtration system if it happens to be at home. I've been using a steripen and that appears to have the same efficacy.
Compression Sacks (for clothing items)	Y	Optional, but it helps shrink the bulk in your pack

### **Apparel Items**

Sun/Baseball Hat	Y	
---------------------	---	--

Warm Hat	Y	
Ski Gloves/Mittens	Y	
Fleece Gloves	Y	
Gortex Shell (Jacket)	Y	
Gortex Pants	Y	These will come in handy at basecamp and/or summit push, all depending on the weather. All of us will be climbing to from parking lot to basecamp in shorts, unless the weather shows differently.
Fleece Jacket	Y	
Mid-Weight layer - fleece/poly	Y	
(2) Wool Socks (liners are optional)	Y	
(2) poly T- shirts	Y	
Down/Synthetic Coat	Y	I always carry my TNF down jacket as a backup and find that I only use it at basecamp. The 800 down compresses to the size of a football with a compression sack. You know your tolerance to heat and cold.
Pants with zip for shorts	Y	Typically what you see most on the mountain.
Shorts (unless zip off pants)	Y	
Underwear	Y	
Low Top Hiking Shoes (optional)	Y	Optional, remember that every item contributes to the weight of your pack. Although you might like the convenience of additional shoes, you might find yourself purging them on the trail.

Bandana/small towel	Y	Optional, but helpful for the way up.
Sunglasses	Y	I always bring a second pair that I never touch, but a priceless commodity if you need them.

### **Miscellaneous Items**

Camera	Y	
Toiletry articles	Y	
Toilet Paper	Y	
Blue Bags (for human waste - pick up at Ranger Station)	Y	Bring backup ziplocks with some Arm&Hammer or baby powder. The blue bags are not entirely air tight.
Ear Plugs	Y	
Hand Sanitizer	Y	
Watch	Y	
Plastic Bags	Y	I would recommend one or two grocery plastic bags and one black trash bag per team. The black bag is a great ice melter at base camp.
Cell Phone	Y	
Pad/Pen	Y	Required for some class activities.
Camp Towel	Y	
Sunscreen	Y	

---

Mountain House Meals	Y	Purchase meals that you typically eat at home. It's not a good idea to start experimenting with new food. Don't shy away from high calorie, high carb, high salt meals when it comes to your meal the night before summit push.
Pain/anti-inflammatory	Y	Go with what you typically use at home and/or can stomach.
Tea & Coffee (Starbucks Via)	Y	For me it's a must in the morning, but that's a personal decision.
Trail mix & dry fruits	Y	A good treat throughout the entire trip
Energy bars, gels, Gatorade powder etc.	Y	All personalized once more



## Appendix A

## Emergency contact numbers of all outing participants

Each Team Captain is required to acquire the following emergency contact and contextual information for all team members:

<b>Team Name &amp; Members</b>	<b>Role</b>	<b>Emergency Contact</b>	<b>Emergency Contact Phone</b>	<b>Known Medical Condition(s)</b>	<b>Training or Certifications</b>
Team Denali					
1.					
2.					
3.					
4.					
5.					

## Appendix B

Contact numbers for local emergency response agencies/search and rescue

### **Important Phone Numbers**

Avalanche Advisory:

OREGON: (503) 808-2400;

WASHINGTON: (206) 526-6677

Mt. Adams Ranger District:

(509) 395-3400

Yakima County Sheriff:

(800)572-0490 (Search & Rescue)

Trout Lake EMTs & First Responders: 911

### **Access**

**COLD SPRINGS CAMPGROUND:** This is the most popular trailhead for the South Spur Route (South Climb Trail #183). The easiest road access is from the south using WA SR-14 or I-84 in the Columbia River Gorge.

From Portland, Oregon, drive about 60 miles east on I-84 to Hood River. Take exit 64 for White Salmon. Drive about .3 miles, turn left at the stop sign, and continue straight at the flashing red light. Proceed to the toll booth and pay the \$.75 for cars. Drive about 1 mile across the steel grate bridge over the Columbia River.

Turn left at the traffic light onto Hwy 14, the Lewis and Clark Hwy. You are heading towards WA-141 alt.

Drive 1.5 miles and turn right onto SW Pucker Huddle Rd(Hwy 141 alt.). Drive 2.2 miles and turn left onto Hwy 141, towards Trout Lake.

Follow Hwy 141 for 19 miles to Trout Lake. At the Chevron gas station, turn right onto Forest Service Road 23 and drive 1.3 miles, turning right onto Mt. Adams Rd for .6 mile.

Turn left onto Forest Road 80, following the South Climb signs.

Drive 3.7 miles on Forest Road 80 and turn right onto Forest Road 8040. Follow Forest Road 8040 on the bumpy, rutted gravel road for 8 miles to Cold Springs

Campground. The gravel road has washboard sections and ruts that could high-center low-clearance cars.

**COLD SPRINGS WINTER APPROACH:** The road to the Cold Springs Campground is not plowed which means that you may have to ski or snowshoe in. Since the road is not plowed and snow can reach down to 3000 feet, if you decide to drive past the sno-parks and get caught in a snow storm, your vehicle may be trapped all winter. The road is usually snow free by July 1. It is suggested that climbers use the Pineside Sno-park ([Current conditions](#)) or the SnowKing Sno-park ([Current conditions](#)) for parking. Sno-Park Passes will be needed at the Sno-Parks from about November 1, through March 31. Snow machines share some of the winter trails. Check the road conditions section of the [USFS Mount Adams Climbing Report](#). This website should also have the dates for when sno-park permits are needed.

In 2010 permits cost \$20 per day or \$40 for the season and there is a \$1 administrative fee.

#### **MOUNT ADAMS RANGER DISTRICT OFFICE**

2455 Highway 141  
Trout Lake, WA 98650

Tel: (509) 395-3400

Summer hours: Mon - Sat, 8:00am - 4:30pm.

Winter hours: Beginning December 19, 2010 the office will be open Monday through Friday only.

The office closes each workday between 12:00 to 1:00 PM for lunch.

**Directions to the Ranger Stations:** Driving north on SR-141, the Ranger station is about half a mile north of the junction with the Mount Adams Recreation Road. Look for the Chevron station at the junction. If you are heading to the South Spur trailhead or Sno-parks then you will return to this junction and turn left.

## **Permit Information**

**CLIMBING REGISTER:** A climbing register is located at the Mt. Adams Ranger Station. For your safety, sign in at the Register before your climb. Forest Service personnel use this information to check on overdue climbers.

**CLIMBING PASSES:** Between April 1 and October 31, a Cascade Volcano Pass is required if you plan to climb above 7,000 feet. This is a per-person pass that costs \$15 on weekend days or \$10 on a weekday for a single climb or \$30 for an annual pass. Weekend passes are required when above 7,000 feet on Friday, Saturday, or Sunday.

For example, a trip beginning on Wednesday and ending on Friday would require the purchase of a weekend pass.

The passes are available in person at the [Mt. Adams Ranger Station in Trout Lake](#) or at the Killen Creek Trailhead #113. Only 1-time passes are available at Killen Creek.

The passes can also be ordered online at least 2 weeks in advance and received by mail. The order forms for a Cascades single trip and/or an annual pass are available at: [PDF Format](#) or [RFT Format](#). Mail the completed form with your check to the Mt. Adams Ranger Station in Trout Lake.

Each person needs to have a volcano pass stub attached to their backpack. During other times, a free wilderness permit is required and can also be obtained from the Mount Adams Ranger District office. The maximum number of climbers per group is 12. See the [USDA FS Mt. Adams Climbing Information page](#) for more information. Mt. Adams is consistently patrolled by rangers looking for people without a volcano pass. Both dogs and pack animals are allowed on this part of the mountain however, be aware of the abrasive nature of the rocks on dog paws in summer.

**HIKING OR CLIMBING ON THE YAKIMA INDIAN RESERVATION:** If you wish to climb any of the routes that start in the Yakima Indian Reservation like the Mazama Glacier, Klickitat Glacier, The Castle, or Rusk Glacier Headwall, etc. and want to start from Bird Creek Meadows then you will need a Yakima Indian Reservation Tract-D tribal-use permit. This permit is also needed to hike the entire Round-the-Mountain trail. This permit is also available from the Mount Adams Ranger District office. Also, if you are not a member of the Yakima Indian Nation, your climbing season is restricted from July 1 to October 1.

The Cascade Volcano Pass stub, Northwest Forest Permit, Sno-park permit, or tribal-use permit needs to be displayed on your windshield when parked at the trailhead.

**HUMAN WASTE BAGS** (This should not be considered optional): All solid human wastes should be packed off the mountain and pack-out bags are available at the Mount Adams Ranger District Office. Disposal cans are available at the Cold Springs Campground.

## **Parking**

A Northwest Forest Permit is needed to park at Cold Springs Campground. A daily or yearly permit can be purchased at the Mount Adams Ranger District office in Trout Lake or many outdoor equipment stores.

An annual permit can be purchased online from the [USGS Store website](#).

In the winter climbers should use the Pineside or Sno-King Snow Parks for parking with the Sno-park permit displayed in your windshield.

Daily Sno-park permits can be purchased online from [the State of Washington](#).

In 2011-2012 Oregon Sno-park permits will probably not be valid in Washington.

## Camping

There are no permits needed for camping at Cold Springs Campground other than the parking permit.

**COLD SPRINGS CAMPGROUND:** Many people climb the South Spur Route in one day and return the same day. To do this they camp at Cold Springs Campground and start hiking before sunrise. If you plan on staying at the Cold Springs Campground, be sure to bring earplugs or camp far away from the gravelled areas. There is a shelter along the Cold Springs Trail #72. Climbers routinely arrive past midnight and make no effort to remain quiet, waking all but the soundest sleepers several times during the night.

Water is an issue at this campground. The only water in the summer is at Cold Springs. Later in the summer you have to find the spring because the stream dries up. To find the spring go to the east end of the parking lot and take trail down past the shelter to the streambed about .2 mile from the parking lot. Follow upstream and you will find the spring coming out of a pipe at about N46.13537 latitude, W121.49271 longitude. In this summer, water is not easy to find until Crescent Glacier and Lunch Counter.

**BIRD CREEK CAMPGROUND:** \$5.00, good for 5 days parking. Camping Fee is \$10.00 per night purchased from the Yakima Indian Nation at the campground.

There is plenty of water around this campground at Bird Lake.

**LUNCH COUNTER:** There are numerous camping locations that have been built up on the talus slopes below or above Crescent Glacier. The area above Crescent Glacier is known as "Lunch Counter" and immediately below the Suksdorf Ridge. These camping areas have crescent shaped rock walls of varying heights facing the west to block the wind and wind-blown grit.

On weekdays many of these spots are available, however, they may be hard to find during the summer weekends. If you are looking for a way to avoid crowds during heavy-use times of the year, there are a few locations below and to the north of Lunch Counter though the sites are hard to find without prior knowledge. Other people hike

up towards Pikers Peak for tiny, rocky sites. Don't forget your "blue bag" as you need to pack out your solid waste above timberline.

Water is usually available in the late spring and summer. In the late summer, the small streams can freeze up at night.

## Mountain Conditions

The Mount Adams Ranger District Office is a good resource to call because the rangers hike the area and climb the mountain often and will be able to report conditions in the field. Be prepared for snow storms and bad weather any month of the year on Mt. Adams. A good example of how quickly the weather can change on the mountain comes from a mining-era report showing temperatures above 100°F+ in the afternoon with an incoming storm that dropped the temperature to -48°F only 12 hours later. Additional resources you can check include:

[USFS Mount Adams Climbing Conditions Report](#)

Mount Adams Ranger District Office Phone: (509) 395-3400

[Washington State Snow Survey](#)

Daily Snow Conditions: (509) 395-3420

Mount Adams Hotline: (360) 891-5015

Search & Rescue (Yakima County Sheriff): (800) 572-0490

Emergencies: 911 or 1 (800) 572-0490

[Northwest Weather and Avalanche Center](#)

Avalanche Advisory (WA): (206) 526-6677

Avalanche Advisory (OR): (503) 808-2400

## Appendix C

### Itinerary Trip Plan

#### Thursday 26

- Meet at the Ranger Station to purchase an individual climbing pass: \$15 (each team will represent themselves rather than our entire class)
- Car pool if possible to the trail head campground
- Set up camp for the night
- Gear Inspection, distribution and reallocation
- Dinner & hydration
- Personal introductions over meal
- Climbing logistics (pack weight, distribution of gear, and much more)

#### Friday 27

- Breakfast
- Team Meeting
- Ascend to Lunch Counter (9,500ft)
- Set up camp
- Class time
- Quiet reflection time
- Eat dinner & hydrate

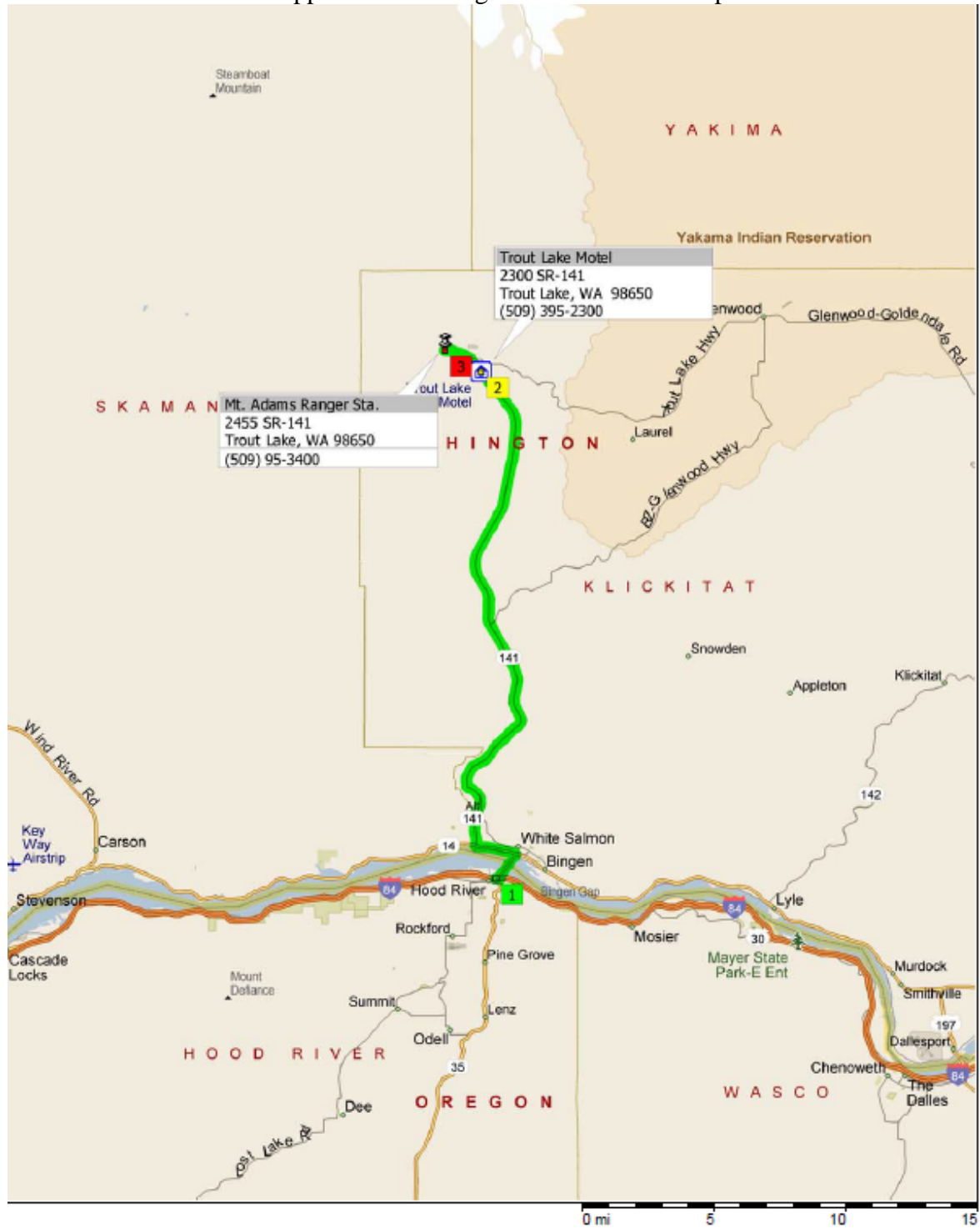
#### Saturday 28

- Rise and shine between 5-6am
- Ascend to summit in teams
- Team Pictures and Meeting at the summit
- Return to Lunch Counter in the afternoon
- Hydrate and eat
- Team Meeting
- Return to trail head campground
- Evening team gathering & storytelling...

#### Sunday 29

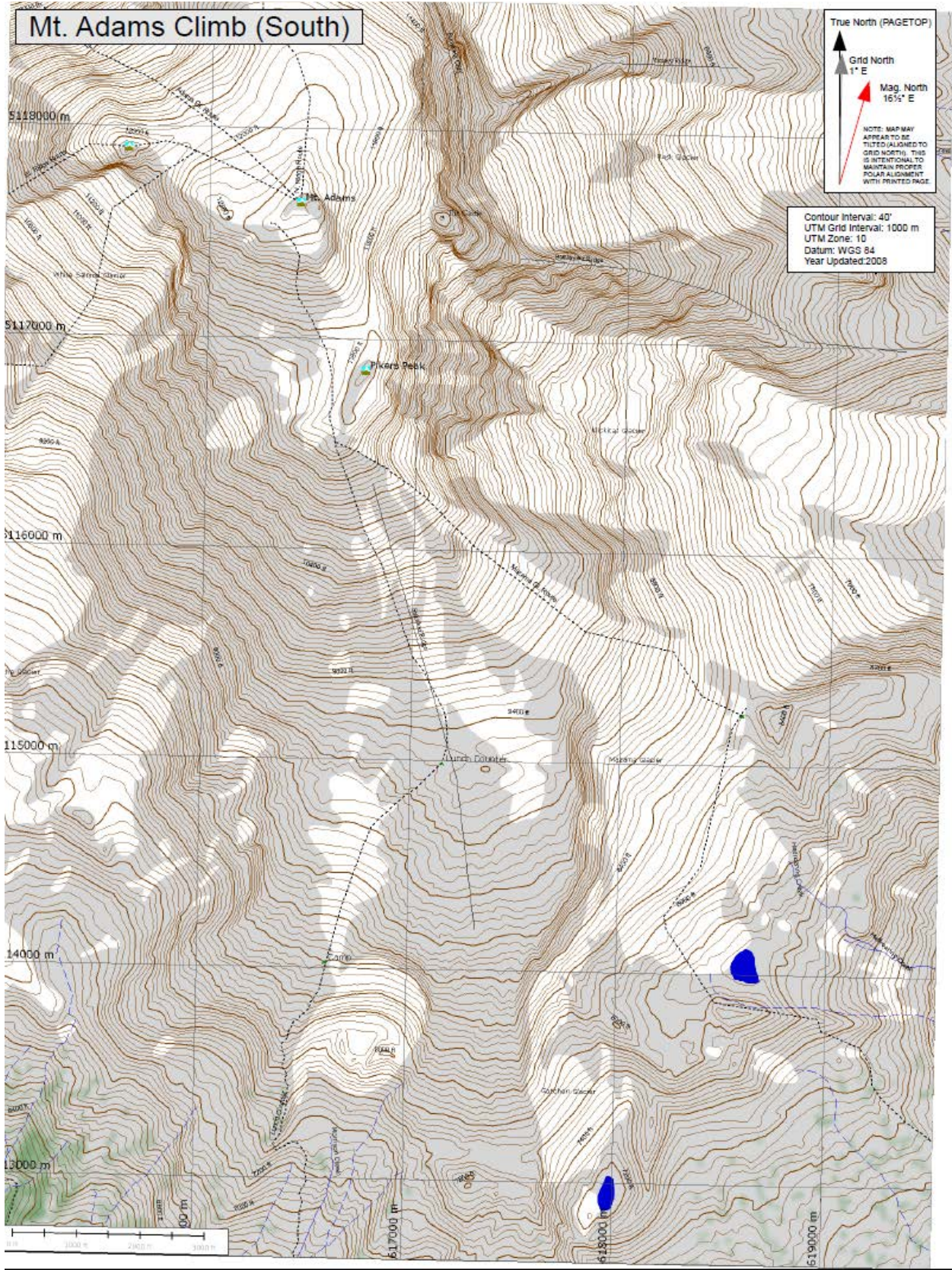
- Rise and shine 6am
- Coffee & hydrate
- Pack up camp
- Eat Breakfast at the local Diner
- Return to Ranger Station
- Drive back to our destinations (Portland, Seattle, Spokane etc.)

### Appendix D – Ranger Station & Route Options



Copyright © 1998-2005 Microsoft Corp. and/or its suppliers. All rights reserved. <http://www.microsoft.com/streets/>  
2004 NAVTEQ. All rights reserved. This data includes information taken with permission from Canadian authorities © Her Majesty the Queen in Right of Canada. © Copyright 2004 by  
Atlas North America, Inc. All rights reserved.





## Appendix E - Student Registration and Liability Release Forms

**GONZAGA UNIVERSITY**

LEADERSHIP and HARDINESS (ORGL-689)

**PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS, AND INDEMNITY AGREEMENT**

Participant Name: \_\_\_\_\_

Leadership and Hardiness is an elective graduate level course in the Organizational Leadership Department. The course syllabus states that students are required to participate in a weekend residency to climb Mt. Adams, WA. The purpose of this climb is to engage in a class simulation for recreating a situation to practice principles studied throughout the course. In consideration for services of Gonzaga University – its agents, owners, officers, volunteers, participants, employees, and all other persons or entities acting in any capacity on their behalf – I hereby agree to release and discharge Gonzaga University on behalf of myself, my parents, heirs, assigns, and my estate as follows.

**Inherent Risks:**

Mountaineering and Climbing entails known and unanticipated risks that could result in physical or emotional injury, death, or damage to myself, to property, or to third parties. Mountaineering and Climbing includes navigating rivers, high mountain passes, snow and ice fields, glaciers, steep slopes, and treacherous rocks. Mountaineers and Climbers may encounter other environmental dangers, such as falling and rolling rocks, sudden storms, lightning, blizzards, avalanches, and flash floods. I might become lost or separated from my guides or porters. I am aware that exposure to high elevation may cause acute mountain sickness or high-altitude illness in mild or serious stages, including high-altitude pulmonary edema and high-altitude cerebral edema. Change weather conditions and exposure to the elements can be uncomfortable and/or harmful, and this exposure could cause sunburn, dehydration, heat exhaustion, heatstroke, frostbite, hypothermia, and heat cramps or fatigue.

I am ultimately responsible for my own safety. In the event of an accident, rescue and medical treatment may not be immediately available. Guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be ignorant of a participant's fitness level or abilities. They might misjudge the weather, the elements, or the terrain. I specifically acknowledge that decisions made by guides/volunteers/faculty and participants are often made in wilderness/remote/dangerous settings and are made based on often imprecise, momentary, and subjective perceptions that are subject to errors in judgment and cannot and should not be associated with fault at a later point in time.

**Release and Waiver of Rights, Including for Claims of Negligence:**

I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Gonzaga University from any and all claims, demands, or causes of action in any way connected with my participation in this activity or my use of Gonzaga University equipment or facilities, including any such claims which allege negligent acts.

**Indemnity:**

Should Gonzaga University or anyone acting on its behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to pay for all such fees and cost.

**Release as Contract and Personal Capacity:**

I expressly acknowledge that I am not under the influence of drugs or alcohol at the time of my signing of this document and that there are no other impediments or reasons why I would lack the capacity to enter into this contract with Gonzaga University.

**I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD, AND I AGREE TO BE BOUND BY ITS TERMS.**

Participants Signature \_\_\_\_\_ Printed Name \_\_\_\_\_

Date \_\_\_\_\_

