Informed Consent for Cadet Training/Activity - Adrenaline Adventure Park

THIS FORM MUST BE READ AND SIGNED BY EVERY CADET WHO WISHES TO PARTICIPATE IN THIS ACTIVITY AS WELL AS BY A PARENT / GUARDIAN OF THE PARTICIPATING CADET.

Section 1 – Cadet Information

Last Name of Cadet:	First Name of Cadet:
Corps #: 676 RCACC – Georgetown Army Cadets	Emergency Contact Name: (contact must be available for duration of the activity)
Telephone:	Emergency Contact Number: (contact must be available for duration of the activity)

Section 2 – Training / Activity Information

Cadet Training / Activities that will be conducted are: Paintball	
Location of Activity: Adrenaline Adventure Park -	Dates of Training/Activity: 19 October 2025

Section 3 – Parent/Guardian Consent (PLEASE READ CAREFULLY)

I consent to the participation of my son/daughter/ward in the activity described on this form. I am aware that the training/activities which the cadet will participate in contains hazards, elements of danger and a level of risk that may result in injury. I understand that these injuries may occur simply due to the nature of the activity and can occur without any fault of the cadet or RCSU Central Officers. By reading page two (2) and signing this form I am aware of the potential associated hazards and the steps taken to mitigate them. I also confirm that the emergency contact person will be reachable via phone for the duration of the activity. I acknowledge that it is my responsibility to advise the Department of National Defence through the submission of a Detailed Health Questionnaire, of any medical or health concerns of my child/ward, which may affect his/her participation in the stated program or activity.	
Name of Parent/Guardian:	Signature of Parent/Guardian:

Section 4 – Cadet Agreement (READ CAREFULLY AND INITIAL EACH PARAGRAPH)

	Initials
This training/activity has been explained and illustrated to me to my satisfaction, and I understand the nature, hazards and risks that are involved.	
I am aware that the activity in which I plan to participate contains a certain level of risk and that I may suffer personal and potentially serious injury due to an unforeseeable or fortuitous event.	
I pledge to abide by all the directions and instructions issued by the Officer In Charge, CIC/COATS staff, senior cadets, guides or other supervisors.	
I hereby declare that I have understood each of the provisions of this agreement. Cadet Signature: _____ Date: _____	

HAZARDS AND MITIGATION STRATEGIES

1. As with any training in an adventurous environment there is a degree of inherent risk associated with participation. The purpose of this information is to inform you of the potential risks associated with the cadet's participation in the training and steps that we have taken to minimize those risks.

2. Please note that this is not an exhaustive list and hazards not listed may occur on occasion. Corps/Squadron staff are well versed on assessing hazards as they occur and reacting as required.

HAZARD	LIKELIHOOD (often, occasional, rare)	SEVERITY (severe, moderate, minor)	SAFETY MANAGEMENT STRATEGIES
Extreme Weather	Occasional	Minor ➡ Severe	Check forecast; appropriate clothing & equipment; pacing to maintain warmth; carry emergency gear (stove, tarp, thermos etc.)
Athletic Injuries (e.g. sprains & strains)	Occasional	Minor ➡ Severe	Begin training in easy terrain to lessen likelihood of falls; appropriate pacing; instructor coaching, appropriate teaching progression, warm up time
Trips, Falls, Collisions (including cuts, fractures, head/spinal injury)	Rare -Occasional	Minor ➡ Severe	Advise cadets about dangerous terrain; control speed; keep tidy training area; discontinue involvement for participants who fail to obey instructions
Falling objects (rocks, trees, equipment)	Rare-Occasional	Moderate ➡ Severe	Assess overhead hazards, avoid areas of known hazard, alert group to hazard & implement management strategy if unavoidable
Falls from Height	Rare	Moderate ➡ Severe	Cadets to remain a minimum of 2-3 body lengths from edges, drop offs etc.; careful route finding
Driving Accident	Rare	Minor ➡ Severe	Keep vehicles in good repair; check road conditions; monitor cadet behaviour in vehicle, ensure driver is competent
Animal Encounter	Rare	Minor ➡ Severe	Check alerts for area; provide information regarding animal encounters and controlling food in field; stick together as large group if dangerous animals are spotted, make noise;
Equipment Failure	Occasional	Minor ➡ Severe	Use quality equipment; provide clear equipment list; check student equipment, carry repair kits, instruct on proper usage;
Allergic Reaction	Rare	Minor ➡ Severe	Check medical limitations prior to trip; instruct cadet to carry Auto Injector for allergic reactions; First Aid trained staff;
Environmental Injuries (Heat / Cold Injuries)	Occasional	Minor ➡ Severe	Self & staff instruction / monitoring; use proper clothing; appropriate pacing, carry emergency gear;
Drowning	Rare	Severe	Use of Personal Flotation Devices, provide training for capsizing & rescue drills; take care filling water bottles;
Lost Participant	Rare	Moderate ➡ Severe	Keep group together; brief cadets on lost and alone procedures; regroup at junctions; have tail end sweep;