

ASSUMPTION OF RISK AND RELEASE
(Field Trips and Other Off Campus Activities)

I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent in the UH-Hilo Physics and Astronomy Department trip to the Mauna Kea Visitor Information Station (VIS) for the purpose of night-sky observing, or for other University of Hawai'i Hilo sponsored activities, and during transportation to and from the VIS on Mauna Kea, to which I may be exposed to possible risks during my participation in these activities, on **(date)** May 1, 2016, do hereby agree to assume all the risks and responsibilities surrounding my participation in the UH-Hilo Physics and Astronomy Department trip to the Mauna Kea VIS or any independent research of activities undertaken as an adjunct thereto; and, further, I do for myself, my heirs, executors, and administrators hereby defend, hold harmless, indemnify, and release, and forever discharge the University, and all its officers, agents and employees from and against any and all claims, demands, and actions, or cause of action, on account of damage to personal property, or personal injury, or death which may result from my participation, and which result from causes beyond the control of, and without the fault or negligence of the University, its officers, agents or employees, during the period of my participation as aforesaid. **IN WITNESS WHEREOF**, I have caused this release to be executed this _____ day of _____, **2014**.

(Signature)

(Print name)

Signatory of parent or guardian if student is
under 18 years.

INSTRUCTIONS for FIELD TRIPS to MAUNA KEA

- (1) Dress warmly! It is recommended that you wear a coat, a heavy sweater or jacket, warm pants, long underwear, multiple pairs of socks, and shoes or boots. Use a hat or hood to cover your head and ears. Layers of clothing are usually effective, as long as you are not staying up for an extended period of time (> 3 hours or so). Wear sunglasses during the day, and if you are ascending or descending around sunset or sunrise.
- (2) Do not forget that our body undergoes changes at altitude, and may be under stress, to varying degrees. Bring bottled water with you to drink up at the summit. This helps to relieve typical symptoms of dehydration, such as headaches or nausea, which you may experience while at the summit. The onset time of such symptoms varies from person to person, but 1-3 hours is typical on the first summit visit. If you feel such symptoms becoming more than mild, please inform one of the facilitators. It is important to get down to a lower altitude as soon as possible after the symptoms become more than mild, or worse, incapacitating. Oxygen (at low flow rate) can be administered as temporary relief, but if the symptoms are enough to force the person afflicted to lie down, then it is best to plan on going to a lower altitude right away. If you know of any medical condition that you have that might be affected by going up to high altitude (above 10,000 feet or so), such as high blood pressure, heart problems, or sickle-cell anemia, please inform the facilitators right away. It may be best in such cases to avoid the trip and to stay at lower altitude.
- (3) In accordance with UH Hilo regulations, you will be asked to sign risk and release forms before going up. UH Hilo or UH Hilo facilitators/staff will not take any responsibility for injuries, damages, or medical problems that are suffered by participants, either on Mauna Kea, or on the way to and from the observing site or any other location, whether or not UH Hilo staff are actually physically present.
- (4) Consumption of alcohol and/or drugs of any sort are strongly discouraged. Driving to and from the summit of Mauna Kea is dangerous enough without adding to the inherent risk by inhibiting further your reaction time and alertness.