

## **INFORMATION ON ACTIVITIES AND RULES of SAFETY and BEHAVIOUR**

Each participant is asked to carefully read the following information on the activities and rules of safety and behavior that must be followed and respected when participating in the proposed activities and while taking part in the camps.

### **Description of Activities and Risks**

Dynamo Academy programs generally include stimulating group activities. The areas in which Dynamo Academy programs take place may include outdoor and remote areas with some degree of difficulty and risk.

Each participant is required to demonstrate ability and willingness to use a variety of skills.

Prior to enrolling and participating in activities, each participant should be aware of the nature of the activities and their risks and the physical conditions necessary to participate, as specified below.

The activities, recreational and non-competitive, proposed are:

- Ropecourse activities: climbing and descending on natural or artificial vertical walls, with the ability to handle ropes suspended above ground level;
- Activities on land: team building and problem solving activities that encourage the group to work together to develop a plan, implement the plan, and evaluate the results;
- Artistic-expressive activities.

### **Related General Risks**

It should be noted that the areas in which the programs offered by Dynamo Academy take place may include outdoor and/or remote areas, with a certain degree of difficulty and risk. In particular, we inform you that the proposed activities, in relation to the place where they are carried out, especially if outdoors, may involve a degree of risk related to the conformation of the terrain and other factors, including: slips, falls, being hit or hitting objects or people (including other participants), uneven terrain; plants, insects, close encounters with wild or possibly poisonous animals (such as snakes), hypothermia; hyperthermia (extremely high body temperature). These and other risks, including errors in judgment, are inherent in the activities and, therefore, cannot be eliminated without altering the essential elements of the activity itself. The proposed activities may involve a degree of risk with respect to the materials and/or substances used in the performance of the activities.

### **Specific stressors**

Proposed activities may involve:

**Physical stressors**, resulting from (i) land-based activities: walking or cycling on uneven terrain with varying elevation changes; bending or kneeling; lifting light material; and (ii) for rope activities: using upper and lower limbs to climb rocky or wooden walls, using hand and foot support points; possible suspension in the air for a few minutes with a harness attached to safety ropes; sudden loading of body weight on the arms or shoulders.

**Mental stressors** arising from (i) land-based activities:

working with others, sometimes constrained by time limits, developing a plan to deal with a situation with which the participant is unfamiliar; (ii) for rope activities: stopping at high altitudes; fulfillment of safety measures in unfamiliar or complex environments; the need to communicate with others in the air or on land; working independently or in groups in order to overcome obstacles.

**General stressors** resulting from exposure to sun, wind, rain, cold, insects, collision with ropes or other objects, impediments resulting from safety measures worn. Based on the above and the proposed activity, each participant should be able to perform and learn the following:

- Walking, running, pedaling, standing, sitting or kneeling on a surface that is hard or non-flat surface with changes in elevation.
- Contribute ideas when working in groups, assume new and less familiar roles and styles of communication and leadership, listen to and welcome with an inclusive attitude the differing perspectives and priorities of others.
- Wear safety precautions.
- Participate in airborne activities that may take place at elevations of more than 10 feet of height above the ground.
- Support other participants in performing activities.

Each activity will be organized through an initial training phase followed by an operational phase.

**In the event of particular impediments, please contact our staff in order to find the most appropriate solution that allows participation in the activity.**

### **Safety rules and behavior**

Each activity must be conducted safely, according to the instructions that will be given by the Dynamo Academy Activity Managers (hereafter "RA").

The RA will explain, in a concise and clear manner, the precautions to be taken and the safety rules regarding the activity to all participants prior to the start of each activity.

### **Each participant must respect the following safety rules:**

- The equipment made available for the performance of the proposed activities may not be used in the absence of the RA or his/her assistant.
- The RA will initially provide all necessary information for ensuring proper use, functional and personal use of each part of the proposed equipment and, if necessary, make corrections, modifications, or further clarifications as the activity progresses.
- Each participant must always follow the instructions provided by the staff.
- Each participant must always use the types of equipment and safety measures provided by the RA based on the activities that will be conducted.
- In the event of improper and dangerous use of any equipment made available, despite prior warnings and appropriate clarifications given and any subsequent reminders, the participant will be withdrawn until the end of the activity.
- Each participant must meet the following personal requirements:

- Each participant must be able to understand verbal and visual instructions both individually and in a group setting and follow the above directions with and without supervision.
- Each participant must be able to assess and understand the risks and hazards when illustrated and adhere to safety measures even when instructors are not present.
- Each participant must be able to identify and recognize hazards that pertain to both the environment (e.g., slippery or uneven terrain, moving water, sun, wind, cold, water, etc.) and other participants (e.g., fatigue, mental health, other issues that might affect reasoning and decision-making).
- Each participant must be able to effectively communicate to others any personal disturbance, harm/impairment, or need for assistance, including hazards or impairments that the participant directly perceives or others perceive.
- Each participant must be able to adapt to any physical or emotional demands required by the activities and be attentive and engaged throughout the duration of the program.
- Each participant is prohibited from using alcohol, tobacco, or other substances and from taking medications in an improper manner. Should it become necessary to use prescription medications, each person is required to comply with the prescription, each is required to comply with the proper dosage and instructions for use and storage under proper conditions independent of instructor supervision.
- Each participant is strictly prohibited from engaging in any behavior that harasses the participants or jeopardizes the learning of others or the cohesion of the group.
- Each participant is required to inform themselves and communicate to the Academy any contraindications about their health, including allergies to insects, animals, materials or substances before participating in the proposed activities. By proposed activities, it is understood that the decision to participate in the activities remains the sole and exclusive responsibility of the individual participant.

Everyone's learning, growth and safety remain our top priorities.

Name of Participant(s) (capital letters): _____
Name of Emergency Contact: _____
Degree of Relationship to Contact: _____
Tel: _____ Email: _____

Each participant is requested, including Minors, to:

- read in its entirety the Information and Rules of Conduct and Safety for Activities;
- and complete the following questionnaire by ticking YES or NO (If the answer is yes, please provide an explanation where required).

It is necessary that Dynamo Academy staff be adequately informed of the health and medical needs of each participant. The information provided below will be shared with medical personnel in the event of an emergency.

Have you ever experienced an asthma attack in your life? Or are you aware of any allergies to particular foods, pollens, materials and/or substances, including latex?	YES/NO
If yes, please explain:	YES/NO
Have you ever been diagnosed with Type I or Type II diabetes?	YES/NO
If yes, please explain:	YES/NO
Have you ever been to the doctor for a severe allergic reaction or have you ever been administered a dose of epinephrine for allergy or anaphylaxis?	YES/NO
If yes, please explain:	YES/NO
Have you ever been given medical treatment for angina, heart attack, or any type of heart disease or disorder?	YES/NO
If yes, please explain:	YES/NO
Have you ever been diagnosed with or are you currently receiving treatment for high blood pressure?	YES/NO
If yes, please explain:	YES/NO
Have you ever been seen by a doctor for seizure disorders or are you currently undergoing treatment for the same type of disorder?	YES/NO
If yes, please explain:	YES/NO
Have you had all required immunizations?	YES/NO
If no, please specify which vaccinations have not been given:	YES/NO
Are there any other circumstances you would like to tell us about your health or physical conditions that may affect your participation?	YES/NO
If yes, please explain below:	YES/NO
Are there any ongoing therapies you need to follow while attending Campus?	YES/NO
If yes, please provide medical documentation regarding the condition and the prescription of the medications to be taken, doses	

<p>and schedules - under penalty of ineligibility for the Minor to attend the Campus.</p> <p>In this case, the Minor must bring to the Campus all the materials and medications he/she needs and in sufficient quantity for the entire period of the stay and in the original packaging.</p>	
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If you have answered 'yes' to any of the above questions, Dynamo Academy strongly recommends that the Minor visit a specialist before attending the Campus. Our trainers are available to answer any questions you may have about the activities.