

## **Health and Safety for Introduction to Field Methods, GEOL 210**

We, your instructors, want to maximize your enjoyment of the field experiences and opportunities for learning that GEOL210 provides. To do so we strive to help you minimize physical discomfort by being prepared for the terrain and weather conditions. We have considered the risks field research creates and have taken steps to minimize them. Our goal is that you can be engaged and be learning while you are in the field. In the items below we review possible health and safety risks involved in field classes and how to mitigate them.

**COVID and other illnesses:** Students are expected to follow all CWU and WMRC guidelines related to COVID safety and public health.

**Field work:** Field work will be conducted most days **8 am to 5 pm**. After driving to field sites, we will be outside all day, with some hiking over potentially rugged topography. Students should expect to spend some evenings working on maps and related coursework. Two additional days will be in the GIS computer lab (Discovery Hall room 105), **10 am to 4 pm**.

**Field health & safety:** Fieldwork entails unavoidable risks. The rugged character of the field sites could pose physical hazards (e.g., tripping and falling), while high temperatures and strong sun could pose risks of dehydration and sunburn. Students should be prepared to drink more plenty of water to avoid dehydration and heat exhaustion. In addition, wild country in the western US is home to potentially dangerous animals such as rattlesnakes. All these animals will flee humans given the opportunity, but students should remain vigilant and avoid distractions (e.g., loud talking and listening to music) to maximize awareness.

**Terrain:** During fieldwork, you will be walking off trail at times. Students will need comfortable hiking shoes (that you have already broken in to avoid blisters) for walking over uneven ground and to protect your feet and ankles from thorns, scratches, etc. Students should be prepared to hike up to a mile at a time; elevation changes during a hike will not exceed a few hundred feet.

**Weather:** Temperatures could get up to as high as 100°F during the day or as low as in the 30°-40°Fs at night, although highs of 80°-90° and lows in the 50°s is more common. The weather is generally very dry with occasional rain or windstorms. Some field sites have little shade; thus, students may be exposed to the sun all day and skin should be covered with clothing or repeated applications of sunscreen. Students should wear high quality UV-filtering sunglasses and full-brimmed hats. Bring layers, as mornings start chilly.

**Wildfires and air quality:** The potential for wildfires and wildfire smoke is high in eastern California in August and September. We will monitor air quality and wildfire proximity during fieldwork, and will end the field day early if air quality conditions deteriorate or if a wildfire is initiated nearby. If air quality is officially measured as Hazardous in Big Pine at the start of the field day, we may work inside or choose an alternate location until conditions change. If hazardous conditions persist for multiple days, please be patient and flexible as class projects will need to change.

**Camping:** We will camp one night on the way down to Bishop and one night on the way back at the Goose Lake State Park campground group camp site. There are bathrooms with showers, water, and power. Students will camp in personal tents and follow all campground rules and regulations.

**General safety guidelines:** All the above hazards can be avoided or minimized with caution and common sense. The instructors and staff will provide training in hazard avoidance to students. For example, for safety, students work in field groups. In addition, instructors will carry first aid equipment and can assist with minor injuries such as sunburn, blisters on feet, minor cuts and abrasions. For needs beyond these, we seek medical assistance at local clinics or hospitals. Mapping areas are typically more than an hour from emergency medical assistance. Students are expected to treat illnesses in order to reduce transmission of illness to others.

### **Alcohol, drug, & tobacco policies**

This class is alcohol-free and recreational drug-free, including the driving time. Drinking and/or taking recreational drugs will not be tolerated. If you are caught with alcohol or recreational drugs (legal or not) at any time on the trip, you will be sent home at your own expense, and you will not complete the course. Tobacco products may not be used in CWU vehicles. Alcohol may not be used or carried in CWU vehicles.

Further, students are expected to maintain a professional and respectful attitude towards instructors, teaching assistants, and other students at all times. Patience, tolerance, and a sense of humor towards unexpected hardships (e.g., rainy or smokey weather) will serve students well over the course of this field course. Behaviors that are inappropriate in the classroom (e.g., inappropriate language or behavior directed at instructors or other students, violations of safety policies) will not be tolerated during this field course.

### **Allergy and medical information**

If you have life threatening allergies or medical conditions that could affect your safety in the field, we recommend you voluntarily provide information to you instructors to help us keep you safe in the field. **Information you provide will be kept confidential to the instructors unless you indicate otherwise or are experiencing a medical emergency.**

### **By signing this form, the student:**

- 1) Acknowledges all of the above risks and policies;
- 2) Will follow all additional safety instructions given by instructors in the field; and
- 3) Acknowledges that violating these policies could result in unnecessary risk to personal safety and potential removal from the course.

## Health and safety liability acknowledgement

I, \_\_\_\_\_, understand that, by participating in GEOL 210 (Introduction to Geological Field Methods), I may be exposing myself to the risk of bodily injury or property damage and I agree to assume such risks.

I understand that Central Washington University personnel may seek medical attention that is deemed necessary and the undersigned grants permission to any licensed physician and/or medical faculty to render emergency medical care and consent to such treatment. I hereby release Central Washington University and its officers, agents, students, and employees from any and all liability for any damage or injury which I may suffer due to the participation in any activity provided by Central Washington University's Introduction to Geologic Field Methods or in the transportation to and from the class.

**Your name (print):** \_\_\_\_\_

**Your birthdate:** \_\_\_\_\_

**Your cell number:** \_\_\_\_\_

**Which gender dorm room is appropriate for you? (M or F):** \_\_\_\_\_

**Health insurance company:** \_\_\_\_\_ (or no insurance)

**Group/Policy number:** \_\_\_\_\_

**Emergency contact (name):** \_\_\_\_\_

**Emergency contact (phone):** \_\_\_\_\_

Please list any medical conditions or allergies that could impact your engagement in the activities described or that you think we should be aware of:

Please describe any special diets or food allergies that the cooks at White Mountain Research Center should know about (vegetarian, lactose intolerant, peanut allergies, etc.):

**Your signature** \_\_\_\_\_ **Date** \_\_\_\_\_