

Malibu Creek Stream Team

WAIVER OF LIABILITY AND EXPRESS ASSUMPTION OF RISK

I, the undersigned, being of lawful age or the parent or legal guardian of the participant involved in the Malibu Creek Monitoring Program (hereinafter "Program"), in consideration of the opportunity to participate in the Program, do hereby RELEASE, DISCHARGE and HOLD HARMLESS, HEAL THE BAY and any officer, agent, and/or employee of any one of them FROM ANY AND ALL ACTIONS, CAUSES OF ACTIONS, CLAIMS, OR ANY OTHER LIABILITIES WHATSOEVER, KNOWN OR UNKNOWN, OR WHICH MAY ARISE IN THE FUTURE ON ACCOUNT OF, OR RELATING TO OR ARISING OUT OF PARTICIPATION IN THIS PROGRAM.

THE UNDERSIGNED UNDERSTANDS THERE ARE RISKS IN PARTICIPATING IN THIS PROGRAM, including the risk of possible injury or loss of life as a result of contact with hazardous materials, wild animals, poisonous plants, snakes, or from over-exertion or environmental conditions, including but not limited to flooding, rockslides or dangerous terrain. Despite these risks the undersigned wishes to proceed and freely accepts and expressly assumes all risk, dangers and hazards that may arise from participation during the duration of the Program.

The undersigned acknowledges that the participant has received and read appropriate instruction regarding the Program, including appropriate safety and emergency procedures, and that the participant fully understand those instructions and is capable of and agreeable to following them. In addition, in any actions undertaken during this Program the participant agrees to use only the supplies, tools and equipment provided by Heal the Bay, the Resource Conservation District of the Santa Monica Mountains, California Department of Parks and Recreation, National Park Service and the California Coastal Conservancy and understands such equipment's intended use. The undersigned knows of no physical disorder which should keep the participant from undertaking the activities associated with this Program, and will not participate if under the influence of alcohol or of any drug that could impair his or her physical or mental abilities. The undersigned acknowledges that, as an independent volunteer, the participant will not be considered an employee of Heal the Bay, the Resource Conservation District of the Santa Monica Mountains, Santa Monica Mountains Conservancy, and the California Coastal Conservancy and will have no claims to any Workers' Compensation coverage there under.

If the participant should become injured while participating in the Program, the undersigned authorizes any physician or surgeon licensed in the State of California to perform emergency or surgical treatment as in his or her sole judgment may be necessary.

Name _____ Date of Birth ____ - ____ - _____

Home Phone ____ - ____ - ____ Work Phone ____ - ____ - _____

Emergency Contact _____ Emergency Contact _____
Name & Relationship Phone

Email _____ StreetAddress _____

City _____ State _____ Zip Code _____

I HAVE READ THIS AGREEMENT. I UNDERSTAND IT. I AGREE TO BE BOUND BY.

Signature of Participant _____ Date _____

Signature of Parent or Guardian (if under 18 years of age) _____

SAFETY INSTRUCTIONS

- ◆ Read all instructions to familiarize yourself with the test procedures before you begin. Note any precautions in the instructions.
- ◆ Read the label for each reagent container prior to use. Some containers include precautionary notices and first aid information.
- ◆ Keep all equipment and reagent chemicals out of the reach of young children.
- ◆ In the event of an accident or suspected poisoning immediately call 911, the Poison Hotline 800-777-6476, or your physician. Be prepared to give the name of the reagent in question. The MSDS are in water quality testing kit.

PROTECT YOURSELF -- USE PROPER ANALYTICAL TECHNIQUES

- ◆ Avoid contact between reagent chemicals and skin, eyes, nose, and mouth.
- ◆ Wear safety goggles or glasses when handling reagent chemicals.
- ◆ Use test tube caps or stoppers, to cover test tubes during shaking or mixing. Use gloves for hand protection when handling reagent chemicals.
- ◆ Do not eat or drink at the same time as using the reagents. Wash hands thoroughly after using the chemicals before contact with eyes, food, or mouth.
- ◆ When dispensing a reagent from a plastic squeeze bottle, hold the bottle vertically upside down (not at an Angle) and gently squeeze it. If a gentle squeeze does not suffice, the dispensing cap or plug may be clogged.
- ◆ Wipe up any reagent chemical spills, liquid or powder, as soon as they occur. Rinse area with wet sponge.
- ◆ Tightly close all reagent containers immediately after use. Do not interchange caps from different containers. Put all reagents and equipment back in their proper locations in the test kit to ensure safe transport.
- ◆ Avoid prolonged exposure of equipment/reagents to sunlight.
- ◆ Be careful not to fall. You may be traversing slippery rocks, hillsides, and steep erodable streambanks. Wear tennis shoes or boots that provide good support, and that you don't mind getting wet.
- ◆ Be prepared! Pack for all types of weather, if possible bring a cellular phone, a change of clothes, footwear, a walking stick.
- ◆ Never take it upon yourself to conduct your own monitoring. Inform the program coordinator of any unscheduled monitoring event you wish to conduct and let someone at home know where you plan to go. So that your location is known if anything happens. Two heads are better than one, particularly for monitoring. Always work with a partner!
- ◆ When crossing or wading through a stream be aware of fast moving current. Use your walking stick for balance and to judge the depth. If possible look for areas shallower than knee depth to wade across.
- ◆ Don't drink the water!
- ◆ If you suspect high levels of pollution protect yourself. Wear rubber gloves and avoid exposure.
- ◆ Bring a map and compass, particularly in areas that do not have established trails.
- ◆ Within the watershed, rattlesnakes can be a concern. They really don't want to bother you, especially if you don't bother them. Keep a respectable distance from them and they will probably leave you alone. Be careful where you step, wear high hiking boots, and be careful of where you put your hands if you are climbing over rocks. If bitten, try to remain calm and seek prompt medical attention.
- ◆ Be aware of flood conditions. Do not enter low-lying areas if you have reason to believe flooding is possible. When in doubt consult your X-Stream Team Captain
- ◆ Be aware of Poison Oak. Get to know this plant's characteristics. It changes through the seasons and the physical characteristics can vary from plant to plant. Avoid contact with this plant as secretions from this plant can cause severe blistering and itching. Even secondary contact such as petting a dog or washing someone else's laundry that had direct contact with poison oak can cause adverse reactions.
- ◆ Stinging nettle is another plant that should be avoided. As its name suggests, body contact with the plant causes a stinging sensation that can be painful. If you do touch stinging nettle, rinse the contact area with water. The stinging feeling can last several hours but will eventually subside.
- ◆ Ticks also can be found in the watershed usually in grassy or bushy places. They wait for some warm blooded creature, someone like you, to come walking by. They can attach to you, burying their heads under the skin for a nice drink of blood. The best way to deal with this parasite problem is to wear clothing that restricts access to your body such as wearing your pants tucked into your socks. Also wearing light colored clothing may make it easier for you to see them. Tick repellent can be used to help deter ticks from climbing onto you. When you get back from a monitoring site make sure you check your body carefully for any ticks you may have brought home. If you do find a tick, carefully remove the tick with forceps, making sure to remove any buried parts.

- ◆ Africanized honey bees have made their way into southern California. If you observe a bee hive, leave the area and do not encroach on their territory. If you are attacked by bees, run until they stop chasing you. Agitated bees may pursue for up to a quarter of a mile. Do not hide in a brush or under water they will just wait until you are exposed.
- ◆ Mountain Lions are present throughout the Santa Monica Mountains. Mountain Lions are generally timid and avoid direct contact with people. If you do encounter a Mountain Lion do not run or crouch down! Make yourself as large and loud as possible.