SAFETY INSTRUCTIONS for STARS Program Tour Activities on Mauna Kea

(1) **What to Wear:** We will be in hot weather and in very cool weather. Dress so that you can add and remove layers as needed to remain comfortable. Bring a coat, heavy sweater or jacket. Wear sturdy shoes, socks and a hat. Apply sun screen to exposed skin. We advise that you wear sunglasses due to the UV intensity at high altitude.

(2) **Altitude Sickness:** The human body undergoes changes at altitude and may be under varying degrees of stress. Hale Pohaku is situated at roughly 9,000 feet while the summit of Mauna Kea sits at over 13,000 feet. Some people feel different at these elevations than they would at sea level. You will feel best on the summit if you are rested, well hydrated, have not used alcohol, marijuana, nicotine or other drugs for at least 10 hours prior to your visit. It is important to stay hydrated during the visit by drinking plenty of bottled water. This will prevent typical symptoms of dehydration, such as headaches or nausea, which you may experience at high altitude. The onset of such symptoms varies from person to person, but 1-3 hours is typical. If you feel these symptoms occurring, please inform one of our staff or facilitators! It is important to us that you are feeling well and fully functional while participating. If these symptoms become more than mild, it is crucial to get you to a lower altitude as soon as possible before they worsen, or become incapacitating. Oxygen can be administered as temporary relief, but if the symptoms are enough to force the afflicted person to lie down, it is best to plan on going to a lower altitude right away.

(3) **Medical Conditions:** If you have any medical condition that might be affected by high altitude, such as high blood pressure, heart problems, asthma, or sickle-cell anemia, please inform the facilitators right away. In these cases, it may be best to avoid the summit trip and remain at a lower altitude for safety.
ASSUMPTION OF RISK AND RELEASE

I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent in all PISCES STARS Program field activities, during transportation to and from all locations, and the special risks associated with activities at or near the summit of Mauna Kea and in Hawaii Volcanoes National Park, understand that I may be exposed to possible risks during my participation in these activities during **June 24 - 29, 2019**, and do hereby agree to assume all the risks and responsibilities surrounding my participation in the PISCES STARS field activities or any independent 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 PISCES, DBEDT, the State of Hawaii, the University of Hawaii 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 PISCES, DBEDT, the State of Hawaii, the University of Hawaii, 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 __________________, 2019.

__________________________________________
(Signature)

__________________________________________
(Print name)

Signature of parent or guardian if participant is under 18 years of age