

## Informed Consent for Cadet Training/Activity 283 RCACS MESS DINNER

**THIS FORM MUST BE READ AND SIGNED BY EVERY CADET WHO WISHES TO PARTICIPATE IN THIS MESS DINNER ACTIVITY; AS WELL AS BY A PARENT / GUARDIAN OF THE PARTICIPATING CADET.**

### Section 1 – Cadet Information

|                                                                                  |                                                                                                      |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Last Name of Cadet:                                                              | First Name of Cadet:                                                                                 |
| Corps #:<br><br><div style="text-align: center; font-size: 1.2em;">283 AIR</div> | Emergency Contact Name:<br><small>(contact must be available for duration of the activity)</small>   |
| Telephone:                                                                       | Emergency Contact Number:<br><small>(contact must be available for duration of the activity)</small> |

### Section 2 – Training / Activity Information

|                                                                                                                           |                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b><u>Cadet Training / Activities that will be conducted are:</u></b>                                                     |                                                                                   |
| <input checked="" type="checkbox"/> 283 RCACS Mess Dinner                                                                 |                                                                                   |
| Location of Training/Activity:<br><br>Royal Canadian Legion Branch 609, Bramalea,<br>1133 Queen St E, Brampton ON L6T 4E2 | Dates of Training/Activity:<br><br>Wednesday, May 27, 2026<br>6:30 pm to 10:00 pm |

### Section 3 – Parent/Guardian Consent (PLEASE READ CAREFULLY)

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|
| I consent to the participation of my son/daughter/ward in the activity described on this form. I am aware that the training/activities which the cadet will participate in contains hazards, elements of danger and a level of risk that may result in injury. I understand that these injuries may occur simply due to the nature of the activity and can occur without any fault of the cadet or RCSU Central Officers. By reading page two (2) and signing this form I am aware of the potential associated hazards and the steps taken to mitigate them. I also confirm that the emergency contact person will be reachable via phone for the duration of the activity. I acknowledge that it is my responsibility to advise the Department of National Defence through the submission of a Detailed Health Questionnaire, of any medical or health concerns of my child/ward, which may affect his/her participation in the stated program or activity. |                               |
| Name of Parent/Guardian:                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Signature of Parent/Guardian: |

### Section 4 – Cadet Agreement (READ CAREFULLY AND INITIAL EACH PARAGRAPH)

|                                                                                                                                                                                                         |          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| This training/activity has been explained and illustrated to me to my satisfaction and I understand the nature, hazards and risks that are involved.                                                    | Initials |
| I am aware that the activity in which I plan to participate contains a certain level of risk and that I may suffer personal and potentially serious injury due to an unforeseeable or fortuitous event. |          |
| I pledge to abide by all the directions and instructions issued by the Officer In Charge, CIC/COATS staff, senior cadets, guides or other supervisors.                                                  |          |
| I hereby declare that I have understood each of the provisions of this agreement.                                                                                                                       |          |
| <div style="display: flex; justify-content: space-between;"> <span>Cadet Signature: _____</span> <span>Date: _____</span> </div>                                                                        |          |

## HAZARDS AND MITIGATION STRATEGIES

1. As with any training in an adventurous environment there is a degree of inherent risk associated with participation. The purpose of this information is to inform you of the potential risks associated with the cadet's participation in the training and steps that we have taken to minimize those risks.
2. Please note that this is not an exhaustive list and hazards not listed may occur on occasion. Corps/Squadron staff are well versed in assessing hazards as they occur and reacting as required.

| HAZARD                                                                      | LIKELIHOOD<br>(often, occasional, rare) | SEVERITY<br>(severe, moderate, minor) | SAFETY MANAGEMENT STRATEGIES                                                                                                                                                      |
|-----------------------------------------------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Extreme Weather                                                             | Occasional                              | Minor ➔ Severe                        | Check forecast; appropriate clothing & equipment; pacing to maintain warmth; carry emergency gear (stove, tarp, thermos etc.)                                                     |
| Athletic Injuries<br>(e.g. sprains & strains)                               | Occasional                              | Minor ➔ Severe                        | Begin training in easy terrain to lessen likelihood of falls; appropriate pacing; instructor coaching, appropriate teaching progression, warm up time                             |
| Trips, Falls, Collisions<br>(including cuts, fractures, head/spinal injury) | Rare -Occasional                        | Minor ➔ Severe                        | Advise cadets about dangerous terrain; control speed; keep tidy training area; discontinue involvement for participants who fail to obey instructions                             |
| Falling objects (rocks, trees, equipment)                                   | Rare-Occasional                         | Moderate ➔ Severe                     | Assess overhead hazards, avoid areas of known hazard, alert group to hazard & implement management strategy if unavoidable                                                        |
| Falls from Height                                                           | Rare                                    | Moderate ➔ Severe                     | Cadets to remain a minimum of 2-3 body lengths from edges, drop offs etc.; careful route finding                                                                                  |
| Driving Accident                                                            | Rare                                    | Minor ➔ Severe                        | Keep vehicles in good repair; check road conditions; monitor cadet behaviour in vehicle, ensure driver is competent                                                               |
| Animal Encounter                                                            | Rare                                    | Minor ➔ Severe                        | Check alerts for area; provide information regarding animal encounters and controlling food in field; stick together as large group if dangerous animals are spotted, make noise; |
| Equipment Failure                                                           | Occasional                              | Minor ➔ Severe                        | Use quality equipment; provide clear equipment list; check student equipment, carry repair kits, instruct on proper usage;                                                        |
| Allergic Reaction                                                           | Rare                                    | Minor ➔ Severe                        | Check medical limitations prior to trip; instruct cadet to carry Auto Injector for allergic reactions; First Aid trained staff;                                                   |
| Environmental Injuries (Heat / Cold Injuries)                               | Occasional                              | Minor ➔ Severe                        | Self & staff instruction / monitoring; use proper clothing; appropriate pacing, carry emergency gear;                                                                             |
| Drowning                                                                    | Rare                                    | Severe                                | Use of Personal Flotation Devices, provide training for capsizing & rescue drills; take care filling water bottles;                                                               |
| Lost Participant                                                            | Rare                                    | Moderate ➔ Severe                     | Keep group together; brief cadets on lost and alone procedures; regroup at junctions; have tail end sweep;                                                                        |
| Insert other hazards relating to activity not already listed                | Insert likelihood                       | Insert severity                       | Insert strategies                                                                                                                                                                 |
| Insert other hazards relating to activity not already listed                | Insert likelihood                       | Insert severity                       | Insert strategies                                                                                                                                                                 |