

Risk Advisory to Health-Care Providers and Participants

Hatch River Expeditions, Inc. Experience. The Hatch River Expedition experience is not risk-free. Staff will instruct participants in safety measures. Clients must be: prepared to listen to and follow these measures and accept responsibility for the health and safety of yourself and others. Each participant will be in an isolated wilderness backcountry area and may be hiking over trails that are steep and rocky. Spring/Summer/Autumn climate includes temperatures from 30 to 100 degrees, low humidity (10 to 30 percent), and frequent, sometimes severe, thunderstorms

Risk Advisory. Hatch River Expeditions, Inc. has an excellent health and safety record and strives to minimize risks to participants by emphasizing appropriate safety precautions. Because most participants are prepared, are conscious of risks, and take safety precautions, they do not experience injuries or illness. If you decide to take a river trip, you should be physically fit, have proper clothing and equipment, be willing to follow instructions, work as a team with your fellow participants, and take responsibility for your own health and safety. Hatch River Expeditions, Inc. guides are trained in first aid, CPR, and accident prevention. They can assist in recognizing, reacting to, and responding to accidents, injuries, and illnesses, **HOWEVER, response times by outside medical emergency services are affected by location, terrain, weather, or other emergencies and could be delayed for hours or even days in the wilderness setting of all of our trips, as a result of these extreme conditions**, Hatch River Expeditions, Inc. cannot guarantee the health, welfare and safety of its participants. All Hatch River Expeditions, Inc. participants should understand potential health risks inherent to the wilderness backcountry location of our trips.

Backcountry Expeditions. The backcountry experience encompasses: a physically demanding high adventure program in remote wilderness areas; camping while being exposed to occasional severe weather conditions such as lightning, hail, flash floods, and heat; and other potential problems, including injuries from tripping/falling and heat exhaustion can worsen underlying medical conditions. Native wild animals such as rattlesnakes usually present little danger if proper precautions are taken.

Food. Despite our best efforts, in the wilderness backcountry setting, our staff has no ability to guarantee that food allergens are not present in the meals we prepare or snacks that we offer. ***It is up to each and every participant with food allergies to read the labels on the packaged foods used in meal preparations or offered as snacks to ensure that they are not consuming a food allergen.*** Further, we highly encourage every guest with an allergy to meet with staff during meal time to discuss how food was prepared and to be advised of any possible cross contamination issues.

Medication. Each participant who needs medication must bring enough medicine for the duration of the trip. ***We highly encourage clients to consult with their medical advisors to determine an adequate supply of vital medications.*** People with allergies that have resulted in severe reactions or anaphylaxis must bring enough EpiPen that has not expired to be able to manage his/her condition if emergency response systems are unavailable for an extended period of time.

Immunizations. Each participant should have received a tetanus immunization within the last 10 years. We support the choices of those participants who do not have immunizations because of philosophical, political, or religious beliefs.

High Blood Pressure. Participants should have a blood pressure less than 140/90. People with hypertension (greater than 140/90) should be treated and controlled before participating on a river trip, and should continue on medications while participating. The goal of treatment should be to lower the blood pressure to normal levels. Those individuals with a blood pressure consistently greater than 160/100 may not be allowed to participate in a river trip.

Seizures (Epilepsy). The seizure disorder must be well-controlled by medication. A well-controlled disorder is one in which a year has passed without a seizure. Exceptions to this guideline may be considered on an individual basis, and will be based on the specific type of seizure and likely risks to the individual/other members of the crew.

Diabetes Mellitus. Both the person with diabetes and one other person in your party need to be able to recognize signs of excessively high or low blood sugar. An insulin-dependent person who was diagnosed or who has had a change in delivery system (e.g., insulin pump) in the last six months is advised not to

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participate. A person with diabetes who has had frequent hospitalizations or who has had problems with low blood sugar should not participate until better control of the diabetes has been achieved. If an individual has been hospitalized for diabetes related illnesses within the past year, the individual must obtain permission to participate by contacting the Hatch River Expeditions, Inc.

Asthma. Asthma must be well-controlled before participating on a river trip. Well controlled means: 1) the use of a rescue inhaler (albuterol) less than two times per week (except use for the prevention of exercise-induced asthma); 2) nighttime awakenings for asthma symptoms less than two times per month. Well-controlled asthma may include the use of long-acting bronchodilators, inhaled steroids, or oral medications such as Singulair. You may not be allowed to participate if: 1) you have asthma not controlled by medication; or 2) you have been hospitalized/gone to the emergency room to treat asthma in the past six months; or 3) you have needed treatment by oral steroids (prednisone) in the past six months. You must bring an ample supply of your medication and a spare rescue inhaler that are not expired. At least one other member of your party should know how to use the rescue inhaler. Any person who has needed treatment for asthma in the past three years must carry a rescue inhaler on the trip. If you do not bring a rescue inhaler, you may not be allowed to participate in your river trip.

Recommendations for Chronic Illnesses. Adults or youth with any of the following conditions should undergo an evaluation by a physician before considering participation on a river trip: 1) Chest pain, myocardial infarction (heart attack) or family history of heart disease in any person before age 50 2) Heart surgery, including angioplasty (balloon dilation), to treat blocked blood vessels or place stents 3) Stroke or transient ischemic attacks (TIAs) 4) High blood pressure 5) Claudication (leg pain with exercise, caused by hardening of the arteries) 6) Diabetes 7) Smoking or excessive weight. The physical exertion on a river trip may precipitate either a heart attack or stroke in susceptible people. Participants with a history of any of the seven conditions listed above should speak to a physician about whether a physician-supervised stress test is appropriate. Even if the stress test results are normal, the results of testing are often done at lower elevations, without backpacks, and do not guarantee safety. If the test results are abnormal, the individual is advised not to participate.

Allergy or Anaphylaxis. If you are allowed to participate, you will be required to have appropriate treatment with you. You and at least one other member of your party must know how to give the treatment. If you do not bring appropriate treatment with you, you will not be allowed to participate. Response times by outside medical emergency services could be delayed by hours or even days. Appropriate treatment will take into account that possible delay.

Recent Musculoskeletal Injuries and Orthopedic Surgery. Participants will put a great deal of strain on their joints. Individuals who have significant musculoskeletal problems (including back problems) or orthopedic surgery/injuries within the last six months may be required to obtain a letter of clearance from their treating physician to be considered for approval. Permission is not guaranteed.

Psychological and Emotional Difficulties. Participants should be aware that no high-adventure experience is designed to assist participants in overcoming psychological or emotional problems. Experience demonstrates that these problems frequently become worse, when a participant is under the stress of the physical and mental challenges of a remote wilderness setting. Medication must never be stopped prior to participation and should be continued throughout the entire river trip experience.

Weight Limits. Weight limit guidelines are used because overweight individuals are at a greater risk for heart disease, high blood pressure, stroke, altitude illness, sleep problems, and injury. Each participant's weight must be less than the maximum acceptable limit in the weight chart. Successful rescue in the backcountry can be impacted by a participant's weight, especially if the rescue transport is not able to accommodate the weight or size of a participant. Please discuss this potential risk with your health care provider if you are over 295 pounds.