

## **Cadet Regulation 3-2**

### **Field Training**

State of California-Military Department Joint  
Force Headquarters Sacramento, California  
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**UNCLASSIFIED**

# ***SUMMARY of CHANGE***

## **CR 3-2 Field Training**

\*This is a consolidation of published regulations, combining the previous CR 3-5 (Survival), 3-6 (Bivouacs), & 3-7 (Mountaineering).

Chapters 4 & 5 are a major revision of CR 3-5 (Survival)

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**FIELD TRAINING**

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**History.** This is a consolidation of published regulations, combining the previous CR 3-5 (Survival), CR 3-6 (Bivouacs), & CR 3-7 (Mountain Search & Rescue).

**Summary.** This regulation describes the training program for bivouacs, Mountain Search & Rescue, and survival training to be conducted by brigades, regiments, and units of the California Cadet Corps (CACC).

**Applicability.** This regulation applies to all schools currently maintaining membership in the CACC.

**Proponent and exception authority.** The proponent of this regulation is the Executive Officer, CACC. The proponent has the authority to approve exceptions or waivers to this regulation that are consistent with controlling law and regulations. The proponent may delegate this

approval authority, in writing, to a field-grade headquarters staff officer or State Projects Officer. Activities or units may request a waiver to this regulation by providing full justification that includes a full analysis of the expected benefits. All waiver requests will be endorsed by the senior commandant officer of the requesting activity or unit and forwarded through their higher headquarters to the policy proponent.

**Supplementation.** Supplementation of this regulation and establishment of command and local forms are prohibited without prior approval, in writing, from the Executive Officer, California Cadet Corps. Send a draft copy of each supplement to – Youth Programs, California Cadet Corps, ATTN: Executive Officer, 10 Sonoma Avenue, San Luis Obispo, CA Building 1301.

**Suggested improvements.** Users are invited to send comments and suggested improvements in memorandum form directly to the address listed above.

**Distribution.** This publication is available in electronic media only and is intended for all levels of the CACC organization and is authorized for public distribution. Printed copies of this publication may be provided, within budget limitations, at the discretion of the Joint Force Headquarters, California

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## CHAPTER 1

### GENERAL

#### 1-1. Purpose.

Field training is a dynamic part of the Cadet Corps curriculum. The experience of going to the field and participating in training that is unlike anything most cadets have ever done is motivating, exhilarating, and character building. It gives them a connection to something truly different within the Cadet Corps program, and builds both confidence and interest in pursuing other activities they had never considered before. Schools and brigades should make every effort to bring their cadets on bivouacs. Even a bivouac at the school site is better than no bivouac at all. Commandants should explore their options, including partnering with a local National Guard unit to give Cadets experience in field training. Field training is intended to teach skills not easily taught in normal classroom settings. They also provide field leadership opportunities for cadet leaders during both the planning and execution phases of the training.

#### 1-2. Responsibilities.

a. Commandants and Brigade Advisors are responsible for ensuring the safety of cadets in attendance at local field training. In addition, Commandants ensure that instruction during field training is of high quality, and whenever practical, delivered by knowledgeable cadets. Further, Commandants and Brigade Advisors work with senior cadet leaders to plan field training and allow cadet leaders the opportunity to experience important responsibilities of command and staff operations, to include:

1. Command and Control
2. Accountability and Risk Assessment
3. Morale activities
4. Personnel management
5. Formations and foot movement of personnel
6. Supply & Logistics management
7. Radio Communications
8. Public relations
9. Lesson planning
10. Supervision of cadet instruction
11. Development of Training Schedules and Operations Orders/Plans

b. Field training consists of (but is not limited to):

1. Bivouacs
2. Mountain Search & Rescue
3. Survival Training
4. Challenge Activities:
  - (a) Alpine Tower
  - (b) Climbing Wall
  - (c) High Ropes Course
  - (d) Leadership Reaction Course
  - (e) Obstacle Course

c. Cadet Commanders are responsible for developing mission statements for bivouacs, establishing goals that support that mission, and developing measurable objectives and assessment systems to determine the extent to which the cadet commander's mission has been successfully achieved. Refer to CR 3-14 for more guidance on this process.

d. Cadet staff members are responsible for developing an operations order (see CR 3-14) in response to the cadet commander's stated mission and implementing that plan with support from subordinate cadets.

In addition, cadet staff members assist the Cadet Commander in evaluating the success or failure of the stated mission, goals, and objectives.

### **1-3. Authority.**

Section 516.1 of the California Military and Veterans Code authorizes the California Cadet Corps (CACC) and its members to conduct encampments for the purpose of training members of the CACC.

### **1-4. Cadet Safety.**

IAW CR 2-1, a risk management worksheet must be completed prior to all field training. The safety of cadets must be of paramount concern to Cadet Commanders, Brigade Advisors, Commandants and adult chaperones during the conduct of all cadet activities.

a. **Emergency Medical Services Contact Information.** The senior commandant at each field training event should have on hand the contact numbers, location, and driving directions to Emergency Medical Service providers closest to the bivouac site. This includes the location of the nearest trauma center.

b. **Medical Personnel.** A qualified medical service provider must accompany cadets on field training. This individual must, at minimum, maintain first aid and CPR certification from a nationally recognized agency such as the American Heart Association or American Red Cross. As the numbers of cadets in attendance at a bivouac increase, the need for increasingly advanced levels of medical services also increase. As a general rule, field training with between 100-250 cadets in attendance should have an individual with the skillset equivalent to an Emergency Medical Technician (EMT-1) or military Field Medic in attendance throughout the encampment. Events with between 250-600 cadets should have a Paramedic (EMT-P) or similarly skilled individual in attendance throughout the event. Events with greater than 600 cadets should have two or more Paramedic-level health care providers in attendance throughout the event. The number of participants in an event is not the only consideration for the level of medical care that is necessary. The type of training and risk analysis must be used to assess requirements. A qualified Cadet Medic may be sufficient for Land Navigation training, but you should have an adult medic (EMT or higher) present if the training involves rappelling, rock climbing, or weapons firing. Often the facilities you use will set a minimum standard for medical provider to be present during training.

c. **Medical Equipment.** Adequate first aid supplies and basic life support equipment must be on hand at all cadet field training.

d. **Medical Histories.** Cadets in attendance at field training should have on file with the commandant a current medical history form (CACC Form 203) to be used by medical personnel in the event of an injury or illness requiring medical treatment beyond first aid (see CR 2-1).

e. **Emergency Medical Transport.** The senior commandant at field training events must ensure that there is an adequate plan to transport injured cadets from the field site to medical facilities. This plan must address access of vehicles to remote areas, if applicable.

f. **Communications.** Two forms of communication must be available at all Mountain Search & Rescue activities. Those forms of communication must be capable of summoning emergency assistance. Examples include cell phone and radio, or two separate cell phones from two different carriers whose cell coverage/service availability has been confirmed prior to the event.

g. **Supervision.** Individual school district regulations will dictate the ratio of required adults to cadets at overnight events; however, in no case shall a ratio greater than 20 cadets per adult be permitted at any overnight bivouac. Adequate distribution of chaperones to reflect the gender ratio must also be considered.

h. **Separation by Gender.** Senior commandants will ensure adequate separation of cadets into gender-specific camping areas and will ensure that cadets are properly briefed on policies prohibiting inappropriate contact with individuals of the opposite gender.

i. **Nighttime supervision.** It is critical at overnight events, especially in the field, that adequate adult supervision be provided during nighttime hours to ensure that fraternization and horseplay do not occur. This includes the need for adults to be vigilant about supervising cadet guard duty, if guard duty is conducted.

j. **Adult sleeping arrangements.** Adults must be situated in such a position as to properly supervise cadets during overnight events. Adults should in no case sleep in areas alone with a single cadet of either gender.

k. **The Rule of Three.** Cadets must be instructed to travel to/from the campsite with at least two other cadets and to do so only with the explicit knowledge and permission of the unit commandant. Two cadets of opposite gender will not be alone in a building/room/tent/enclosed space.

l. **Personal Hygiene.** Adequate facilities for hand washing and restroom use shall be made available to all participants in the field. Care must be taken to ensure adequate time for personal hygiene before and after meals.

m. **Risk Assessment and Hazard Mitigation.** Cadet Commanders and their staffs, in consultation with their respective Brigade Advisor or Commandant will conduct a risk assessment for each field training event. CR 2-1 (Risk Management) provides an excellent guide for this important safety precaution. The senior commandant in attendance at the event will conduct a check of the area to mitigate such hazards as:

1. Insects (bees, wasps, hornets) and snakes and similar animals
2. Wild animals
3. Unsafe terrain
4. Vehicle traffic
5. Dead tree limbs
6. Electrical wires
7. Glass and sharp objects
8. Flooding
9. Winds
10. Poison ivy and other poisonous plants
11. Camp fires
12. Forest fires
13. Unsafe tent placement (e.g. near power poles or under branches that are precarious)
14. Safe storage and use of propane
15. Safe latrine placement
16. Safe locations to prepare and store food
17. Locations to perform personal hygiene

n. **Evacuation Plan.** The senior commandant will ensure that an adequate evacuation plan is in place to safely get all cadets and adults out of the field into a safe zone within a reasonable amount of time.

Considerations for the evacuation plan include:

1. Transportation of cadets and equipment.
2. Communication with parents.
3. Pick up of cadets by parents.
4. Emergency food, water, and shelter.
5. Protection from fire, flood, and other natural disaster.

o. **Training risks.** The senior commandant shall review all risk assessments and training plans to ensure risks are mitigated or eliminated to the maximum extent feasible with CACC objectives and IAW CR 2-1.

p. **Weather extremes.** Adequate protection from weather extremes should be planned in advance of the field training event. This includes consideration of bringing items such as sunscreen, lip balm, hats, ponchos, warm clothing, canteens or other water sources, blankets, sleeping bags, and tents.



## CHAPTER 2

### BIVOUACS and ADVENTURE TRAINING

#### 2-1. Purpose.

Bivouacs are defined as cadet encampments lasting not less than 30 hours in duration. They are intended to teach skills not easily taught in normal classroom settings. They also provide field leadership opportunities for cadet leaders. See Chapter 1 for responsibilities, authority, and safety.

Adventure training as a general category is training in a field environment that challenges cadets both to learn new skills and to stretch their personal capabilities. A unit may conduct adventure training during a bivouac, but staying in the field is not a requirement for adventure training, and units are encouraged to participate in this type of training as much as possible, even at school.

#### 2-2. Curriculum.

Cadet Commanders, in consultation with their respective Brigade Advisor or Commandant, will establish curricular objectives for each bivouac. Cadet Instructors develop lesson plans to achieve those curricular objectives. The CACC Standards and Objectives outlined in CR 3, Cadet Corps Training, will be used as the basis for selecting curricular objectives. Performance assessments should be used to measure the extent to which cadets have mastered the desired objectives. Bivouacs are more than just conducting training in a field environment – they should focus the training on field skills. Spending the night in a tent and a day practicing drill and ceremonies or how to wear the uniform does not meet the intent of a bivouac. Topics for bivouac curriculum can include any adventure training, but often include:

1. Map reading
2. Compass use
3. Orienteering
4. First Aid
5. Cardiopulmonary Resuscitation (CPR)
6. Marksmanship
7. Hunter safety
8. Disaster preparedness
9. Mountain Search & Rescue
10. Leadership Reaction Courses
11. Survival
12. Guard duty
13. Field hygiene and sanitation
14. Team building

Adventure training outside of a bivouac usually focuses on one or two events during a day's training, without staying overnight in the field. Cadets may stay in barracks on a military installation, 'camp out' in a classroom at their school, or commute to the school or training area for a single day of training. Conducting adventure training may prepare cadets with the proper skills to conduct a bivouac or survival training, and may take place over a series of days or weekends without the focus of living in the field. Schools that have access to military bases where training areas or facilities are available should make every effort to introduce their cadets to obstacle courses, land navigation courses, marksmanship training, etc.

#### 2-3. Awards.

- a. Cadets in attendance at bivouacs may be awarded the Bivouac Ribbon IAW CR 1-1.

b. Cadets who are selected as members of an honor unit at a brigade level bivouac may be awarded the Brigade Event Honor Unit Ribbon IAW CR 1-1.

c. Cadets who participate as members of a Brigade Headquarters Company during a bivouac may be awarded the HHC Ribbon IAW CR 1-1, OR, Cadets who serve as members of the Brigade Cadre as defined in CR 1-1 may be awarded the Brigade Cadre Ribbon for service during a bivouac.

d. Cadets who successfully complete coursework in compliance with CR 1-1 may be awarded the following ribbons if the bivouac curricula comply with the requirements of that regulation:

1. Disaster Preparedness Recognition Ribbon
2. Hunter Safety Certification Ribbon
3. First Aid Certification Ribbon
4. Orienteering Training Ribbon
5. Mountaineering Training Ribbon
6. Survival Training Ribbon

## CHAPTER 3 MOUNTAIN SEARCH AND RESCUE TRAINING

### 3-1. Purpose.

For the purpose of this regulation, mountain search and rescue is defined as “the ability to ascend and descend natural and man-made surfaces, and to apply those techniques in search and rescue applications. “This chapter outlines the minimum curriculum requirements for mountain search and rescue training which results in the award of the Cadet Corps mountaineering training ribbon and the Cadet Mountaineer Badge, and provides policies for conducting field Mountain Search & Rescue bivouacs or other experiences. The curriculum for Mountain Search & Rescue instruction will have two levels: basic and advanced.

### 3-2. Responsibilities.

Commandant personnel who elect to conduct mountain search and rescue training are expected to:

- a. Ensure that all Mountain Search & Rescue instruction is conducted by competent adult personnel with formal training in Mountain Search & Rescue skills and instruction. Instructors should have formal training by the American Mountain Guide Association (AMGA) (<http://www.amga.com>), American Alpine Institute (<http://alpineinstitute.com>), National Association for Search and Rescue (NASAR) (<http://nasar.org>), or similar mountaineering training by the US military.
- b. Ensure that all equipment used in Mountain Search & Rescue instruction and exercises is safe.
- c. Ensure that Mountain Search & Rescue exercises employ the highest level of safety measures.
- d. Ensure that each site selected for Mountain Search & Rescue training is the subject of a rigorous risk assessment in accordance with CR 2-1 (Safety, Risk Management, Environmental, and Cadet Protection) to limit inherent hazards to the maximum extent consistent with Operational Risk Management (ORM) guidelines.

**3-3. Basic Curriculum.** The basic curriculum consists of no less than 16 hours of instruction. The basic mountaineer should have the fundamental travel and rappelling skills necessary to move safely and efficiently in mountainous terrain. These cadets should be comfortable functioning in this environment and, under the supervision of qualified mountain leaders, can assist in the rigging and use of basic rope installations. On technically difficult terrain, the basic mountaineer should be capable of performing duties as the "rappeller" or "belayer" on a rappelling team, and should be well trained in using basic rope systems. Appendices A and B contain a skills sheet and checklist cadets can use. Basic instruction will require cadets to master the following objectives prior to award of the basic mountaineering ribbon. Each cadet must:

- a. Know first aid for injuries or illnesses that may occur during climbing activities, including hypothermia, blisters, sprains, snakebite, abrasions, fractures, and insect bites or stings.
- b. Identify the conditions that must exist before performing CPR on a person. Demonstrate proper technique in performing CPR using a training device.
- c. Present themselves properly dressed for belaying and rappelling (i.e., appropriate clothing, footwear, eye protection, helmet, and gloves).

d. Describe the basic elements of a climbing or rappelling anchor, what constitutes a good anchor, and what can cause an anchor to fail.

e. Evaluate the safety of a particular rappelling area. Consider weather, visibility, the condition of the rappelling surface, and any other environmental hazards.

f. Determine how to summon aid to the climbing area in case of an emergency.

g. Explain the importance of using verbal signals during every climb and rappel, and while bouldering.

h. Demonstrate the verbal signals used by climbers, rappellers, belayers, and boulderers and their spotters

i. Describe the kind of ropes acceptable for use in climbing and rappelling.

i. Show how to examine equipment for signs of wear or damage.

j. Discuss ways to prevent equipment from being damaged.

k. Explain when and how a rope should be retired.

l. Properly coil a rope.

m. Demonstrate the ability to tie each of the following knots. Give at least one example of how each knot is used in belaying, climbing, or rappelling.

1. Figure eight on a bight
2. Figure eight follow-through
3. Water knot
4. Double fisherman's knot (Grapevine knot)
5. Clove Hitch
6. Bowline
7. Artillery Knot
8. Square Knot

n. Correctly put on a commercially made climbing harness AND a tied harness.

o. Explain the importance of belaying every rappeller.

p. Belay three different rappellers descending a rock face or climbing wall.

q. Using carabiners and a rappel device, secure climbing harness or tied harness to a rappel rope.

r. Rappel down three different rock faces or three rappel routes on a climbing wall, at least one of which must be an angle of no less than 65 degrees and of a height of 30 feet or greater. Use verbal signals to communicate with a belayer, and demonstrate good rappelling technique.

s. Rappel once in each of the following conditions:

1. With tied harness (Swiss Seat)
2. With commercially-made harness
3. In low-light conditions
4. With rucksack (minimum 20 lbs.)

t. Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling, and belaying.

**3-4. Advanced Curriculum.** The advanced Mountain Search & Rescue curriculum consists of no less than an additional 24 hours of instruction. Advanced mountaineers are responsible for the rigging, inspection, use, and operation of basic rappel and rescue systems. They are trained in additional rope management skills, knot tying, and belay and rappel techniques, as well as using specialized mountaineering rescue equipment. Advanced cadet mountaineers are capable of rigging complex, multipoint anchors, and high-angle raising/lowering systems. In order to qualify for the Advanced Mountaineering accoutrement to the Mountaineering Ribbon, cadets must demonstrate mastery of the following curriculum topics:

- a. Characteristics of the mountain environment (summer and winter)
- b. Mountaineering safety
- c. Use, care, and packing of individual cold weather clothing and equipment.
- d. Care and use of basic Mountain Search & Rescue equipment
- e. Mountain travel and walking techniques
- f. Hazard recognition and route selection
- g. Mountain navigation
- h. Basic medical evacuation
- i. Rope management and knots
- j. Natural anchors and familiarization with artificial anchors
- k. Belay and rappel techniques
- l. Use of fixed ropes (lines)
- m. Rock climbing fundamentals
- n. Rope bridges and lowering systems
- o. First aid for mountain illnesses and injuries
- p. Use specialized Mountain Search & Rescue equipment
- q. Establish fixed ropes with intermediate anchors
- r. Properly secure a victim to a Stokes stretcher for transport
- s. Perform low- and high-angle lowering of a Stokes stretcher with a live “victim”
- t. Perform as Rappel Master for untrained rappellers

### **3-5. Cadet Safety.**

The safety of cadets must be of paramount concern to Cadet Commanders, Brigade Advisors, Commandants and adult chaperons during the conduct of all cadet activities. In addition to the items listed under paragraph 1-4 (Cadet Safety), Mountain Search & Rescue activities require particular cautions:

- a. Adherence to CR 2-1: The risk management worksheet and policies must be adhered to and the S2, HQS, CACC must approve all risk management worksheets.
- b. Instructor to Cadet Ratio. Given the special requirements of Mountain Search & Rescue training, a ratio of no greater than one qualified Mountain Search & Rescue instructor per 5 cadets is required at field Mountain Search & Rescue instruction involving ascents and descents.
- c. Medical Personnel. A qualified medical service provider must accompany cadets on Mountain Search & Rescue activities. This individual must, at minimum, maintain first aid and CPR certification from a nationally recognized agency such as the American Heart Association or American Red Cross. As the numbers of cadets in attendance at a Mountain Search & Rescue event increase and the activities become higher risk, the need for increasingly advanced levels of medical services also increase. As a general rule, Mountain Search & Rescue bivouacs with between 30-60 cadets in attendance should have an individual with the skillset equivalent to an Emergency Medical Technician (EMT-1) or military Field Medic in

attendance throughout the encampment. Events with between 80-120 cadets should have a Paramedic (EMT-P) or similarly skilled individual in attendance throughout the event. Mountain Search & Rescue exercises with greater than 120 cadets are not recommended. Due to the nature of Mountain Search & Rescue training, these more conservative standards apply and supersede those in CR 2-1.

d. Consent forms. A form similar to the one in Appendix C, approved by the local school board and school district risk management officials, should be used.

e. Site selection. Sites for Mountain Search & Rescue exercises are selected on the basis of available locations to ascend and descend. Natural climbing faces should be selected based on the level of training to be conducted, skill set of the instructor(s) and cadets, and permission of land owners/operators. Man-made climbing and rappelling sites must be checked for current safety certification by qualified engineering personnel having jurisdiction over the location.

f. Communications. Two forms of communication must be available at all Mountain Search & Rescue activities. Those forms of communication must be capable of summoning emergency assistance. Examples include cell phone and radio, or two separate cell phones from two different carriers whose cell coverage/service availability has been confirmed prior to the event.

g. Personal Protective Equipment and Equipment inspection. Helmet and gloves are required for each cadet and adult in proximity to the climbing area. Thoroughly inspect all equipment before use.

### **3-6. Awards.**

a. The Mountaineering Training Ribbon may be awarded to cadets who successfully complete a Mountain Search & Rescue Training program conducted by the State Headquarters or by a Cadet Brigade consisting of no less than 16 hours of total instruction, taught by qualified instructors, which results in cadets being able to successfully ascend and descend an incline of greater than 65 degrees with a height of no less than 30 feet.

b. The Mountaineering Training Ribbon with a bronze letter “E” attachment may be awarded to cadets who successfully complete an advanced Mountain Search & Rescue training program conducted by the State Headquarters or by a Cadet Brigade consisting of no less than 24 hours of total instruction, taught by qualified instructors, which results in cadets being able to successfully ascend and descend an incline of greater than 80 degrees with a height of no less than 100 feet.

c. An appropriate bronze numeral attachment shall be awarded for subsequent awards of the basic Mountaineering Training Ribbon. No additional attachments, including numerals, are authorized for wear with the advanced training award.

d. The Cadet Mountaineering Badge may be awarded to cadets who successfully complete the Cadet Mountaineer Course conducted by HQCACC. This badge is issued by the HQCACC. Brigades are not authorized to conduct a Mountain Search & Rescue course where the Mountaineering Badge is awarded.

**Appendices** A (Handout – Cadet Standards for Basic Mountain Search & Rescue Requirements), B (Standards Checklist for Basic Mountain Search & Rescue), and C (Recommended Special Consent Form for Mountain Search & Rescue Activity) may be found at the end of the regulation, after Chapter 3.

## **CHAPTER 4**

### **SURVIVAL TRAINING**

#### **4-1. Survival Training Purpose.**

Survival training in the CACC is foundational to leadership development. It teaches self-reliance, critical thinking, self-confidence, resilience, character development, grit, smart risk-taking, value of preparation, and techniques to deal with stress and failure. It also increases odds of survival in adverse situations, develops an appreciation and respect for the outdoors, and creates strong bonds between those shared participants.

#### **4-2. Responsibilities.**

a. Cadets are responsible for accomplishing all prerequisites prior to established deadlines. Cadets must also prepare intellectually, physically, and emotionally for survival activities. Most importantly, cadets must bring a positive, never-quit attitude.

b. Commandants are responsible for cadet safety and protection. They should provide an annual Basic Survival Training (BST) opportunity for their battalion. They should also support Brigade Survival events. Commandants are authorized to award the Survival Training Ribbon.

c. Brigade Advisors are responsible for cadet safety and protection. They should ensure that annual Intermediate Survival Training (IST) opportunities are offered for cadets in the Brigade that have accomplished a BST. Brigade Advisors are authorized to award the Survival Training Ribbon with “E” attachment.

d. State HQ Staff are responsible for cadet safety and protection. They should ensure that annual Survival Training Exercises (STX) are offered for high school cadets in the corps that have accomplished an IST. State HQ staff should also offer Advanced Survival Training (AST) opportunities for cadets that have successfully completed an STX. Only State HQ is authorized to award the red beret (with red flash) for the STX and the advanced flash for completion of an AST.

#### **4-3. Curriculum (for specifics, see Chapter 5).**

a. Flexible. Becoming an expert at survival is a life-long pursuit. There are 16 climate zones in California, 21 habitat regions, and countless ways someone could find themselves in a survival situation. Due to this complexity, the CACC survival curriculum is designed to be flexible and situationally dependent.

b. Progressive: Curriculum should be crawl...walk...run.

c. Experiential: The least effective way to learn survival is in a classroom.

d. Goal Driven: Curriculum should support the purposes outlined in section 4-1.

#### **4-4. Cadet Safety.**

The safety of cadets must be of paramount concern to adult supervisors during the conduct of all cadet activities, but is of heightened significance during field training and exercises. Because of the unique nature of survival experiences, the following checklist items must occur:

Survival Training Safety Checklist (Accomplished prior to event)

- a. Conduct a Risk Management Worksheet (CACC Form 21, CR 2-1 Appendix B)
  1. BST-Approved by Commandant
  2. IST-Approved by Brigade Advisor
  3. STX and AST-Approved by XO, CACC and by definition have at least a risk category of “moderate”

**4-5. Awards.**

- a. For successful completion of the Basic Survival Training (BST) the Commandant is authorized to award the Survival Training Ribbon (3616).
- b. For successful completion of the Intermediate Survival Training (IST) the Brigade Advisor is authorized to award the Survival Training ribbon with bronze star device.
- c. For completion of the Survival Training Exercise (STX) the HQ Staff is authorized to award the Survival Training ribbon with silver star device and for successful completion the red beret with red flash.
- d. For successful completion of Advance Survival Training (AST) the HQ Staff is authorized to award the Survival Training ribbon with gold star device and the red beret with yellow flash.



## CHAPTER 5

### CADET SURVIVAL TRAINING CURRICULUM

#### 5-1. Basic Survival Training (Battalion Level)

- a. Purpose: Develop foundational skills and successful attitude for survival
- b. Prerequisites: None, however it's recommended that Cadets be trained in Basic Field Skills prior to training.
- c. Award: Commandants may award the Survival Training Ribbon upon successful completion.
- d. Requirements: Cadets must complete three components to qualify for the survival ribbon: 20 hours of classroom instruction, 12 hours of Basic Field Instruction, and 10 miles of hiking.
- e. Classroom Instruction (20 hours total)
  1. Preparing for survival. (4 hours)
    - (a) California Cadet Corps Survival Creed
    - (b) Survival Case Studies (Success and Failure)
    - (c) Planning for Survival (Spell S-U-R-V-I-V-A-L)
    - (d) Equipment
  2. Attitude (1 hour)
    - (a) Pattern for Survival
    - (b) Stress
    - (c) Survival psychology
  3. Health (3 hours)
    - (a) Basic Wilderness Medicine
    - (b) Hydration and Food
    - (c) Hygiene and Sanitation
    - (d) Medical Emergencies
    - (e) Bone/Joint Injuries
    - (f) Bites and Stings
    - (g) Wounds & Environmental Injuries
  4. Hydration (3 hours)
    - (a) Water Sources
    - (b) Water Purification
    - (c) Collecting
    - (d) Purifying
  5. Shelters (1 hour)
    - (a) Debris Hut
  6. Fire (3 hours)
    - (a) Fire Principles
    - (b) Site Selection and Preparation
    - (c) Fire Materials

- (d) Building a Fire
- (e) Lighting a Fire

7. Food Procurement (3 hours)

- (a) Animals & Insects
- (b) Hunting: Traps, snares, weapons, fishing
- (c) Tools (and Knife Safety)
- (d) Plants

8. Getting Rescued (2 hours)

- (a) Stay or move
- (b) Signaling
- (c) Direction finding and understanding navigation

f. Basic Field Instruction (12 hours minimum)

1. Field instruction should normally be accomplished during a weekend bivouac lasting at least 24 hours. Desired Learning Objectives (DLOs) (within school/district policies) of Basic Field Instruction include:

- (a) Given a stick and knife, cadets will be able to safely carve a quick tent stake
- (b) Given a single match, cadets will be able to start and sustain a fire
- (c) Given raw food, cadets will safely be able to cook, eat, and clean up over an open flame
- (d) Given a metal canteen cup, and potable water, cadets will be able to purify water by boiling  
(Use potable water at this level)
- (e) Given a 100 meter distance, Cadets will memorize their flat, uphill, and downhill pace counts.

- (f) Cadets will be able to identify all 4 cardinal directions in daytime and on a clear night
- (g) Given a map, cadets will be able derive all the information, give an accurate 9-line MEDEVAC/Rescue brief, and create an effective rescue signal
- (h) Given a Class-C uniform set, cadets will be able to construct evacuation litters, dressings, tourniquets, slings, head coverings, knap sacks, pillow, and water filter
- (i) Given a tarp and twine only, cadets will be able to construct a shelter that will keep a sleeping bag under it dry, withstand winds of 30mph, and be constructed in under one hour

2. If overnight bivouacs are not possible then several alternate means of completing the Field Instruction including during-school field instruction, after-school field instruction, and weekend field instruction are permitted.

g. 10-miles of hiking

1. Purpose: Physical fitness is a key component of being prepared for any survival situation. The hikes will also help create an awareness and appreciation for the outdoors. In addition this exercise helps reinforce survival psychology of how to accomplish seemingly impossible tasks (goals) by breaking them down into manageable segments.

2. Requirement: Cadets must log a total of 10 miles of hiking. The hikes may be accomplished at school, at home, or during a bivouac.

## 5-2. Intermediate Survival Training (Brigade Level)

- a. Purpose: Develop intermediate wilderness skills and successful attitude for survival
- b. Prerequisites: Basic Survival Training with award of survival ribbon

- c. Award: Brigade Advisors may award the survival ribbon with bronze device
- d. Requirements: Cadets must complete two components:
  - 1. 12-hours of additional field training (normally during a 48-hour bivouac)
  - 2. Conduct an overnight field practicum of at least 24 hours
- e. Additional Field Instruction (12 hours) should normally be accomplished during a weekend bivouac lasting at least 48 hours. Desired Learning Objectives (DLOs) (within school/district policies) of Intermediate Field Instruction include:
  - 1. Cadets will be able to successfully demonstrate 2 additional methods of starting a fire (beyond matches and lighters)
  - 2. Cadets will successfully demonstrate the edibility test
  - 3. Cadets will demonstrate how to purify water with other means (chemical or filtration)
  - 4. Cadets will demonstrate how to use a GPS by
    - (a) Relaying both lat/long and grid coordinates of their position
    - (b) Retrieve a hidden cache
    - (c) Plot their position on a map
  - 5. Given a map and compass, Cadets will be able to independently determine their position on the map and successfully navigate to a given set of coordinates
  - 6. Given some 550 cord and a knife, Cadets will construct a debris hut designed to keep a cadet warm on a cool California night
  - 7. Given a trowel or shovel, Cadets will demonstrate how to properly choose an acceptable site and dig a cat hole
  - 8. Field Practicum (24-hours) should normally be accomplished during the 48-hour weekend bivouac and following the 12 hours of additional field instruction. The practicum at this level assesses the Cadets' retention of the DLOs. It is not designed to be a gut check, so Cadets will not be deprived of water, food, sleep, or warmth.
    - (a) Sleep out of doors without a tent (sleeping bag is ok)
    - (b) Cadets will prepare their own food
    - (c) Cadets will construct their own shelter
    - (d) Cadets will purify their own water
    - (e) Cadets will work to improve their survival situation without prompting. Cadets who do not will not be awarded the bronze device.

### **5-3. Survival Training Exercise (STX) (State Level)**

a. Purpose: The Basic Survival Training Exercise (STX) is the most difficult training course in the Cadet Corps. It is an exercise based on the DOD's survival training found in its SERE courses. It follows a scenario which purposely puts Cadets into various survival situations with limited resources. In this course, nature (not humans) creates stress, pain, and failure which instructors utilize to teach survival techniques, mental determination, and self-reliance.

b. Prerequisites: Must be a graduated 9<sup>th</sup> grader, successfully complete 10 hikes of progressive difficulty, and write an essay on one of the four survival case studies listed in the curriculum. It is also suggested that Cadets begin to memorize the Survival Creed.

c. Award: State HQ Staff will award the Red Beret with basic flash to all Cadets who successfully complete each of the tasks listed below.

- d. Tasks that each Cadet must successfully demonstrate:
  - 1. Safely collect and purify water from a natural source
  - 2. Collect and prepare food from the natural environment
  - 3. Perform the edibility test on wild plants and consume edible wild plants
  - 4. Construct traps and snares and place them in the natural environment
  - 5. Build fire using limited man-made resources
  - 6. Construct shelter from natural resources

7. Construct a survival signal visible from an aircraft at 500'
  8. Demonstrate the ability to deal effectively with survival stressors including hunger, exhaustion, lack of sleep, isolation, confusion, and fear. Temporary failures in this area are expected, but Cadets must eventually self-recover.
  9. Construct several tools from natural resources
  10. Construct a latrine and provide for field hygiene and sanitation
  11. Avoid unnecessary risks
  12. Identify current location, another point to navigate to, and move a minimum of 5 kilometers to that point using reduced navigation tools
  13. Self-treat injuries to the point that long term survival is likely
  14. Memorize the Survival Creed
  15. Continually improve Cadet's situation
- e. The above tasks must be accomplished with the following equipment:
1. One pair of clothing already on their persons
  2. Backpack (if moving)
  3. Sleeping bag
  4. Jacket or sweater (depending on temperature)
  5. Knife (fixed blade with sheath preferred)
  6. Canteen and/or Nalgene Bottle
  7. Aluminum cup for boiling water
  8. Water purification tablets or liquids
  9. 20' of 550 Parachute Cord
  10. Flint/steel for fire starting (May be shared within groups)
  11. Trowel
  12. Small cloth
  13. Mesh net bag (optional)
  14. Journal with pencil and Survival Creed
  15. Unlimited supply of untreated water.
  16. Prohibited equipment:
  17. Sunscreen
  18. Chapstick
  19. Bug spray
  20. Excess Food
  21. Flashlights
  22. Cell phones
  23. Watches

**Note:** To award the red beret, all the expectations outlined in para 2-3 above must be met. If circumstances at an STX site limit or prohibit one or more of the above expectations, alternatives and/or simulations with similar levels of rigor must be provided.

#### **5-4. Advanced Survival Training Exercise**

a. Purpose: The Advanced Survival Training Exercise (ASTX) is designed to increase a Cadet's technical expertise in the field of Survival. While challenging, it is not designed to test a Cadet's fortitude like the basic STX, but rather delve deeper into survivor techniques, methodology and various environments.

b. Prerequisites: Must have completed a Survival Training Exercise (STX)

c. Award: State HQ Staff will award the Red Beret with advanced flash (lightning bolt) to all Cadets who successfully complete each of the tasks listed below.

d. Types of survival that qualify for ASTX Award:

1. Winter/arctic survival
2. Desert survival
3. Coastal Survival
4. Water Survival
5. Alpine Survival
6. Urban Survival
7. Primitive Methods

e. Duration of Training: ASTX training must be at least 5 days and 4 nights in duration.

**Note:** It is understood that the locations where survival exercises are conducted will, in large part, dictate the feasibility of such factors as firecraft, traps/snares, animal butchering, edible plant collection, water collection, movement of survivors, shelter building and so forth. (For example, wildlife will generally not be present where cadets are practicing survival skills, thus reducing the probability of catching an animal or bird in a trap or snare; nevertheless, the commandant can evaluate whether a trap or snare works by using a small stick.) Wherever possible, efforts should be made to maximize the realism of survival experiences.

**APPENDIX A**  
**Handout - Cadet Standards for Basic Mountain Search & Rescue Requirements**

- 1) Show knowledge of first aid for injuries or illnesses that may occur during climbing activities, including hypothermia, blisters, sprains, snakebite, abrasions, fractures and insect bites or stings and identify the conditions that must exist before performing Cardiopulmonary Resuscitation (CPR) on a person. Demonstrate proper technique in performing CPR.
- 2) Demonstrate proper dress for belaying, and rappelling (i.e., appropriate clothing, footwear, eye protection, helmet and gloves).
- 3) Location. Do the following:
  - a) Evaluate the safety of a particular rappelling area. Consider weather, visibility, the condition of the surface and any environmental hazards.
  - b) Determine how to summon aid to the climbing area in case of an emergency.
- 4) Verbal signals. Explain the importance of using verbal signals during every climb and rappel, and while bouldering. Demonstrate the verbal signals used by each of the following:
  - a) Climbers
  - b) Rappellers
  - c) Belayers
  - d) Boulders and their spotters
- 5) Equipment. Do the following:
  - a) Describe the kind of equipment acceptable for use in rappelling.
  - b) Show how to examine equipment for signs of wear or damage.
  - c) Discuss ways to prevent equipment from being damaged.
  - d) Explain when and how equipment should be retired.
  - e) Properly coil a rope and store equipment.
- 6) Knots. Demonstrate the ability to tie each of the following knots. Give at least one example of how each knot is used in belaying, climbing or rappelling:
  - a) Figure eight on a bight
  - b) Figure eight follow-through
  - c) Water knot
  - d) Double fisherman's knot (Grapevine knot)
  - e) Clove Hitch
  - f) Bowline
  - g) Artillery Knot
  - h) Square Knot
- 7) Harnesses. Correctly put on a commercially made climbing harness and a tied harness.
- 8) Belaying. Do the following:
  - a) Explain the importance of belaying every rappeller.
  - b) Belay three different rappellers descending a rock face or rappel wall at least one of which must be 100 feet tall and an angle of 80 degrees.

- 9) Rappelling. Do the following:
- a) Using carabiners and a rappel device, secure climbing harness or tied harness to a rappel rope.
  - b) Tie into a belay rope setup to protect rappellers.
  - c) Rappel once in each of the following conditions:
    - 1) With tied harness (Swiss Seat)
    - 2) With commercially-made harness
    - 3) In low-light conditions
    - 4) With rucksack (minimum 20 lbs.)
- 11) Demonstrate ways to store rope, hardware, and other gear used for climbing, rappelling and belaying.

**Appendix B**  
**Standards Checklist for Basic Mountain Search & Rescue**

Show that you know first aid for injuries or illnesses that could occur during climbing activities.

Hypothermia: \_\_\_\_\_

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Blisters: \_\_\_\_\_

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Sprains: \_\_\_\_\_

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Snakebite: \_\_\_\_\_

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Abrasions: \_\_\_\_\_

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Fractures: \_\_\_\_\_

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Insect Bites/Stings: \_\_\_\_\_

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What conditions must exist before performing CPR on a person?

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Demonstrate to your Commandant the proper technique for performing CPR on an adult mannequin (or other approved training device) for at least 3 minutes.

I have completed at least 3 min of CPR on an adult: Yes No Commandant Initials: \_\_\_\_\_



Present yourself to your Commandant properly dressed for belaying and rappelling (i.e., appropriate clothing, footwear, eye protection, helmet, and gloves).

Commandant Initials: \_\_\_\_\_



Explain the following:

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When you did your climbing you had to evaluate the safety of the climbing area. List all of the safety concerns you looked for before and during your climb/rappel.

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If you were rappelling and found yourself in need of aid or help, how would you go about getting help to your location? List at least two different ways:

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.....

Explain the importance of using verbal signals during every rappel:

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.....

For each "meaning" below, list the proper verbal signal for each participant

**Belayer (When Rappelling)**

"Your belay is ready?" \_\_\_\_\_

"Go ahead" \_\_\_\_\_

"I'm no longer belaying you" \_\_\_\_\_

**Rappeller**

"Is the belay ready" \_\_\_\_\_

"I'm ready to start down" \_\_\_\_\_

"I'm falling! Brake the rope" \_\_\_\_\_

"I am done rappelling and am in a safe place" \_\_\_\_\_

"The rope is free of equipment and is ready for the next rappeller" \_\_\_\_\_

Describe the kind of rope acceptable for use in climbing and rappelling:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What signs would you look for when you examine a rope for wear and damage?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How can you prevent a rope from being damaged?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

When and how should you retire a rope?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Get your commandant's initials showing you know how to coil a rope properly:

Commandant Initials: \_\_\_\_\_

.....

Demonstrate the ability to tie each of the following knots. Give at least one example of how each knot is used in belaying, climbing or rappelling.

<b>KNOT TYPE</b>	<b>VERIFICATION BY COMMANDANT YOU KNOW HOW TO TIE</b>	<b>USE</b>
Figure eight on a bight		
Figure eight follow through		
Water knot		
Double fisherman's know (Grapevine knot)		
Clove Hitch		
Bowline		
Artillery Knot		
Square Knot		

Get your commandant's initials showing that you can correctly put BOTH of the following harnesses.

\_\_\_\_\_ Commercially made climbing harness      \_\_\_\_\_ Tied harness

Commandant Initials: \_\_\_\_\_

.....

Why is it important to belay EVERY climber and rappeller?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

.....

Show your commandant that you know the correct way to tie into a belay rope.

Commandant initials: \_\_\_\_\_

.....

Get your commandant's initials verifying that you know how to properly store the equipment used for climbing and rappelling

Rope \_\_\_\_\_ Other Spare Hardware (carabiners, harness, etc): \_\_\_\_\_ Other Gear: \_\_\_\_\_

Commandant initials: \_\_\_\_\_

**APPENDIX C**  
**RECOMMENDED SPECIAL CONSENT FORM FOR MOUNTAIN SEARCH & RESCUE**  
**ACTIVITY**

**CALIFORNIA CADET CORPS**  
**PARTICIPANT AGREEMENT**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS**  
**WARNING: BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS**  
***PLEASE READ CAREFULLY***

In consideration that the California Cadet Corps and \_\_\_\_\_ School District are allowing my child \_\_\_\_\_, a student at \_\_\_\_\_ to participate in a Mountain Search & Rescue Trip (as defined below) on lands owned by or under the control of \_\_\_\_\_, the following waiver of all claims, release from all liability, assumption of all risks, agreement not to sue, and other terms of this agreement (collectively this "Agreement") are entered into by me with and for the benefit of the California National Guard, the California Cadet Corps, and the \_\_\_\_\_ School District (collectively known as the "Cadet Corps").

**Definition** - In this Agreement the term "Guided Mountain Search & Rescue" and "Guided Mountain Search & Rescue Trip" shall include all activities in any way related to mountaineering, rock climbing, sport climbing, ice climbing, skiing (including ski-touring, ski mountaineering, snowboarding, and similar activities), glacier travel, trekking, hiking, all schooling and instruction sessions, loading and unloading of vehicles and camping or overnight stays in the outdoors.

**I WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against and **RELEASE FROM ALL LIABILITY AND AGREE NOT TO SUE** the National Guard, the California Cadet Corps, and the school district and his/her/its shareholders, directors, officers, employees, agents, assistant guides, instructors, independent contractors, subcontractors, volunteers, chaperons, and representatives (collectively, the "Personnel"), for any loss, property damage, expenses, or personal injury (including death) that my child may suffer as a result of my child's participation in a Guided Mountain Search & Rescue Trip **DUE TO ANY CAUSE WHATSOEVER ON THE PART OF THE PERSONNEL, INCLUDING:**

- (a) **Negligence** (the meaning of which includes failure to use such care as a reasonably prudent and careful person would use under similar circumstances for the safety of participants on a Guided Mountain Search & Rescue Trip);
- (b) **Breach of any other duty imposed by law**, including any duty imposed by occupiers liability or other legislation;
- (c) **Breach of any contract**; and
- (d) **Mistakes or errors in judgment** of any kind on the part of the Cadet Corps or its personnel.

**I AGREE TO HOLD HARMLESS AND INDEMNIFY THE CADET CORPS and its personnel** from any and all liability for any loss, property damage and personal injury (including death) to any third party resulting from my participation in a Guided Mountain Search & Rescue Trip.

**I AM AWARE THAT GUIDED MOUNTAIN SEARCH & RESCUE AND PARTICIPATION IN A GUIDED MOUNTAIN SEARCH & RESCUE TRIP HAVE CERTAIN INHERENT DANGERS AND OTHER RISKS, SOME OF WHICH INCLUDE:**

**AVALANCHES, ROCK FALL, ICE FALL OR CORNICE FALL** - which frequently occur in terrain used for Guided Mountain Search & Rescue and may be caused by natural forces including slope incline, snowpack, ice, rock or glacier instability, or by changing weather conditions, or by other climbers or skiers or by a helicopter or the failure for any reason of the Cadet Corps or the personnel to predict whether the terrain is safe for Guided Mountain Search & Rescue or where or when an avalanche, ice fall, rock fall or cornice fall may or may not occur;

**MOUNTAINOUS AND STEEP TERRAIN** - where a fall, whether roped or unroped, may cause injury or death. In addition, the areas used for Guided Mountain Search & Rescue have steep or vertical slopes, overhangs and cornices which in their natural state have inherently dangerous obstacles and hazards. Some of these obstacles and hazards include glacier crevasses, rocks and boulders, tree wells, tree stumps, forest deadfall, still and moving water, holes and depressions, and varying and difficult snow and climbing conditions. These mountainous areas have dangerous man-made obstacles and hazards which may include roads, steep trails, fences, bridges and other structures. The areas used for Guided Mountain Search & Rescue may have not been traveled previously and are not regularly patrolled or examined. I acknowledge I may become lost or separated from the Personnel or my companions because of weather, forested areas and wild and rugged terrain;

**WEATHER** - weather conditions can be extreme and can change rapidly without warning;

**AIRPLANE OR HELICOPTER OR OTHER MEANS OF MECHANIZED TRAVEL** - additional risks are posed by mechanized travel in mountainous areas due to mechanical failure, operational error and changeable weather conditions;

**WILD AND/OR POISONOUS PLANTS, ANIMALS, AND INSECTS** - which are unpredictable in nature and may affect or attack mountain travelers;

**CONDUCT OF PERSONNEL** - the conduct, including NEGLIGENCE, of the personnel;

**ILLNESS** - which may be caused, among other things, by altitude, untreated water, plants and animals, or the difficulty of maintaining hygiene on Guided Mountain Search & Rescue Trips;

**PROXIMITY OF MEDICAL CARE** - which may not be readily available or effective in a Guided Mountain Search & Rescue Trip;

**CHOICE AND USE OF EQUIPMENT** - Mountain Search & Rescue equipment may become faulty or fail or become inappropriate and may not be replaceable or repairable in the course of a Guided Mountain Search & Rescue Trip; and

**I accept all the dangers and risks of Guided Mountain Search & Rescue** for my child including without limitation the risks described above and the possibility of personal injury including death, property damage, loss or expenses resulting there from. I acknowledge that the enjoyment and excitement of Guided Mountain Search & Rescue is derived in part from climbing or skiing on steep slopes in mountainous terrain and that the inherent risks of Guided Mountain Search & Rescue contribute to such enjoyment and excitement. I agree that, although the employees may take precautions to reduce the risks and increase the safety of a Guided Mountain Search & Rescue Trip, it is not possible for the employees to make Guided Mountain Search & Rescue completely safe or free from risk. I willingly accept all the risks and dangers of Guided Mountain Search & Rescue for my child and

I willingly agree to the terms of this Agreement even if the employees are found in law to be negligent or in breach of a duty of care or any other obligation to me or my child in the conduct of any Guided Mountain Search & Rescue Trip. In entering into this Agreement I am not relying on any oral, visual or written representations or statements made by the employees with respect to the safety of Guided Mountain Search & Rescue other than what is set forth in this Agreement.

**I agree** that this waiver and the agreements it contains will be governed in all respects by and interpreted exclusively in accordance with the laws of the State of California and I irrevocably attorn solely to the jurisdiction of the courts of the State of California.

**I agree** that if any portion of this Agreement is found to be void or unenforceable, the remaining portions of this agreement shall remain in full force and effect.

**I agree** to permit the adult personnel in charge of this trip to arrange for routine and/or emergency medical or dental care and treatment as is necessary in their professional judgment. We/I voluntarily consent to the rendering of such care, including diagnostic procedures, surgical and medical treatment and blood transfusions, by authorized medical and paramedical staff or their designees, as may, in their professional judgment, be necessary. We/I acknowledge that we are (I am) responsible for all reasonable charges in connection with care and treatment rendered during this period.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, in the presence of:

WITNESS SIGNATURE \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ EMERGENCY PHONE (\_\_\_\_) \_\_\_\_\_