

Nature Stewards Program waiver of liability

Please read carefully and do not tick the box unless you are satisfied that you understand it.

Nature Stewards offers the possibility to participate in a 6 or 10-week community program delivering an engaging and practical course for participants to get comfortable, confident, and active in their local environment. The program will include hands on activities and field sessions to be held in local parks and reserves within the program host area. Nature Stewards is run by the Victorian National Parks Association (VNPA). VNPA provides procedural instruction that is considered necessary for safe participation in the activities. VNPA is fully covered by public liability insurance. However, when established safe procedures are not followed, the risk associated in participating in such activities is increased.

All Nature Stewards (VNPA) program activity participants take part at their own risk in all respects including personal injury, death, or serious disability, and as such, accept full responsibility for themselves, and any others in their care. The Association, its office bearers, organisers, leaders and helpers are absolved from any liability in respect of any injury, loss or damage suffered by the participant while engaged in any VNPA activity to the extent permitted by law. If an incident occurs, you should inform the activity leader and the VNPA office.

A few things to note for an enjoyable and safe program:

- The program field sessions may be physically demanding, requiring a basic level of physical fitness and that the forces exerted on the body may exacerbate or aggravate pre-existing physical injuries, conditions, or congenital defects. Please ensure you are in good health and able to participate.
- Special access requirements will be met wherever possible within the given landscape.
- Some field sessions may occur in remote areas, by waterways, on uneven ground, or near steep/cliff areas, caution to be taken in these areas and please keep to the tracks.
- During the program you may come into close contact with wildlife such as birds, biting ants, other insects, and snakes as well as fungi and plants.
 - Don't bother or irritate any wildlife and keep away from spiders, snakes, or stinging insects.
 - Remember to take medication on field trips if you or anyone in your care has an allergy to stinging insects.
 - Always keep your hands where you can see them to minimise the risk of bites etc. .
 - Sturdy shoes and long pants are recommended to minimise the risk of bites
 - Never put fungi in your mouth and always wash your hands after handling it
- Please wear weather appropriate clothing and footwear and be prepared for both hot and cold weather conditions. A daypack with water, snacks, suncream, hat, beanie, raincoat, any medications etc. is highly recommended.
- We will provide a first aid kit and a first aider will be present. Please also bring your own kit and any personal medications.
- Please carry all litter out with you and dispose of appropriately.

Thank you.