



TIDEWATER APPALACHIAN TRAIL CLUB

GUIDELINES FOR ACTIVITY PARTICIPATION BY MINORS

Rev. 21 June 2024

The TATC Board of Directors has established the guidelines herein contained.

Each minor participating in a TATC activity must be accompanied by a parent or adult sponsor during **all** facets of the activity, including transportation to and from the activity.

*An adult sponsor is a non-parent, legal adult who brings a minor(s) on a TATC activity with proper documentation and assumes responsibility of said minor(s).
-a parental permission slip for trail maintenance trips on USFS and NPS land is **required** for insurance purposes.*

With any TATC activity, it is at the discretion of the of the Activity Leader to decide who may participate (adult or minor).

1. THE ACTIVITY LEADER(S):
 - i. will judge the age, size, health, and capability of the minor(s) against activity requirements.
 - ii. will provide a copy of these guidelines to any parent or adult sponsor bringing a minor(s) on an activity.
 2. THE PARENT OR ADULT SPONSOR:
 - i. must confirm with the Activity Leader that minors are allowed to join before attempting to participate. Minor participation is by request and not assumed.
 - ii. must sign the Activity Signup Sheet; and
 - a. include the minor(s)'s name(s) and age(s)
 - b. inform the Activity Leader of allergies, medical conditions, or other facts of which the leader should be aware of.
- iii. must ensure the minor(s) are properly equipped for the activity (food, water, gear, attire...) and that they are mentally and physically capable of participating. Difficulties such as inability to keep up or improper equipment should be considered and discussed before participating.
 - iv. should carry appropriate medical and dental information should treatment be necessary.
 - v. should be knowledgeable concerning any medical conditions or allergies the minor(s) may have. This includes natural allergies (insect bites, poison ivy...) and medical allergies (latex, penicillin...)
 - vi. should be aware of medications required by the minor(s) for the duration of the activity and ensure that these medications are available during the activity IE dosages, times, and possible reactions if not taken correctly or on time.
 - vii. should have photo identification for the minor(s) for assistance if they become separated.
 - viii. must realize that some activities include being in the wilderness, a considerable distance from the nearest medical facility and that reaching such a facility could take a significant amount of time. Depending on the activity, a road may take more than a day to reach.
 - ix. is responsible for:
 - a. maintaining visual contact with minor(s) on activities.
 - b. the actions of the minor(s) for the duration of the activity.