

EXTREME PHYSICAL TRAINING:

Medical Cadet Corps training includes intense physical activities that present significant risk of injury:

General Risks with Physical Activity:

All physical activity, particularly strenuous physical activity, presents risks. Forceful bodily collisions with other participants, equipment, the ground, floors and walls, or other items can cause injury. Cuts and abrasions can leave participants exposed to risk of blood and fluid exposure from other participants. Heart-related injuries can occur at any time, particularly to those who are predisposed to such problems. Only the participant can determine if they are sufficiently fit to participate in any physical activity, strenuous or otherwise. A few suggestions of ways a participant can mitigate these risks include:

- Get a complete physical prior to engaging in potentially risky activity.
- Maintain proper weight for your size to reduce impact stresses.
- Wear proper protective gear including safety eyewear where appropriate.
- Warm up before, and cool down following physical activity.
- Follow the rules of the activity and direction from activity leaders.
- Avoid an overly competitive or stressful environment.
- If you do get hurt, stop participating and get proper medical attention as needed.

Some specialized training presents particular risks. For instance:

Some Hazards Associated with Water Rescue Training

- Environmental: Hazards can involve extreme temperatures; cold affects ability to think clearly and hampers fine motor skills; heat exhaustion and dehydration are a concern as well.
- Weather: Accelerates hypothermia. In still water body heat is lost 25 times faster than in air at the same temperature.
- Aquatic environment: Be aware of animal life, fish, insects, plant life, seaweed, biohazards, bacterial, and viral risks.
- Swift water operation hazards: Strainers and debris, holes, obstructions above or below the water surface.

Some Hazards Associated with Rope Rescue Training

- Rope Rescue training involves inherent substantial risk of fall hazards.
- Hazards from falling debris, equipment, and other objects are likely.
- Rope Rescue also carries significant risk of equipment failure.
- Rope Rescue frequently involves reliance on fellow participants for safety, thus fellow participants can be present potential safety hazards.
- Proper training and care can mitigate, but not eliminate these hazards.

Some Hazards Associated with Fire Training

- Inhalation of superheated air.
- Falling from heights due to collapse.
- Interruption of a fresh air supply during rescue operations.
- Injuries due to explosions.
- Injuries from glass, metal, wood or liquids during a rescue.

By participating in the activities offered by the Medical Cadet Corps, you agree that you have been made aware of, and accept all of the risks of the activity, including but in no way limited to those outlined above.