RISKS ASSOCIATED WITH PROGRAM-SPECIFIC ACTIVITIES

In addition to the general travel risks outlined in the Study Abroad Risk Advisory this program Exercise and Wellness in the Czech Republic (hereinafter “Program”) has specific activities which may pose a heightened level of risk for participants. UC Davis Study Abroad provides this information so that I may make an informed decision about consenting to participate in the Program. Participants in the Exercise and Wellness in the Czech Republic program will be expected to participate in these activities. If participants do not want to participate in an activity, they must inform the Faculty Leader or Program Coordinator immediately and ask to opt out. If participants do not ask to opt out, UC Davis Study Abroad will assume they consent to the risks associated with participating in the activities.

In some cases, an activity may be a required component of the Program (e.g. travel to another site) and if participants wish to opt out, they may not be able to participate in the Program at all. Because the Program travels as a group, it may be impossible for the decision to opt out to be kept confidential.

- **This Program includes transportation or tours on boats or other marine vessels.** These vessels may be public conveyances or private charters, subject to oversight by marine regulatory bodies of Czech Republic. UC Davis Study Abroad cannot certify pilot training or licensure, vessel integrity, or mechanical service. UC Davis Study Abroad cannot anticipate water conditions but where possible will postpone travel or change itineraries under inclement conditions (may not be possible for public conveyance). All travelers should ensure appropriate life-saving/personal floatation devices are available before boarding, review and understand all safety procedures, and ask questions about the use of safety devices.

- **This Program includes non-traditional motorized transportation** both during Program hours and/or as the primary means of transportation for students during free time via:
  - Private motorcoach or van-for-hire (similar to a small public bus but may be operated by regulated or unregulated private drivers)
This form of transportation is a common form of public transportation in the country abroad but may have limited or no governmental regulation. This means vehicles may or may not be inspected, drivers may or may not be licensed or certified, drivers may or may not have insurance, and safety standards (if they exist) may be significantly lower than those in the U.S.

- **This Program includes non-traditional non-motorized transportation** both during Program hours and/or as the primary means of transportation for students during free time via:
  - Bicycle
  - Extended walking or hiking of a few miles
This form of transportation is a common or elective form of public transportation in the country abroad but may have limited or no governmental regulation. This means that equipment or
animals may or may not be inspected, that I may be at risk for injury due to contact with animals or their behavior, and that this form of transportation may require my own physical exertion.

- **This Program includes water-based recreational activities such as snorkeling or swimming.** Water sports and activities include elevated risk of injury or death due to weather or water conditions (currents, riptides, storms, lightning, etc.), drowning, hypothermia, equipment failure, contact with a water-borne bacteria or virus, as well as other water-based injuries. Travelers who participate in these activities must be able to swim, even if floatation devices are provided. A lifeguard may not be present at the activity site. Travelers assume additional responsibility for assessing their own comfort and risk tolerance related to prevailing water conditions and equipment on site.

- **This Program includes hiking and/or camping.** Hiking and/or camping includes additional risk of injury or death related to physical exertion, accident, or exposure to insects/animals, the environment or weather. These activities are supervised, travelers will be provided with necessary equipment and will take place in relatively safe locations, but weather and environmental conditions are unpredictable and can change quickly. Travelers may be required to: hike/walk for distances of a few miles; hike/walk over uneven, slippery, inclining/declining, or rocky terrain (which increases risk of falls, accidents); carry or lift gear or supplies; shelter in tents/sleeping bags; share in group cooking/cleaning/camp preparation activities; and tolerate mild but possibly uncomfortable weather conditions (moderately hot or cold temperatures, rain, wind, very high or very low humidity, periods of sun without shade, etc.) While preventative measures are taken, travelers are nevertheless at elevated risk for physical injury, and exposure to water-borne illnesses, disease carrying insects, or poisonous plants or animals.

- **This Program include a stay in primitive or rudimentary accommodations.** Travelers will be staying for one or more nights in non-traditional accommodations such as tents, rural villages, and/or primitive huts. These accommodations may not have traditional amenities such entirely enclosed rooms, close access to restroom facilities, air conditioning/heating, electricity, running water, phone access or cellular reception, traditional mattresses or bedding. Although these accommodations are not inherently dangerous, they require additional flexibility from travelers and may cause some degree of inconvenience or discomfort compared to a traditional hotel.

- **This Program requires the use of public transportation.** Travelers on this Program will be required to utilize public transportation (buses, trains, taxis, etc.) as the primary means of conveyance. Travelers may be provided with transportation passes as part of their Program fees. Public transportation services are regulated by local governments and are typically held to minimum standards of repair, safety, timely service and accessibility. Public transportation is often very safe and, in some areas, is the only means of transportation. However, local
regulations may differ or be less than those for public transportation in the U.S. Use of public transportation include the risk of injury from accident (including operator negligence), transit delays, fines or penalties for improper use, impacts or shutdowns related to worker strikes, petty theft and assault, and minimal but elevated risk from terrorist activities.

- **This Program includes a substantial amount of travel and relocation.** This Program is a “multi-site” or “traveling” program and requires that students change locations on a periodic basis. While the frequent travel is not inherently dangerous, there is a slightly elevated risk of injury or accidental loss of property associated with the frequent moves. While unlikely, there is an increased risk of accidental loss of belongings, delays and changes to the Program itinerary due to transportation delays, the possibility of small additional costs to students (baggage fees, meals purchased in transit), and some travelers may experience stress or fatigue associated with frequent moves/travel.

- **This program includes a ropes course.** This program includes a ropes course while visiting a camp site in the Czech Republic. Rope courses pose an increased risk to safety due to uneven terrain, loose or unsecured rocks, varying rope heights and the like. Students are provided with helmets, harnesses and a thorough safety talk to minimize risk. Travelers assume responsibility for assessing their own comfort and risk tolerance related to heights and equipment on site, those who are not comfortable may opt out of participating in the activity.