

## **FOSTER CARE RECREATION STANDARD**

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Every child comes into foster care with a unique background, strengths and challenges. Some children function well physically, but may need additional emotional support. Others may be intellectually challenged or have physical weaknesses or disabilities. What we might consider low-risk activities for children living in a stable family environment might be unsafe for a child in foster care. Each foster child and his/her unique abilities and behaviors should be considered in completing the following activity participation permission form.

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**The following HIGH RISK activities are not allowed under any circumstances:**

- A. White-water boating or rafting in waters with rapids rated at 3 or higher.
  - B. Rugged mountain or cliff climbing or climbing requiring ropes.
  - C. Hunting or target practicing with anyone other than the child's parent or guardian.
  - D. Driving off-road motorized vehicles.
  - E. Kayaking
  - F. Bungee jumping, base jumping, parachuting or sky diving.
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### **MODERATE RISK ACTIVITIES**

The named foster child may participate in the following moderate risk activities:

- \_\_\_ 1. Off-trail hiking, multi-night camping, or backpacking in primitive areas of more than one mile away from established roads if:
  - A. Proper safety standards are followed and safety equipment such as a first aid kit, whistles, weather appropriate clothing and rain gear, compass, flashlight, etc are included;
  - B. An itinerary and a check-in time must be left with a responsible party who is not on the trip; and
  - C. The foster child must be accompanied by a foster parent or designated responsible adult experienced in off-trail camping and backpacking.
  
- \_\_\_ 2. Survival training or survival outings if:
  - A. Proper safety standards listed above in A, B, and C must be followed to ensure the youth's safety.

- \_\_\_ 3. Float trips in commonly used streams and rivers (non-white water) or snorkeling if:
- A. The foster child wears a life jacket in the boat, raft or other flotation device and when near or on the water;
  - B. The weather is monitored for hazardous conditions and appropriate action is taken;
  - C. The foster child is accompanied by a foster parent or designated adult experienced in float trip and water safety; and
  - D. Proper safety standards are followed as listed in 1A.
- \_\_\_ 4. Riding as a passenger with an adult driver on off-road motorized vehicles if:
- A. Proper safety precautions are followed including the wearing of a helmet and appropriate clothing;
  - B. An itinerary and check-in time are left with a responsible adult who is not on the trip; and
  - C. The foster child is accompanied by a foster parent or designated adult experienced in driving off-road vehicles.
- \_\_\_ 5. Cross-country skiing/snowshoeing in wilderness areas that are not frequently traveled if:
- A. The foster child is accompanied by a foster parent or a designated adult experienced in the designated winter activities;
  - B. An itinerary and check-in time are left with a responsible adult who is not on the trip; and
  - C. Proper safety standards are followed as listed in 1A.
- \_\_\_ 6. Canoeing and/or rafting if:
- A. The foster child wears a life jacket in the canoe or raft and when near the water;
  - B. The weather is monitored for hazardous conditions and appropriate action is taken; and
  - C. The foster child is accompanied by a foster parent or a designated adult experienced in the designated winter activities.

- \_\_\_ 7. School athletic activities if:
- A. A physician has determined that the foster child is physically healthy and capable of participating in the activities, and
  - B. The foster child's emotional maturity allows for a positive competitive experience.
- \_\_\_ 8. Hunting, Shooting, and Archery if:
- A. A foster child is accompanied by a parent or legal guardian;
  - B. The child has participated in a gun safety course (a foster child, age 12 and older may participate in a gun safety course while in foster care);
  - C. The foster child's emotional maturity allows for a positive camping/hunting experience.
- \_\_\_ 9. A foster child may participate in the camping experience associated with hunting if:
- A. The foster child accompanies the foster family or a designated adult experienced in hunting. However, the foster child may not carry a gun or bow and arrow or hunt or participate in target practice unless he/she is accompanied by his/her parent or guardian.
- \_\_\_ 10. Horseback Riding if:
- A. The foster child is accompanied by a foster parent or a designated adult experienced in equestrian safety;
  - B. The foster child is riding only horses that are matched to the child's level of horseback riding skill and experience; and
  - C. A helmet is worn during riding.

- \_\_\_ 11. Rodeos if:
- A. The rodeo activity is part of a class in school, 4-H, Future Farmers of America or similar youth organization;
  - B. The rodeo activity is supervised by a designated adult experienced in rodeo safety; and
  - C. A helmet is worn at all times during rodeo practice and the rodeo event.
  - D. Proper rodeo safety standards are followed.

By our/my signature below, we approve the moderate risk activity for \_\_\_\_\_ as checked above.  
(name of child)

I designate/approve \_\_\_\_\_ as the responsible adult referenced in the criteria for participating in the activity noted if other than the child's foster parent.

\_\_\_\_\_  
Parent Date

\_\_\_\_\_  
Parent Date

\_\_\_\_\_  
Program Manager Date

**Any variance to these guidelines shall be documents and approved by the Division Administrator, unless otherwise noted.**

**MILD RISK ACTIVITIES**

\_\_\_\_\_, a child in the physical custody of the Idaho Department of Health and Welfare, is allowed to participate in the following recreational activities:

- A. Water and snow skiing provided proper safety standards are followed including, but not limited to:
  - a. A life jacket must be worn while water skiing, when in a boat, and when near water;
  - b. Snow skiing within a developed and maintained area, only; and
  - c. The weather is monitored for hazardous conditions (i.e., thunderstorms, blizzards, etc.) and appropriate action is taken.
  
- B. Multi-night camping or backpacking in areas developed and designated as state or federal recreational areas.
- C. Swimming in pools or other swimming areas with lifeguards on duty.
- D. School woodworking or other shop classes.

**PLEASE NOTE:** All of the above activities require the physical presence of an adult designated as the individual responsible for the supervision of the foster child.

**FOSTER PARENT STATEMENT:**

In addition to the activities listed above, the foster family will participate in the following recreational activities:

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\_\_\_\_\_  
Foster Parent

\_\_\_\_\_  
Date

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**PARENT/GUARDIAN STATEMENT:**

I have read the above Recreational Risk Protocol and have initialed the activities I consider appropriate for my child's participation. In addition, I give approval for my child to participate in everyday family activities such as roller skating, bicycling, horseback riding, jumping on a trampoline (with adult supervision), and swimming in the foster family's swimming pool (if applicable and with adult supervision). I realize that there is some degree of risk involved for my child to participate in these activities.

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

I agree with the above statement except as noted below:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Social Worker

\_\_\_\_\_  
Date