

## 4. Rules & Safety Agreement

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Email Address \_\_\_\_\_ Phone Number \_\_\_\_\_

Permanent Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

This agreement outlines the expectations of participants in regards to their health & safety as well as the health & safety of their peers, community, and program staff. All current and new participants are required to review this document in full and abide by the stated terms for the duration of Star Service & Study Abroad's summer program. This policy is intended to minimize risk and injury to students, staff, and community members. Failure to comply may result in disciplinary action and/or termination of participation.

In addition to signing and reviewing this form, all participants are required to review the Center for Disease Control's health and safety recommendations for travel in Ghana as well as the Safety page of Star Service & Study Abroad's website. Star Service & Study Abroad has a zero tolerance policy for reckless behavior. Students who do not exercise appropriate cautions or who behave in a way that puts themselves, their community, or their group (including staff) at risk may face disciplinary action or termination from the program.

### Drugs and Alcohol

All Star Service & Study Abroad participants are forbidden from engaging in drug-related activities of any sort including but not limited to the selling, purchasing and/or consuming of any and all forms of illegal drugs. This includes marijuana which is NOT legal in the Republic of Ghana. Star Service & Study Abroad has a zero tolerance drug policy. Any students who participate in such illegal activities will be expelled from the program and sent home immediately.

In regards to alcohol consumption, SSSA recognizes that some students may find themselves in different legal standing than they are in the United States as the legal drinking age in Ghana is 18 years. Regardless of a participant's age and/or legal status, all SSSA participants are required to avoid or minimize alcohol consumption. Participants are expected to be fully aware of the detrimental effects and dangers that come with alcohol consumption and irresponsible drinking. Participants are forbidden from drinking alcohol Monday through Thursdays for the duration of the program. SSSA requires all participants to drink

responsibly and always remain in the company of at least one other SSSA participant if they choose to partake in such activities at all. All participants *must* maintain constant awareness of the fact that they are in our program strictly for the purposes of working (service) and learning (study) in an international setting. All participants are expected to behave in ways that reflect the values and mission of our program at all times. Star Service & Study Abroad has a zero tolerance policy for participants who abuse substances (including but not limited to alcohol) as well as those who engage in any reckless behavior. Participants who do not exercise caution in regards to consuming alcoholic beverages will risk expulsion and may be sent home at the discretion of SSSA's program directors.

### Socializing & Housing

All SSSA participants are to abide by the following guidelines:

- ☐ Use discretion when divulging information about themselves
- ☐ Do not disclose information about where you are staying to people outside of the program
- ☐ Do not invite anyone outside of the program to our residence.
- ☐ Guests are not allowed on the premises.
- ☐ Report to responsible authorities any suspicious persons loitering around residence facilities
- ☐ Always keep doors locked and store valuables in secure areas
- ☐ Avoid demonstrations or other potentially volatile situations.
- ☐ Do not wear expensive clothing or flashy jewelry. Try to keep as low of a profile as possible.
- ☐ Try not to make yourself conspicuous by dress or loud or vulgar speech.
- ☐ Dress modestly and casually as much as possible.
- ☐ Make sure that the resident director who is responsible for your welfare knows your whereabouts.
- ☐ Carry a *paper photocopy* of your passport (including your visa page) with you at all times
- ☐ Make wise decisions, exercise extreme caution and avoid engaging in any and all forms of sexual intercourse for the duration of the program as such activity can put persons at risk of disease and pregnancy. Participants that either become pregnant or impregnate another person while abroad with the SSSA program will be required to undergo family planning counseling prior to being expelled from the program.

### Money

All SSSA participants are required to abide by the following guidelines:

- ☐ Avoid carrying large amounts of cash with you.
- ☐ Only keep as much money as you need for the day on your person.
- ☐ Keep any excess cash locked in a safe place in your room.
- ☐ Store the international phone number to your bank and your account number in a location separate from your funds (whether on a cell phone, laptop or written on paper) so that you can report your account information in the unlikely event of theft.

### Activities

All SSSA participants are forbidden from participating in the following activities:

- ☐ Swimming in or entering large bodies of water (such as lakes, rivers or oceans).
- ☐ Engaging in extreme sports and water activities such as but not limited to, parasailing, hang gliding, ATV riding, surfing, horseback riding, dirt biking and the like.
- ☐ Operating a motor vehicle of any kind including but not limited to cars, motorcycles, scooters, speed boats, tractors and jet skis.
- ☐ Riding in any of the above mentioned motor vehicles with the exception of cars
- ☐ Hitchhiking

### Transportation

Star Service & Study Abroad will arrange for all participants long-distance travel needs as well as their transportation to and from the airport. Participants are to adhere to the following guidelines on a daily basis when traveling independently unaccompanied by SSSA staff.

- ☐ Travel with a companion whenever possible.
- ☐ Always let your classmates and directors know where you are going and travel together.
- ☐ Familiarize yourself with your surroundings and refrain from going out at night by yourself
- ☐ Travel during daylight hours, especially when in rural areas.
- ☐ Select the safest form of transportation possible, including newer vehicle models.
- ☐ Choose official taxis and always ride in the backseat of all taxis and discuss and agree on payment with the driver before being taken anywhere.
- ☐ Choose official methods of public transportation such as buses and trains.
- ☐ Follow other pedestrian traffic patterns (remember to always be alert at intersections and that pedestrians do not always have the right of way in other countries).
- ☐ Wear reflective clothing if jogging or walking at night.
- ☐ **Do not hitchhike in any way for any reason. If stranded call an SSSA staff member.**

### Health, Food & Drink

- ☐ Follow SSSA's Safety recommendations to prevent insect bites (*see website for details*)
- ☐ Practice safe food & drink habits (for example, only eat food that is cooked and served hot, do not eat food that is raw or undercooked, do not eat unwashed or unpeeled fruits and vegetables. *See the Safety page on our website for more details and information*)
- ☐ Avoid sharing bodily fluids (such as drinks or hygiene products).
- ☐ Do not share needles or any devices that can break the skin (tattoo, piercings or acupuncture).
- ☐ **Do not get tattooed or pierced during your time abroad (engaging in such activity will result in immediate expulsion from the program)**

### General Rules

By signing this form, I agree to abide by the rules and safety recommendations outlined above as well as the general program rules below:

- ☐ I will keep my local cell phone fully charged and by my side at all times
- ☐ Upon arrival in Ghana, I will program the appropriate emergency contacts into my local cell phone and familiarize myself with on-site emergency resources and learn how to utilize them if/when needed
- ☐ I will make sure that at least one (1) of the resident directors who are responsible for my welfare (either Brittini Howard and/or Nialena Ali) knows my whereabouts at all times.
- ☐ I will travel with another SSSA participant as frequently as possible and remain in regular contact with SSSA participants and SSSA staff
- ☐ I will abide by the safety rules as outlined on Star Service & Study Abroad's website at all times
- ☐ I will try my absolute best to communicate effectively with others at all times
- ☐ I understand that individuals who are not affiliated with the SSSA program are not allowed to visit for the duration of the program. If I would like to have outside visitors, I can choose to stay in country longer and arrange for our (my and/or their) accommodations myself, separately from what has been provided by SSSA.
- ☐ I will act professionally and respectfully to all program staff, participants & members of my host community
- ☐ I am at least 18 years of age at the time of signing this form

By signing this document, I have read, understand, and agree to abide by the terms above.

Signature \_\_\_\_\_ Date \_\_\_\_\_