



Ready, Set, Cook!

Participant Safety, Support, and Participation Agreement

Purpose of This Agreement

Ready, Set, Cook! is an opportunity for participants to develop cooking skills, build confidence, practice independence, and enjoy preparing food alongside others. Midstate Independent Living Choices (MILC) strives to provide a welcoming, inclusive, and supportive learning environment where participants can learn at their own pace and receive accommodations when reasonably possible.

Cooking in a group involves shared equipment, hot surfaces, sharp utensils, and other activities that require awareness and attention to safety. This agreement helps participants and their parents or legal guardians understand the class environment, the support facilitators can provide, and when additional assistance may be needed.

1. Cooking Activities and Safety Awareness

Participants may use or work near kitchen equipment and materials, including:

- Sharp kitchen knives and safety knives, as appropriate to the participant's needs and skills.
- Induction cooktops, cookware, and other kitchen equipment.
- Hot food, oil, butter, water, and other ingredients that may cause burns or spills.
- Other participants who are moving, preparing food, and using shared workspaces.

Participants are expected to follow safety instructions, use equipment appropriately, remain aware of their surroundings, and communicate when they need help. Facilitators will provide instruction, guidance, and reasonable support to help participants engage in these activities as safely as possible.

2. Facilitator Support and Individual Needs

MILC facilitators will make reasonable efforts to accommodate participants' individual needs, abilities, communication styles, and cooking experience. Instructions and activities may be adapted when appropriate.

Because this is a group class, facilitators must divide their attention among multiple participants and cooking activities. They cannot guarantee continuous, one-on-one supervision or provide dedicated support to one participant for extended periods.

If a participant needs frequent or continuous individual supervision, hands-on assistance, or support beyond what facilitators can reasonably provide while managing the group, a parent, legal guardian, or designated caregiver must attend the class to provide that support. A parent or caregiver attending for this purpose will not be charged an additional participation fee.

3. Participant Communication and Self-Advocacy

Participants are encouraged to communicate their needs and practice self-advocacy throughout the class. This includes asking for assistance, requesting a break, letting facilitators know when they are uncomfortable or unsure about a task, and communicating when they need to use the restroom.

Facilitators can help participants identify available support and respond to requests as their responsibilities to the group allow. Facilitators are not able to provide toileting assistance, personal care, or escort participants to and from the restroom. Participants who need assistance with these activities must have their own support person available.

4. Additional Support and Participation

Participants have different strengths, experiences, and support needs. MILC welcomes this diversity and encourages families to communicate with facilitators before the class about any accommodations or additional support that may help a participant succeed.

Participants must be able to engage in cooking activities safely, either independently with the instruction and support available in the group setting or with assistance from a parent, legal guardian, or designated caregiver who attends the class.

If a participant needs additional support to safely engage in an activity, facilitators may modify the activity, offer an alternative task, or ask the participant and their support person to work together. If a safe level of participation cannot be maintained with the available support, the participant may need to pause that activity or discontinue participation for the day.

5. Acknowledgment and Agreement

By signing below, I acknowledge and agree that:

- I understand that Ready, Set, Cook! involves ordinary cooking activities that include potential hazards such as sharp utensils, hot cookware, hot liquids, and shared workspaces.
- I understand that facilitators will provide instruction and reasonable support but cannot provide continuous, individualized supervision to every participant.
- I understand that participants are expected to follow safety instructions, remain aware of their surroundings, and communicate when they need assistance.
- I understand that a parent, legal guardian, or designated caregiver must attend when a participant needs additional supervision or support beyond what facilitators can reasonably provide. There is no additional fee for a support person attending for this purpose.
- I understand that facilitators cannot provide toileting or personal care assistance.
- I have had the opportunity to communicate relevant support needs and ask questions about the class environment and expectations.

I understand that this agreement is intended to support clear communication, appropriate support, and a positive learning experience for everyone participating in Ready, Set, Cook!

Participant Signature:

Date:

Parent/Legal Guardian Signature (if applicable):

Date:

Relationship to Participant: