



## RELEASE OF LIABILITY

Adventure-based activities are exciting, challenging, and physically and emotionally demanding. Our instructors are trained to supervise these activities in a safe manner.

### ACKNOWLEDGMENT OF RISKS

While the instructor aims to provide you with a safe and enjoyable experience, you must realize that there is a certain degree of risk inherent in these activities when you participate. Furthermore, there are significant hazards involved in any adventure, sport, or activity associated with the outdoors or involving physical exertion and risk taking, and the use of related equipment for that activity, included but not limited to the following:

**Ropes Course/Rock Climbing/Trail Hiking:** Hazards include, but are not limited to the possibility of falling and twisting an ankle or wrist, breaking a bone, pulling muscles, injuring back, head injury, or sustaining other injuries due to acts of nature such as high winds and severe heat and cold, rock fall, insect bites or stings and scrapes, cuts and bruises from slipping and or falling.

**Canoeing and Flatwater Kayaking:** I understand that I may be exposed to real risks of injury, from such hazards or events as falling from a canoe, immersion in cold water, hypothermia, drowning, insect bites or stings, collisions with another canoe, rock or log, scratches or cuts from trees.

**Caving:** I understand that I may be exposed to real risks of injury, from such hazards or events as but not limited to the possibility of falling and twisting an ankle or wrist, breaking a bone, pulling muscles, injuring back, head injury or sustaining other injuries from rock fall, insect bites or stings, immersion in cold water, hypothermia, slipping on the wet and muddy cave floor, and bumps, bruises and scrapes from the rocks in the cave.

I understand that the leaders of this trip are well trained but may be unable to prevent all accidents. Therefore, I understand that my personal safety depends largely upon my alertness, following instructions laid out by the leaders, upon my care and attention to the environment, to my physical and emotional state, and upon my use of good judgement.

### Assumption of Risk and Responsibility

In recognition of the above listed inherent risks and those unknown or unanticipated inherent risks, I agree to assume and accept full responsibility for personal injury, accidents, or illness, and any resultant expenses, which may occur while participating in these activities or while traveling to and from the site. My participation in these activities is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with full knowledge of the inherent risks.

### Release of Liability

In consideration of services and/or equipment provided I, for myself and minor children for which I am parent, legal guardian, or otherwise responsible, any heirs, personal representatives, or assigns, do hereby release: Adventure In Adventure Out, its principals, directors, officers, agents, employees, volunteers from all liability, and waive any claim for damage arising from any cause whatsoever in any way connected with this activity.

### Authorization

I hereby authorize any medical treatment deemed necessary in the event of any injury while participating in the activity. I agree that any film or photographs of me/us, as participants, become your property and may be used for promotional purposes. Please confirm with your signature that you have read the above information and agree to accept your responsibility as a participant and are aware of the risks involved in the activity.

Program Title \_\_\_\_\_ Date(s) of Program \_\_\_\_\_

Participant's Name Printed

Participant's Signature

Date

Signature of Parent/Guardian (if under 18)

Date