



This agreement releases Rivers to Ridges Inc. ("Rivers to Ridges") and all of its employees, directors and agents (together the "Releasees") from any causes of action whatsoever that may occur while I participate in the programming of Rivers to Ridges, including any damages relating to injuries or death and including any such damages caused by the negligence of the Releasees. For clarity this agreement releases Rivers to Ridges from all liability relating to injuries or death that may occur while participating in Rivers to Ridges programs. By signing this agreement, I agree to hold Rivers to Ridges entirely free from any liability, including financial responsibility for injuries or death incurred, regardless of whether injuries or death are caused by negligence.

Negligence: the failure to take proper care in doing something or the failure to use reasonable care, resulting in damage or injury to another.

Example: Negligence in a Rivers to Ridges program could take form in the inability to keep all members of the class together while moving through the outdoors.

I also acknowledge the risks involved in outdoor programs. These include **but are not limited to:**

- running through the forest off-trail,
- using trails that are unmaintained, icy, slippery and uneven,
- carrying heavy logs, rocks or other found objects,
- participating in activities in cold or wet weather,
- walking blindfolded and/or barefoot,
- instructional fire-making,
- instructional knife use and carving,
- inadvertent animal encounters (e.g. bears, cougars, etc.),
- wandering solo in the forest (within adult supervision),
- ascending steep forested slopes,
- climbing small trees,
- eating wild plants, and
- being alone for a sit spot (within view of an adult) for up to 30 minutes.

<p>_____</p> <p>Initial here</p>	<p>I have read through the above activities, I understand what they mean, and I agree to participate willingly.</p>
----------------------------------	--

I swear that I am participating voluntarily, and that all risks have been made clear to me as. Additionally, I do not have any conditions that will increase my likelihood of experiencing injuries or death while engaging in this program.

By signing below I forfeit all rights to bring a suit against Rivers to Ridges for any reason. In return, I will receive instruction and participation in these outdoor programs. I will also make every effort to ensure I obey safety precautions as listed in writing and as explained to me verbally.

Take the time you need to read through this document, and let our staff know if you have any questions.

Adult Participant/Volunteer (participant is over 18 years old)

I, _____ (your printed name),
fully understand and agree to the above terms.

Signature

Date