



Release Form

There are significant elements of risk in any adventure activity associated with, but not limited to, initiative activities, paddling, biking, camping, backpacking, hiking, mountaineering, climbing, diving (referred to herein as the "Activity") and the use of any equipment related to the Activity. Although the School has taken reasonable steps to provide appropriate equipment and instruction, the School acknowledges that the Activity is not without risk. Certain risks cannot be eliminated without destroying the unique character of the Activity. The same elements that contribute to the unique character of the Activity can be causes of loss/damage to equipment, accidental injury, illness, and in extreme cases, permanent trauma or death.

The School does not want to frighten or reduce enthusiasm for this Activity, but it is important to know in advance what to expect and to be informed of the inherent risks in participating in the Activity. The following describes some, but not all, of those risks:

- Fall from heights that may result in personal injury
- Heat related illnesses including heat exhaustion and heat stroke
- River travel, trail travel, or travel to or from the Activity
- Cold weather-/cold water-related injuries, including hypothermia and frostbite
- SCUBA diving related illnesses including nitrogen narcosis
- Altitude related sicknesses, including acute mountain sickness, pulmonary edema, and cerebral edema
- Acts of nature that may include avalanche, rock fall, crevasse fall, lightning strikes, high winds, and severe cold
- Equipment failure
- Accidents or illnesses that occur in remote places where medical facilities are not immediately available

In consideration of Heathwood Hall Episcopal School, its administrators, employees, and all other persons or entities associated with Heathwood (collectively referred to as the School), I agree as follows:

• I am aware that the Activity entails risk of injury or death to the participant. I understand the description of these risks is not complete and that other unknown or anticipated risks may result in injury, illness or death. I agree to assume responsibility for the risks identified herein and those risks not specifically identified, and understand that participation in the Activity is voluntary. I elect to participate/have my child participate in spite of the risks inherent in the Activity. I/my child possess at least the following qualifications, which I/my child understand are prerequisites to participate in this activity:

**** I/my child am/is physically and mentally capable of participating in the activity and/or using the equipment.**

**** I/my child am/is safety conscious and acknowledges that wearing an UIAA approved helmet is a basic safety precaution with respect to preventing head injury.**

• I acknowledge that if, during the activity, I/my child experience(s) fatigue, chill and/or dizziness, my/his or her reaction time may be diminished and the risk of accident increased. I certify that I/my child am/is fully capable of participating in this activity. Therefore, I assume full responsibility for myself/my child for bodily injury, accidents, illness, death, loss of personal property and expense thereof as a result of participation in the Activity. I also agree to indemnify the School for any damages, liabilities or injuries caused by me or my child while participating in this Activity or event.

• I agree to hold the School, including its directors, officers, employees, agents and servants, harmless from any and all claims, damages, expenses or other losses of any nature that may arise as a result of my/my child's participation in the Activity.

• I have read, understood, and accepted the terms and conditions stated herein and acknowledge that this agreement shall be binding upon myself, my heirs, assigns, personal representatives, and estate and for all members of my family.

____ I do NOT give permission to use my/my child's photo in any media associated with PEAK or Heathwood Hall.

Name of Participant: _____

Name of Event: _____ **Date of Event:** _____

Signature of Participant OR Parent/Guardian (if participant is UNDER 18 years old) _____

Date _____