



## Adult Participant Assumed Risk and Release Form

I (name) \_\_\_\_\_, agree to participate in Spruce Lake Outdoor School activities, except as noted below by me. I understand that historically, serious injury at Spruce Lake Outdoor School has been extremely rare, and that the Outdoor School staff will continue to make every effort to ensure my safety and well-being. However, I understand there are inherent risks of injury associated with Outdoor School classes and activities in general which, however slight the chances of occurrence, cannot be completely eliminated. These risks include but are not limited to: falls from a height, exposure to severe storms or to weather-related heat or cold, contact with potentially harmful plants or animals, injury from falling objects and injury from collision with other people or objects during games and activities. There is also similar inherent risk of injury during participation in 'adventure' activities such as rappelling, belayed climbing, challenge course, zip line, and power swing. Furthermore, I recognize that, because Spruce Lake Outdoor School is in a rural location, access to local advanced emergency medical care is limited and emergency response and travel time may seem unduly long relative to urban standards. I also understand that the Spruce Lake Outdoor School staff is limited to providing only emergency first-aid level medical care for me. I hereby acknowledge and accept the risk of injury while I am engaged in Outdoor School activities.

I also agree to be transported in Spruce Lake Outdoor School vehicles for transportation to and from activities. Furthermore, I authorize Spruce Lake Outdoor School to use photographs of me in Outdoor School publicity.

I understand that Spruce Lake Outdoor School does provide limited accident insurance that will help pay for costs related to any injury that may occur while participating in Outdoor School activities, but that this insurance coverage is secondary to my own health insurance. I therefore release and covenant with Spruce Lake Outdoor School that I will never institute any action at law or in equity for any personal injuries, or injuries to property, real or personal, caused by or arising out of activities sponsored by Spruce Lake Outdoor School and its legal representatives.

***(Please indicate below any limitations, conditions, or instructions you wish our Outdoor School staff to be aware of concerning your participation in activities.)***

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

*Print Full Name* \_\_\_\_\_

*School Group* \_\_\_\_\_