RELEASE AND WAIVER OF LIABILITY

This agreement is made on _____ between:

ORGANIZER	PARTICIPANT
_____	_____ Phone or email: _____ Address: _____

1. THE ACTIVITY

Activity: _____

Date or dates: _____

The Participant wants to take part in the activity above, run by the Organizer, including any instruction, use of equipment and premises, and travel arranged by the Organizer (together, "the activity").

2. RISKS

The Participant understands that the activity has risks, including:

- Slips, trips, falls and collisions
- Strains, sprains, broken bones and other injuries from physical activity
- Heat, cold, sun and changing weather
- Equipment that breaks or is used the wrong way
- The actions of other participants

There may be other risks that no one can foresee. Injury, illness, damage to property and, in rare cases, death can happen even when everyone is careful. The Participant takes part voluntarily and accepts these risks.

3. RELEASE OF LIABILITY

To the fullest extent the law allows, the Participant releases the Organizer and its owners, staff and volunteers from claims for injury, illness, death or damage to property that arise from the Participant taking part in the activity, including claims that they were careless. This release does not cover gross negligence, intentional or reckless conduct, or anything else the law does not allow a person to give up.

4. HEALTH AND SAFETY

The Participant confirms that they are fit to take part and have told the Organizer about any medical condition that could matter. They will follow the instructions of the Organizer's staff, use the safety equipment provided, and stop if they feel unwell or unsafe.

Emergency contact: _____

If the Participant needs urgent medical care and cannot decide for themselves, the Organizer may arrange it. The Participant is responsible for the cost of that care.

5. GENERAL

If any part of this agreement cannot be enforced, the rest of it still stands. The Participant has read this agreement, understands that it gives up some legal rights, and signs it freely.

SIGNATURES

Participant's signature Date _____

Printed name _____