

## PARTICIPANTS ACKNOWLEDGMENT OF RISKS

I understand that rock climbing, mountaineering and white water kayaking, and rafting can be dangerous. I know these activities are risky and my participation in these activities could result in **serious physical or emotional injury to me, including paralysis, death or drowning, and damage to my own or others' property**. I understand such risks cannot be eliminated without losing important qualities of these activities. **These risks include but are not limited to the following:**

**GENERAL RISKS:** 1) weather conditions that may change quickly, including precipitation, wind, lightning and excessive heat and sun; 2) overexertion, dehydration, hypothermia (being too cold), hyperthermia (being too hot); 3) contact with aquatic and land animals, including insects, reptiles and wildlife, in the water or on land; 4) improper first aid, emergency treatment or other attempted rescue services, and the unavailability of life saving services or immediate medical attention in the case of injury; 5) the consumption of tainted food or drink during the trip, including exposure to polluted or contaminated water; 6) my own failure or that of other participants to follow **Wave Trek Rescue's** safety guidelines and instructions of its instructors and guides, including always wearing helmets, shoes and a personal flotation device; 7) improper use of equipment; 8) inadequate repair or maintenance of **Wave Trek Rescue's** equipment; 9) manufacturing or other defects, both apparent and hidden, in the equipment supplied or used by **Wave Trek Rescue**; 10) vehicular or pedestrian accident while being transported or walking to or from activity sites; and 11) **error or negligence on the part of Wave Trek Rescue and its instructors and guides, including inadequate instruction or assistance.**

**KAYAKING/RAFTING RISKS:** 1) water conditions that may change quickly, including water level, waves, currents, eddies, whirlpools and cold water temperatures; 2) rocks or other debris falling from overhanging shore areas and falling trees or branches; 3) difficult terrain or walking conditions along the shore and trails, including mud, loose footing, slippery rocks and steep slopes; 4) injury to a participant's finger, hand, arm, torso or head due to striking parts of kayak/raft or being struck by other objects while in the kayak/raft; 5) personal injury or property damage to my equipment or property owned by others due to collision with persons or equipment (including buckets, paddles, pumps and storage containers) both inside and outside a kayak/raft, as well as the kayak/raft itself and other watercraft, and with natural or man-made objects in the water such as trees, rocks, driftwood or other debris, or due to water immersion; 6) falling, capsizing or being flipped into the water (either intentionally or unintentionally), including when entering or exiting kayak/rafts, and resulting swims in rapids; 7) collision with or being pinned against natural or man-made objects in the water such as bridge pillars, rocks, trees, logs, branches other debris or objects (whether hidden or visible) located in the river or on the river bank; 8) injury to a foot, ankle, knee or other part of a leg due to entrapment in a kayak/raft, or otherwise being trapped or crushed while in a kayak/raft; 9) foot or leg entrapment on the river bottom or entrapment due to lines or other gear in a kayak/raft; 10) injury in the course or water fights with other participants; 11) muscular or skeletal injury, dislocation or strain due to physical exertion, especially in the wrist, shoulder and back, including knee injuries while getting into or out of a kayak/raft, rotator cuff or shoulder injuries incurred during bracing or similar activities, and tendonitis or other repetitive strain injuries; 12) my own physical condition and my own acts or omissions, including my level of kayak/rafting experience and expertise; and 13) my own and other participants' attempts to exceed kayak/rafting skills and/or kayak/rafting in a reckless manner.

**ROCK CLIMBING AND MOUNTAINEERING RISKS:** 1) exposure to sun when traveling on snow or glaciers; 2) rocks, snow or other debris falling from overhanging cliffs or snow fields and glaciers, avalanches, and falling trees or branches; 3) difficult terrain or walking conditions on roads, bridges and other water crossings and trails, including mud, loose footing, slippery rocks, snow and ice and steep slopes; 4) injury to a participant's finger, hand, arm, torso or head through the use of sharp and potentially dangerous climbing equipment such as crampons and ice axes, or through the use of climbing ropes and harnesses (such as through rope burns or sudden stops); 5) injury to a participant through falls when traveling on snow and ice (including crevasses and snow bridges) or when rock climbing (on or off rope); 6) my own physical condition and my own acts or omissions, including my level of climbing or mountaineering experience and expertise; and 7) my own and other participants' attempts to exceed climbing or mountaineering skills and/or climbing or mountaineering in a reckless manner.

Furthermore, I understand **Wave Trek Rescue's** instructors and guides have difficult jobs to perform. They seek safety, but they may make mistakes. They might not be aware of a participant's fitness or abilities. They might misjudge the weather, the elements or the water or terrain. They may give insufficient warnings or instructions, and the equipment being used might malfunction.

**I have had sufficient opportunity to read this entire document. I have read and understand the risks of participating in kayak/rafting, rock climbing and mountaineering activities. My participation in these activities is voluntary, and I want to participate in these activities in spite of the risks involved.**

**Please Print Clearly**

Participants Printed Name: \_\_\_\_\_ Signature of Participant: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Emergency Phone Number: \_\_\_\_\_ Date: \_\_\_\_\_