

RUFTY-HOLMES SENIOR CENTER

Serving Rowan County, NC Older Adults

www.ruftyholmes.org

1120 S. MLK Jr. Ave, Salisbury, NC

704-216-7714

OUTDOOR ADVENTURE CLUB ACTIVITY WAIVER

I acknowledge that I have voluntarily chosen to participate in the athletic activities of the Rufty-Holmes Senior Center Outdoor Adventure Club. I acknowledge the nature of the risks of the particular programs in which I have chosen to participate. I understand that athletic activities are an extreme test of a person's physical and mental limits and carry with it the potential for serious injury, property loss and even death. The risks include, but are not limited to: actions of other people including, but not limited to, participants, volunteers, spectators, and/or producers of the event; lack of hydration, weather, and/or other natural conditions. I hereby assume all of the risks of participating in this event.

I certify that I am physically fit, have sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person. By signing this document, I expressly assume all risk for my health and well-being and expressly assume the other risks associated with participating in the program.

In consideration of my participation in the activities, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, release, and discharge from any and all liability for my death, disability personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: RUFTY-HOLMES SENIOR CENTER, and their directors, officers, employees, volunteers, representatives and agents, the event sponsors and event volunteers, (B) indemnify and hold harmless all entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during this event.

I hereby consent to receive medical treatment that may be deemed advisable in the event of injury, accident, and/or illness during this event.

I understand that at the events or related activities I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and/or assigns.

I understand Rufty-Holmes Senior Center does not organize transportation or carpooling to or from hikes. This is solely at the discretion of the participants and each participant understands the risks involved with driving or riding with others.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under the applicable law.



“Adding Life to Years”
Health & Wellness, Lifelong Learning
Civic and Social Engagement



I hereby certify that I have read this document and I understand its content.

Print Name: _____ Age: _____

Address: _____

Phone: _____ Email: _____

Member's Signature: _____ Date: _____

Emergency Contact: _____ Phone: _____

Relationship to Emergency Contact: _____

Thank you for your interest in our Outdoor Adventure Club. We are an active club that enjoys hiking and occasionally other activities (ex: canoeing, kayaking, zip line). We generally hike on the 4th Friday of each month. Our hikes are usually between 3 and 7 miles – on uneven surfaces (ex: rocks, hills, roots, gravel). Very few of our hikes are on paved paths.

Since this is an active club, it is recommended that all participants be able to walk at least 3 miles. What physical level do you consider yourself to be?

_____ able to walk 1-3 miles _____ able to hike 3-5 miles

_____ excellent balance with the ability to walk on unstable ground or trails

_____ able to climb steep hills or stairs

Photos from Outdoor Adventure Club may appear in various media forms for promotional, educational or other purposes. If you do not want your photo taken with the Outdoor Adventure Club, it is your responsibility to make your wishes known to the club leaders.



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