



CRYSTAL LAKE PARK DISTRICT NATURE CENTER

IMPORTANT INFORMATION - The Crystal Lake Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Crystal Lake Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational programs/activities.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK – Recreation activities are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury. All hazards and dangers cannot be foreseen. In this regard, it must be recognized that it is impossible for the Crystal Lake Park District to guarantee absolute safety.

1. **Climbing walls** - The very nature of using climbing walls is hazardous and risky, including but not limited to overexertion, slip and falls, loose and/or damaged artificial holds, being fallen on by other users, belay and/or belayer failure, lack of good physical conditioning, inadequate or defective equipment, poor instruction or supervision, poor technique, carelessness, horseplay, premises defects, aggravation of existing known and unknown physical conditions, environmental hazards in an outdoor setting, and all other circumstances inherent to the use of climbing walls.
2. **Hiking** - Depending on the time of year and/or terrain, certain risks include sprains and strains, slipping and falling, sunburns, snow blindness and frostbite, insect/animal bites, poisonous plants, getting lost in the woods, hypothermia, dehydration, exhaustion, overexertion, dangerous weather, surface irregularities, inadequate or defective equipment, inadequate supervision or instruction, failure to know basic first aid or survival technique, and all other risks inherent to orienteering and outdoor activities.
3. **Archery** - The very nature of archery is hazardous and risky. Inherent risks include, but are not limited to, getting hit by an arrow, self-inflicted wounds, improper shooting technique, carelessness of other archers, lack of proper protection, poor range conditions, poorly selected and maintained equipment, lack of conditioning, horseplay, carelessness, poor pulling technique, splintering of the arrow, inadequate supervision or instruction, premises defects, and other risks inherent to archery.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK - Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Crystal Lake Park District, including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PLEASE PRINT

Participants

Name _____

Participant Signature _____ Date _____
(18 years or older or parent/guardian)

Emergency Contact Name _____ Emergency Phone # _____

PARTICIPATION WILL BE DENIED - If the signature of adult participant or parent/guardian and date are not on this waiver.