

YMCA Camp Duncan

Climbing Tower & High Ropes Course

Release of Liability & Assumption of Risk Agreement

YMCA Camp Duncan's climbing tower program includes high ropes, climbing tower, and low elements activities. Physical activities may include running, jumping, lifting, and/or climbing. Activities on the low elements are conducted at ground level, or as high as eight feet above the ground. Activity on the High Ropes course is conducted 30-50 feet above ground. The activities on the High Ropes course are strenuous and psychologically demanding and require participants to be in good physical condition. While it is impossible to guarantee absolute safety, the YMCA Camp Duncan facilitators will take reasonable precautions to provide proper organization, supervision, instruction, and equipment to help minimize the risks involved in each activity. Although it is impossible to foresee all possible dangers, some specific risks that the participant may encounter while using the course may include, but are not limited to, injury from slipping, falling, running, or jumping. Physical injuries from participation in the programs may include, but are not limited to, cuts, abrasions, sprains, broken bones, concussions, head injuries, spinal injuries, and/or death.

- Participant is aware and understands that participating in YMCA Camp Duncan climbing tower program, which may include the High Ropes Course and/or low elements, involves a potential risk of physical injury that may not only be from his/her own actions, inactions, or negligence, but also from the actions, inactions, or negligence of others, the condition of the environment, equipment, or areas where the event or activity is being conducted.
- Participant understands that the programs are physically demanding and potentially dangerous. Therefore, all participants must be free of medical or physical conditions, which might create undue risk to themselves or others who depend on them. If there are any questions about the participant's ability to participate, please consult with the participant's physician prior to signing this form or participating in this program.
- Participant understands that he/she is responsible for behaving in a careful and prudent manner to minimize the risk of injury to themselves or others.
- Participant understands that this is a voluntary program and that he/she should participate to the extent that they feel appropriate for their own condition and skill level.
- Participant will not be able to participate if under the influence of drugs or alcohol.

The participant specifically assumes any and all risks of injury, illness, damages, or losses arising from his/her presence on or about the premises, or his/her intended use of the equipment or facilities, or his/her participation in the activities of YMCA Camp Duncan or the YMCA of Metropolitan Chicago, an Illinois Charter corporation, on or about the premises or at another location, and does hereby himself/herself, his/her heirs, executors and administrators, forever waive, release, and agree to hold free from all claims for damages, YMCA Camp Duncan, the YMCA of Metropolitan Chicago, and its respective officers, directors, Board of Managers, Trustees, members, employees, and agents. The participant and if appropriate his/her parent or legal guardian, authorizes treatment of the participant by a licensed medical doctor in the event of an emergency.

I have read this document and acknowledge and agree to be bound by the terms of this document.

Printed name

Signature

Address

Date

Home Phone #

Emergency Phone #

If the participant is under the age of 18, the parents or legal guardian's signature is required.

Signature of Parent/Legal Guardian

Date