

PLEASANT HILL OUTDOOR CENTER
ROPES CHALLENGE COURSE
(Team Building and High Ropes)
Assumption of Risks and Release Form

Pleasant Hill Outdoor Center (PHOC) requires adult participants and parents of all minor participants to sign this Agreement to Participate, Assumption of Risk, and Release Form in order to be eligible to participate.

The undersigned acknowledges an understanding of the following:

1. The Challenge Course includes a variety of activities including warm-ups, games, group initiatives, high and low challenge course elements, and other activities depending on the program your group has signed up for.
2. Although PHOC's goal is to maintain the physical, emotional and social safety of each participant in the Challenge Course Program, the physical, emotional and social risks must be assumed by each participant.
3. The level of participation in the Challenge Course Program is voluntary and "challenge by choice" prevails at all times. Though participants will be encouraged, no participant is required to do anything that he or she does not want to do.

I understand that the PHOC Course program may be physically and emotionally demanding. I recognize and accept the risks involved in PHOC's Challenge Course program, and I assume the risks of physical and emotional injury that could result from these activities. In consideration of the above, I have and do hereby assume all of the risks of participation in the Ropes Challenge Course and will hold PHOC, its employees, agents, trustees, officers, and affiliates harmless from any and all liability, actions, causes of actions, claims, and demands of every kind and nature whatsoever, whether for bodily injury, property damage or loss or otherwise, which my child now has or which may arise from or in connection with my participation in PHOC's Ropes Challenge Course. I, along with my family or heirs, understand and agree that we cannot sue PHOC, its employees, trustees, affiliates and associates, and if I do, I cannot collect any money. I also state that neither I am nor my child (if I am signing on behalf of my child) is under or will be under the influence of any chemical substance including alcohol, either at the time of the signing of this Agreement or at the time of participating in Ropes Challenge Course. I fully understand that my child's physical activity involves the potential risk of injury. I understand that PHOC cannot make a medical determination regarding a person's physical or emotional fitness to participate in challenge course activities. Only the adult participant, participant's parents/guardian, or participant's physician can do that. I understand that PHOC may refuse participation to any individual at its own discretion. I also understand that my child's participation in PHOC's Ropes Challenge Course is entirely voluntary. I certify that my me/ or my child is not experiencing any physical, mental, or psychological issues which could have an impact on his/her well being during the Ropes Course activities.

Name of Child (Please Print)

Signature of Parent/Legal Guardian Date

A separate form, signed and dated by the parent, is required for each child who desires to participate.