**John Knox Ranch**

**Ropes Course Assumption of Risks**

John Knox programs involve a variety of activities including high and low challenge course elements and other potentially rigorous physical/emotional activities.  The inherent risks and other risks of this program may include falls, heat stroke, hypothermia, anxiety and other fear responses, elevated heart rates, collisions with objects or other people, unsafe acts by other participants, acts of nature related to being in outdoor venues, and other risks that may or may not be noted by participants and staff.

Safety is an important priority in the facilitation and management of all levels of programming, however, even with the adherence to recognized risk management practices in adventure programming, accidents do occur.  **Participation in all of these activities and elements may result in injury, fatigue, psychological stress, or even death, not totally unlike other physically and emotionally demanding activities of various natures.  The level of participation in our ropes program is entirely voluntary and under individual choice at all times and for all aspects of the program or training.** As with any program of this nature, there is a risk that must be assumed by each participant in the event that s/he may experience any emotional or physical injury or death.

If I do voluntarily choose to participate in the “challenge/ropes course”, I recognize that there is a significant element of risk in any adventure, sport, or activity associated with outdoors.  Knowing of the inherent and other risks, dangers and rigors involved in activities, I represent that I am fully capable of participating in the activities.

Voluntary Release of Liability and Indemnity,

By signing this release form, I agree to release and hold harmless Mission Presbytery,  Mission Presbytery Outdoor Ministries, Executive Board, Trustees and members of the Church Corporation, and all employees and agents thereof, including but not limited to those at John Knox Ranch harmless from any and all damage or injuries, physical or mental, including those cause in whole or in part by the negligence of any released party, which I might incur as a result of my voluntary decision to participate in the program or courses.  I further agree to indemnify the release parties and each of them from any claim brought by a third party, including a co-participant, for any injury or loss suffered by threat person caused in whole or part by my conduct.

I acknowledge that I have been given the opportunity to ask questions regarding any aspect of this release form and by signing in the space provided do acknowledge that I have read completely and fully understand all aspects of this release form and agree it its terms in their entirely.

Participant printed name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(Parent must sign if camper is a minor.)

Printed name of Parent’s Signature:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_