

# Woodland Altars Activity Release & Health Statement Form

## UNIVERSAL TOWER

This activity require participation in outdoor exercises which are, by their nature, physically demanding. Therefore, all participants must be free of medical or physical conditions which might create undue risk to themselves or others who depend upon them. Thus, one should only participate in this activity only if free of any physical disability unless the disability will not prevent full participation. Physical strength is not necessary, although good condition will increase enjoyment of the outing activities. If there is any doubt about your ability to safely participate in the field, activities, you should have a physical examination. Also, participants will be instructed in rules and procedures by activity leaders, which are specific to each activity and that are essential to the health and safety of all. Participants must be willing to follow these procedures at all times.

Participants should also understand the risks involved with specific activities:

Students will be instructed by experienced and knowledgeable leaders on proper/safe rappelling and climbing techniques. All equipment is checked by the leadership prior to use. It is essential that all participants know and follow all rappelling and climbing rules and understand that even though all safety precautions are taken, accidents can occur which might result in injury.

1) List any physical disabilities or conditions which might limit participation in this activity?

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2) What other factors might affect participation?

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3) List **any** medications which are now being taken:

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4) List **any** allergies:

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**I have read and understood the nature of the physical demands of these activities. I have noted above any medical or physical conditions which might affect participation in this activity. Injuries associated with these activities have occurred. However, accidents can cause injuries including, but not limited to, scrapes, strains, bruises, broken bones, quadriplegia and death. I, therefore: 1) give my permission for the camper listed below, to participate in the activities listed above, and 2) release any and all rights or claims for damages against Woodland Altars or affiliated organizations and all individuals assisting in instructing and conducting these activities, for any and all injuries, loss, or damage suffered at, or in any way connected with, those injuries.**

**Camper's Name (Print)** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_