

**Ohio University Outdoor Pursuits Challenge Program
Assumption of Risk Form**

In order to participate at the Ohio University Outdoor Pursuits Challenge Course, it is important to be educated about potential dangers and fully understand these dangers. While we take precautions to manage risks to acceptable levels, it is impossible to eliminate all risks at all times. Outdoor adventure activities inherently feature elements of risk beyond our control so it is important for you to read through these risks and determine if you want to participate at the Ohio University Challenge Course.

RISKS & PREVENTIONS (Not all-inclusive)

- Scrapes and cuts. Prevention: Watch what you touch, beware sharp cable frays on belay cables and guylines. Climb within abilities.
- Injuries due to lifting and being lifted. Prevention: Lift with your legs. Don't lift alone. Stay rigid while being lifted. Use spotters.
- Injuries due to running and jumping. Prevention: Move within abilities. Stretch. Beware uneven ground or obstacles.
- Injuries due to impact with others. Prevention: Be careful. Slow down around others. Keep hands up.
- You are responsible for the condition of all personal gear (harness, helmet, etc.)
- Injuries due to low falls. Prevention: Jump off before you fall off. Use spotters. Move within abilities.
- Hair or jewelry getting caught on the course. Prevention: Have long hair tied back. Remove all jewelry.
- Getting hit by a falling object. Prevention: Be Alert. Look up. Wear a helmet on the course and in the drop zone.
- Serious injury or death due to high falls. Prevention: Listen to Staff. Wear proper safety gear and learn how to use it. Check carabiners for security. Make sure belayer is ready before climbing on dynamic belay. Work with a partner.

I, the undersigned, realize that participation in the Outdoor Pursuits Challenge Course program entails unavoidable risks of personal injury or loss of life. I understand how I can help manage these risks to myself and others through my actions. I will listen to the Staff so they can prepare me to face these risks safely.

I, the undersigned, understand that I am under no obligation to participate in any activity that makes me feel unsafe. I have the right not to participate in any activity.

I further understand O.U. carries no medical insurance for the protection of participants involved in Outdoor Pursuits programs. I assert that I am responsible for my own medical insurance.

I, the undersigned, hereby grant Outdoor Pursuits and Ohio University the right to use, for promotional purposes, any photographs taken by them of me during my participation in the Outdoor Pursuits Challenge Course Program.

I HAVE CAREFULLY READ THIS ASSUMPTION OF RISK FORM AND FULLY UNDERSTAND ITS CONTENTS. I AM RESPONSIBLE FOR MY DECISION TO PARTICIPATE AT THE O.U. OUTDOOR PURSUITS CHALLENGE COURSE AND ASSUME THE ASSOCIATED RISKS.

Participant signature

Printed name

Date

Parent or Guardian signature (if under 18)

Printed name

Date