

## **YMCA OUTDOOR PROGRAM WAIVER**

The YMCA will use public areas overseen by the city, county, state and/or United States Forest Service ("USFS") which encourage the use of public lands for various outdoor programs (running, hiking, etc.). While participating in a program with the YMCA, participants must abide by the rules and restrictions set-forth by the YMCA and for the areas (public or private) being used; participants should follow all recommendations for that area and for the program. Private landowners adjacent to public lands may close or restrict access to their land and you must respect such closures and restrictions.

The following is a summary, other restrictions may apply.

### **WARNING**

Program participants assume the risk of any injury to person or property resulting from any of the inherent dangers and risks of the outdoor activity and may not recover for any injury resulting from inherent dangers, including: Changing weather conditions; lightening; altitude sickness; dehydration; unfavorable terrain; rocks; stumps; trees; natural objects, man-made objects, or other variations in terrain; and the failure of participants to participate within their own abilities.

### **General Access Information**

Participation in the program and use of the selected site for program is at your own risk and you assume all risks associated with your participation. Such risks include, but are not limited to, those listed above as well as falling objects, holes in terrain, icy or snow packed conditions, domestic or wildlife animal encounters, encounters with vehicles and other equipment, slips, trips, falls, and other incidents related to the premises. Other dangers or conditions may also be encountered at any time.

Outdoor environments (urban, rural or mountain) require alertness, common sense, and caution. Read and obey all signs. Be sure your physical condition permits you to participate in the activity. Be aware that high elevation and excessive heat and cold can exacerbate existing health problems.

You must stay with the group and listen to and follow the advice of the instructor/guide.

Due to fire danger, flame of any kind is strictly prohibited with any YMCA program.

Respect all closures, ropes, signs and warnings no matter what time of day or season.

Always keep to the left side of the designated routes while ascending and remain visible from above.

If outside at dusk, at night, in the early morning, in a whiteout, fog, or other conditions of low light and/or low visibility, fluorescent and/or reflective clothing visible from all directions is highly suggested to increase visibility, as well as a light source, such as a head lamp. It is your responsibility to avoid any vehicles and/or equipment in the area.

Domestic animals and wildlife may be encountered at any time in an outdoor environment and can be dangerous. It is your responsibility to be aware and keep your distance if encountered.

**YMCA OUTDOOR PROGRAM POLICY AND USER GUIDELINES AGREEMENT**

**BY SIGNING THIS DOCUMENT, I, ON BEHALF OF MYSELF (1) ACKNOWLEDGE AND AGREE TO ABIDE BY THE ABOVE POLICY AND GUIDELINES, AND (2) THAT YMCA PROGRAM PARTICIPATION PRIVILEGES MAY BE TAKEN AWAY IF I DO NOT.**

**SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**NAME (printed):** \_\_\_\_\_ **DATE:** \_\_\_\_\_