Lakeshore United Methodist Assembly
Challenge Course and Nature Encounter
Acknowledgment of Risk, Waiver, and Release of Liability Agreement

Notice *This document is a legally binding agreement. Please read it carefully before signing. By signing this agreement you are acknowledging that you have read, understood, and accepted the terms and conditions stated in this agreement. You further acknowledge and agree that you waive your rights to bring court action to recover compensation or obtain other remedies for injuries to yourself or your property resulting from breeches of contract, failure to follow rules and guidelines, or occurrences beyond the facilitator's control. Anyone participating on our Challenge Course must complete this form, and anyone under 18 must also have the signature of a legal guardian.*

Disclosure Lakeshore's Challenge Course is a dynamic workshop setting. Our High Challenge Elements all take place at significant heights. You will experience activities designed to be physically, emotionally and socially strenuous. The level of your participation is always your choice; there is a risk that you may suffer emotional or physical injury or disability. **The Participant Must Assume These Risks:**

Acknowledgement of Risk I understand that during my involvement in the Challenge Course I may be exposed to emotionally, socially and physically stressful situations. I also understand that there are significant elements of risk associated with Challenge Courses. I acknowledge that these risks include serious injury, and are not limited to the following:

1. Bruises, scrapes, and abrasions resulting from contact with walls, trees, equipment, other participants or extended, heavy, bodily contact with harnesses or ropes
2. Falling or dropped items, including, but not limited to, branches, equipment or personal items
3. Injuries resulting from not following proper and customary personal safety procedures, policies of Lakeshore United Methodist Assembly and facilitator instruction
4. Injuries resulting from the negligence of other climbers, participants, spectators, or users of the facilities, including, but not limited to, belay teams or spotters
5. Injuries resulting from accidents, breaches of contract, forces of nature, or other causes out of the facilitator's control
6. Injuries resulting from personal physical and mental limitations, including, but not limited to fatigue, chill and or dizziness, which may diminish reaction time and increase the risk of accident, personal strength, coordination, sense of balance and the ability to follow or give directions while climbing, belaying, spotting or being a spectator.

Health Concerns Due to the physical and emotional challenges associated with our Challenge Courses, you should not participate in our course if you are dealing with seriously debilitating conditions including but not limited to:

1. *Serious Heart Conditions*
2. *High Blood Pressure*
3. *Serious Breathing Conditions*
4. *Serious Joint Problems*
5. *Serious Back Problems*
6. *Pregnancy*

Release of Liability I understand that this course may be physically and emotionally demanding. I affirm my health is good and I am not under physician's care for undisclosed conditions that bear upon my fitness to participate in the Challenge Course. I recognize the inherent risk of injury or disability of these activities. I release Lakeshore United Methodist Assembly, its staff members, board of trustees, and the Memphis Conference of the United Methodist Church from all liability for any injury sustained on the Challenge Course due to the risks listed above and later covered during orientation for Challenge Course Events.

_____	_____	_____
Participant's Name (Please Print)	Participant's Signature	Date

_____
Date of Schedule Challenge Course Event(s)

If Participant is under 18 **(Note: No one under 11 is allowed to participate in High Elements)**

☐ I give my child permission to participate in High Challenge Course Elements
☐ I do not give my child permission to participate in High Challenge Course Elements

_____	_____	_____
Legal Guardian's Name (Please Print)	Legal Guardian's Signature	Date

If you have any questions, contact Lakeshore United Methodist Assembly at 731-584-6102