Individual Form

Please read the following document carefully and completely. It must be signed by all participants before they are allowed to participate. "Participant" includes all adult (over 18 years of age) students or accompanying participants of the University and any minor (under 18 years of age) students. Any minor participant under the age of 18 years of age, must sign this and must have an additional signature from at least one parent or legal guardian, before the minor student may participate. Parent or guardian signs on their own behalf and on behalf of the minor student.

I, __________________ (herein "participant"- print name) expect and intend to participate in Utah Valley University, Outdoor Recreation activities which are considered to be an exception to the normal academic teaching methods of Utah Valley University, to be sponsored by Utah Valley University during this semester, following the execution of this Statement of Understanding and (full waiver of all claims and) Release.

In consideration of the University's sponsorship and direction of the activity, and his/her participation, participant hereby states that he/she has read and fully understands the Assumption of Risks and Hazards Statement which is included herein and releases and discharges the State of Utah, the University, and their officers, agents and employees and volunteers releases from any and all claims, damages, losses or injuries connected therewith, including, but not limited to, any loss, damage or injury suffered by participant or others, as a result of failure to obey safety regulations or resulting from the exercise of the activity coordinator or other individuals acting in good faith response to emergencies and exigencies on this activity whether at the University or any other location.

Participant further agrees and understands that during the activity, he/she will be under the direction of the instructor or director approved by Utah Valley University and specifically agrees to comply with all reasonable directions and instructions by the instructor or director during the course thereof.

Participant understands that he/she will be participating in activities conducted in the out of doors. Activities vary from course to course including but not limited to: indoor climbing; outdoor climbing and mountaineering on rock cliffs, steep snow, ice, or glaciers; hiking and backpacking through rugged or mountainous terrain; whitewater kayaking, canoeing, and sea kayaking; skiing; snowboarding; fishing; unaccompanied travel; mountain biking; and experiential activities.

Participant understands and acknowledges that there are specific risks of injury to person and/or property that are associated with activity, including but not limited to risks related to travel hazards, terrain, weather, athletic injuries, eating and sleeping arrangements, and other circumstances. Participant also acknowledges that he/she understands that the activity could have but is not limited to the following risks: That participation in Outdoor Recreation classes is inherently dangerous and involves inherent risk. That inherent risk is present in any and all activities and cannot be eliminated from an activity without destroying the unique nature of these activities. That even when all safety precautions are adhered to accidents may occur which may result in loss or damage of equipment, accidental or serious injury, or even death. Participants must follow every instruction and watch for dangers independently and as a group. Participant specifically assumes the risks associated with such conditions and waives all claims for any injury arising out of participation in this program.

Participant understands and acknowledges that activities may be physically and emotionally strenuous, that activities often occur in remote areas with minimal communications and significant delays in evacuation, that equipment may break or malfunction, that weather conditions potentially ranging from -40° F. to +100° F., and may encounter severe weather, storms, winds, or other hazardous weather conditions. Participant may need to be able to carry a backpack weighing between 35-75 pounds. Participant may travel long distances (up to 15 or more miles per day) including gaining up to 4000 feet in elevation over uneven terrain. Elevations encountered

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may range from sea level to 14,000 feet. Paddling courses may include heavily loaded boats, and carrying and lifting them over uneven terrain. The participant may need to be prepared for living, sleeping and taking care of themselves in outdoor conditions for extended periods of time, with mandatory expeditions ranging from 2-7 nights. Water is collected from natural sources in the field. Industry standards for making water potable will be used, however, illness from waterborne pathogens can occur. There may be a swim test for boating classes which may include a 100 yard swim without stopping and putting on a PFD in the water.

Participant certifies and represents that if he/she drives a personal vehicle to, from, and/or during the activity, the vehicle must be covered throughout the period of the activity by a motor vehicle liability insurance policy, currently in effect, with limits of coverage and liability that satisfy the requirements of the Utah Motor Vehicle Safety Responsibility Act, 1952 Utah Code Anno. 41-12-1 et seq.

Participant understands and acknowledges that he/she assumes all liability for personal injury or property damage and theft and Utah Valley University assumes no liability for personal injuries or property damages to participants or to third parties arising out of activity. Participant agrees to indemnify and to save harmless, the State of Utah, the University and its officers, agents, employees, and volunteers from any claim or liability arising out of the acts or omissions of the participant during any such activity to the fullest extent allowed under Utah law.

Participant understands and acknowledges that there may be unsupervised times before, during, or after the hours of the sponsored activity. It is understood that during this time participants will conduct themselves as responsible individuals as well as adhere to all applicable laws and statutes in effect. Failure to comply with this section may result in physical harm or property loss due to hazards beyond the University's control. Failure to comply may also result in expulsion from the activity. The University will not be responsible for any such acts nor any costs resulting from expulsion from the activity.

The participant hereby understands that he/she should arrange for appropriate personal health insurance coverage (e.g., hospital/medical insurance, student health insurance, etc.) during the period of the activity. The participant agrees and understands that he/she will be personally responsible for any medical costs incurred during this activity. In the event of an accident or incident, participants may have delayed access to medical care due to the remoteness and limited access of the terrain used in the course. Please note that UVU does not provide prescription medications. Any prescribed medications needed must be attained, carried, and administered by the participant and is for their personal use only.

Participant agrees not to use any illegal drugs, tobacco, or alcohol while undertaking this activity with Utah Valley University and to abide by all provisions of Utah Valley University Student Rights and Responsibilities Code. Firearms are also prohibited on all Outdoor Recreation activities. The participant also understands and acknowledges that he/she will be responsible for any loss or damage of Department equipment or facilities. Participant also acknowledges and agrees to consent for medical treatment, should it be necessary.

By signing below, you (the participant) acknowledge that you have read, understand, and are voluntarily signing this document. By signing this, you agree to the above stated information and principles, and knowingly waive all claims against the University for any injury or damages arising from participation in this program.

Signed: _______________________________ (Participant) Date: ____________________ Age: ______

In case of emergency contact, __________________ Phone: _______________ Relation: _______.

Persons under 18 years of age may NOT participate on overnight events without authorization from the Utah Valley University Department of Exercise Science and Outdoor Recreation and have a parent/guardian read and sign this form.

Signed: _______________________________ (Parent/Guardian) Print: _______________________

Date: ___________________________

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