

**Overlook Retreat & Camp Ministries  
Camp Overlook Summer Camp Program**

Campers Name \_\_\_\_\_ Camping Site \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Contact Phone \_\_\_\_\_

**Adventure Quest Assumption of Risk**

During the week you will encounter environments and hazards that are different from those that you encounter in daily life. Whether you are new or very familiar with the activities you must realize that your safety is Overlook's primary concern. However, there is no way we can guarantee it. There are too many variables that are beyond our control. Knowing this, it is our aim to provide you with the knowledge of the risks of high ropes course, backpacking and whitewater rafting so that you can become part of the safety system.

While it is impossible to eliminate all of the risks you can increase your personal margin of safety as well as that of the group by paying close attention to safety rules and procedures presented during this week and being on the lookout for possible risks. The following are a sample of risks associated with high ropes cores, back packing and white water rafting (a complete list of the risks would be impossible to generate)

**I acknowledge and willingly assume all risks and hazards in high ropes course backpacking, and whitewater rafting including but not limited to this list**

- Falling objects
- Heat related illness, such as heat exhaustion or heat stroke
- Dehydration
- Physical exertion beyond normal
- Injury to limbs, joints, and body
- Severe abrasions from rocks
- Awkward footing
- Action from other participants and non-participants
- Rope burns
- Injury from things on your person (Pocket knives, jewelry est.)
- Failure of safety systems during activity
- Head injury from falls
- Falling in cold and fast moving water
- Pinned to objects by the force of the river
- Trapped under water
- Cold water injuries such as hypothermia
- Being struck by thing in surroundings
- Poisonous plants
- Stinging insects
- Lightning
- Water borne diseases
- Driving to the site

It is important that you realize that any of these risks can lead to minor and/or serious injury, from abrasions, sprained joints to broken bones and possibly including death. It is also important that you know that being in remote places may delay emergency medical treatment. If you have any questions about safety feel free to ask the camp staff.

**Please sign below to acknowledge that you recognize that ropes course, backpacking, and whitewater rafting are physically demanding and that there are countless risks associated with each of these activities. I acknowledge and willingly assume all risks and hazards in high ropes course, backpacking, and whitewater rafting including but not limited to the list above.**

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian if Participant Under 18 Years of Age

\_\_\_\_\_  
Date