

Inside Out, Inc.
Acknowledgement of Risk and Assumption of Personal Responsibility
Release Statement

Acknowledgement of Risk

I _____ (being an adult, age 18 or older) understand and acknowledge that there are inherent risks, dangers and hazards in participating in any aspect / activity of an Inside Out program-- on site at a facility, national forest, state parks or wherever the program takes place. These risks, dangers and hazards can arise from any of the following: land travel, rock climbing, high element ropes course, low element ropes course, swimming, canoeing / general lake boating, white water canoeing/ kayaking / rafting, tubing, outdoor living, front country camping, backcountry camping/ backpacking, creek hiking, hiking, use of tools and equipment in service projects, and vehicular travel. I further acknowledge that I have given full disclosure of any pre-existing physical or mental defects, challenges, problems, medications currently taking, or allergy information regarding myself.

I also understand that my participation in any aspect of, and not limited to, above said activities may result in bodily injury, **any illness**, or loss in any level of severity, including death. I have been made aware of all aspects / activities of the Inside Out program and assume all risks and all responsibility for any losses and/or damages in any way relating to my participation in the said program.

Release

I hereby waive, release, and discharge the institution known as Inside Out, Inc., and all associated staff, affiliates, contractors, and employees, from any liability which may arise out of, or in connection with my participation in any of the activities - except in instances of active neglect of Inside Out, Inc.

I understand and agree that any dispute between Inside Out, it's owners, officers, directors, employees, contractors, volunteers and me shall be governed by the substantive laws of the State of North Carolina, and that any mediation or suit initiated for me shall occur or be filed in Henderson County, North Carolina.

I grant Inside Out Inc. permission to use photographs and/or video that include the named participant for advertisement or promotion.

I agree to follow the instructions and directions given to me by Inside Out staff members, or any people affiliated with program during my entire time with Inside Out. I understand, too, that I have a responsibility for my own safe participation in this program, and I assume this responsibility.

Participant Signature

_____ **Date** _____

Participant printed name

_____ **Date** _____