

Name of Organization: _____

**Angelina College Ropes Course Program
RELEASE AND INDEMNITY AGREEMENT**

A challenge course (or "ropes course") is a series of challenges designed to improve the performance and cohesiveness of your group or team. All of the challenging activities are conducted within a safe, fun and supportive atmosphere. The ropes course program offers participants an opportunity for team building, establishing trust, encouraging cooperation, and emphasizing communication, while becoming effective members of group problem solving. The program capitalizes on the experiential learning from fun games and enjoyable initiative problems. Therefore the personal and group experiences gained through participation may be used as a metaphor for many personal and professional challenges of everyday life.

Hold Harmless Agreement

1. In consideration for participating in the Ropes Course at Angelina College and other valuable consideration. I hereby voluntarily HOLD HARMLESS, RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Angelina College, the Board of Directors, the State of Texas, their officers, servants, agents and employees (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions, causes of action for property damage, personal injury or death, including defense costs and attorney's fees, arising out of my participation in the activities of the Ropes Course. Whether causes by the negligence of the releasees, or otherwise, while participating in such activity, or while in on or upon the premises where the activity is being conducted or in transportation to and from said premises.
2. To the best of my knowledge, I can fully participate in this activity. I am fully aware of risks and hazards connected with the activity, including but not limited to the risks as notes herein, and I hereby elect to voluntarily participate in said activity, and to enter the above names premises and engage in such activity knowing that the activity may be hazardous to me and my property. I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me or any loss or damage to property owned by me, as a result of being engaged in such an activity, whether caused by the negligence of release or otherwise.
3. I further hereby agree to indemnify and hold harmless the releasees from any loss, liability, damage or costs, including court costs and attorney's fees, that may incur due to my participation in said activity, whether caused by the negligence of releases of releasees or otherwise. Angelina College shall notify me promptly in writing of any claim or action brought against it in connection with my participation in these activities. Upon such notification, I or my representative shall promptly take over and defend any such claim or action.
4. I understand that Angelina College will not be responsible for any medical costs associated with an injury I may sustain.
5. I further agree to become familiar with the rules and regulations of Angelina College concerning student conduct and not to violate said rules of any directive or instruction made by the person or persons in charge of said activity and that I will further assume the complete risk of any activity done in violation of any rule or directive or instruction.

Health, Physical Fitness and Risk

There are risks involved when participating in activities offered on Angelina College Ropes Course. The proposed activity provided by Angelina College Ropes Course required participation in physical exercises which are, by their nature, physically demanding and may be performed from ground level and up to heights of 30 feet. Many of the activities will challenge you, and cause surges in blood pressure and respiration and pulse rates. It is imperative that you are free of any heart-related or other diseases. Therefore, all participants must be free of medical, psychological or physical conditions, which might create undue risks to themselves or any others who depend on them. I also state that I am not under, and will not be under the influence of any chemical substance including alcohol during my participation of this program. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in this experience, you should have a medical physical examination. The individual is completely responsible for his/her own safety and health.

REPRESENTATION AND EMERGENCY AUTHORIZATION: I hereby give permission to the medical personnel to provide necessary medical services including but not limited to, injection and/or anesthesia and/or surgery for me/my child as named below. I further agree to assume responsibility for the costs of any specialized evacuation and of any medical care and acknowledge that these costs are the financial responsibility of the undersigned.

I/My child have reviewed the above information and am aware of the risks involved in participating in the Angelina College Ropes Course activities and the possible injuries, which may occur. I/My child freely and voluntarily agree(s) to participate in the activity listed herein.

In signing this release, I acknowledge and represent that I have read the foregoing Waiver of Liability and Hold Harmless Agreement, understand it and sign voluntarily as my own free act and deed; no oral representations, statements of inducements, apart from the foregoing written agreement, have been made; I am at least eighteen (18) years of age and fully competent; and I execute this Release for full, adequate, and complete consideration fully intending to be bound by same.

Participant's Name (Please Print)

Participant's Signature* (If under 18, the parent/guardian must sign below)

Date Release Signed

Parent's or Guardian's Signature

**Angelina College Ropes Course
HEALTH STATEMENT**

The proposed activity provided by the Angelina College Ropes Course, requires participation in physical exercises, which are, by their nature, physically demanding. Many of the activities will challenge you, and cause surges in blood pressure and pulse rates. It is imperative that you are free of any heart related or other diseases. Therefore, all participants must be free of medical or physical conditions, which might create undue risk to themselves or any others who depend on them. Good physical condition will increase your enjoyment of the outdoor activities. If there is any doubt about your ability to safely participate in the experience, you should have a physical examination.

Participant Name: _____

Male **Female** **Age:** _____ **Date of Birth:** _____

Street Address: _____

City, State, Zip: _____ **Home Phone:** _____

Work Phone: _____ **Cell Phone:** _____

Name of Physician: _____ **Approx. Date of Last Exam:** _____

In an EMERGENCY, please notify (provide name & relation): _____

Where will this person be during the time you will be on the course? (if at work, please provide name of business)

Home/Cell Phone: _____ **Work Phone:** _____

HEALTH HISTORY: (Circle the appropriate answer and explain any YES answers)

Have you had or do you currently have any heart problems (dates)? YES NO

Do you frequently suffer from pains in your chest? YES NO

Do you often feel faint or have spells of severe dizziness? YES NO

Has a doctor ever told you that you have high blood pressure? YES NO

(Note: If you have had any heart related problems or answered YES to any of the above questions you will need to have a release from a physician in order to go through a high elements training.)

Are you a smoker? YES NO

Do you have arthritis, joint or back problems that might be aggravated by exercise? YES NO

Have you had any operations or serious injuries (dates)? YES NO

Do you have any disabilities or chronic recurring illnesses or communicable diseases? YES NO

Are there any activities to be limited/discouraged by physician's advice? YES NO

Do you have Epilepsy? YES NO

Do you have Diabetes? YES NO

Are you allergic to any medicines, insects or pollen? (Circle all that apply & identify where necessary) YES NO

Do you have asthma? If so, how often do you use an inhaler? _____ YES NO

Are you currently pregnant? If so, how many months? _____ YES NO

Are you currently sick and/or using a medication that's not listed above? YES NO

Do you carry family medical/hospital insurance? YES NO

Carrier: _____ Policy #: _____

Suggestions or health related information for the Angelina College Ropes Course: _____

General Health Statement (check one): Excellent Good Fair Poor

Presentation and Emergency Authorization:

This health history is correct so far as I know and I believe that my health is satisfactory to participate in ropes course activities.

Permission to Provide Necessary Treatment or Emergency Care

I hereby give permission to the medical personnel selected by the ropes course staff to order X-rays, routine tests, treatment to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for me/or my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by the ropes course staff to secure and administer treatment, including hospitalization, for the person named above with the understanding that the cost of any treatment will be my responsibility.

Signature of Participant: _____ **Date:** _____

Signature of Parent/Guardian: _____ **Date:** _____

(If participant is under 18)

Witness: _____ **Date:** _____

This only verifies that the person who completed this form is indeed the person to whom this form is in reference.

TO BE COMPLETED WITH AN AC STAFF ONLY: I have discussed my health issues with a trained facilitator. My initials beside the following conditions are my consent to allow the facilitator to share said condition with other participants on the course for the sole purpose of keeping me safe.
Staff signature: _____
Participant signature: _____

Angelina College Ropes Course
**ROPES PARTICIPANT'S
RULES OF CONDUCT**

1. **No jewelry and/or accessories should be worn on the course.**
2. **No personal items such as phones, purses, Mp3s, or I-pods should be brought to the course. (Participant will be fully responsible for loss, theft, or damage of personal items.)**
3. **No littering! All trash needs to be disposed of properly.**
4. **No possession or consumption of alcoholic beverages on premises.**
5. **No distribution, possession, sale or use of any narcotic, drug or other controlled substance is allowed on the course. (This includes smoking cigarettes and/or cigars!)**
6. **No use or possession of pocketknives, weapons, firearms or fireworks is permitted on the premises.**
7. **No excessive use of profanity or degrading/offensive comments will be allowed.**
8. **No actions or conduct dangerous to the health or safety of any person (disorderly, indecent, or obscene conduct or expression, or harassment) will be permitted.**

Participants violating this policy shall be subject to immediate suspension from the Ropes Course participation.

Participant's Signature

Date

Parent/Guardian Signature

Date

How to Prepare for your Ropes Course Experience

1. **Bring bottled water or Gatorade. It is VERY important that you remain well hydrated!**
2. **Wear enclosed shoes or boots that provide good grip.** **NO FLIP FLOPS please!**
3. **Wear modest, comfortable clothing that will allow you to move freely.**
Note: stains or small tears to clothing *may* occur, so please dress accordingly.
4. **Your hands need to be free, so minimize personal items that you bring to the course.**
5. **Bring a camera! You'll want proof that you did this stuff!**
6. **Please be aware that there is no restroom facility or running water on the Ropes Course. Restrooms are nearby in Angelina College's Activity Center.**
7. **Come with an open mind, a willing attitude, & an encouraging word!**