

## **PARTICIPATION RELEASE**

Participation in Inbound Retreats may involve strenuous physical activity including running and cardiovascular training. Possible injuries include, but are not limited to, muscle strains, back injuries, sprains, and more rarely, broken bones, strokes, cardiac malfunction, or other types of catastrophic injury. All participants must assess their physical condition and the possibility of injury.

The safety of any Inbound Retreat, such as but not limited to rock climbing, horseback riding, ultimate Frisbee, kayaking, canoeing, target shooting, and hiking, is dependent upon the individual actions of each member of the group. The participant has an obligation to refrain from dangerous or disruptive activity that might endanger the participant or any other member of the group. The use of drugs, alcohol, or any other substances that might be dangerous or detrimental to the participant's performance as a member of this organization is strictly prohibited. In addition:

- The undersigned understands that he/she is fully responsible for any and all medical expenses that he/she might incur as a result of his/her participation in any of the Inbound retreats. The Juniata College training room will not assess or treat injuries incurred during these activities.
- The undersigned certifies that he/she has adequate medical/hospital coverage that will cover any and all medical expenses resulting from his/her participation in any of the inbound activities.
- The undersigned agrees that any travel conducted in conjunction with Inbound activities is voluntary and discretionary. The college does not assume any liability for such voluntary travel.

The undersigned further agrees to conduct himself/herself in a SAFE and PRUDENT MANNER at all times while participating in the Inbound Retreats activities. The undersigned has read and understands the importance of securing a physician's approval of the undersigned's participation in the Inbound Retreats activities prior to participation in those activities. The undersigned has read this agreement and fully understands the risks involved with the Inbound Retreats activities and willingly agrees to accept and assume those risks during Inbound Retreats and further agrees to exonerate and save harmless Juniata College, its officers, trustees, agents and employees from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with the undersigned's participation in any activities related to Juniata College Inbound Retreats. The undersigned agrees to follow any verbal and/or written instructions provided by the Peer Leaders and/or supervisors during each activity.

INSURANCE COMPANY \_\_\_\_\_

POLICY NUMBER \_\_\_\_\_

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Participant's Signature

Date

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Guardian's Signature

Date

## **RELEASE OF LIABILITY CLAIMS**

IN CONSIDERATION OF THE JUNIATA COLLEGE INBOUND RETREATS PROVIDING INSTRUCTION TO ME, ATTEMPTING TO FURTHER MY KNOWLEDGE, AND PERMITTING ME TO PARTICIPATE IN ITS PROGRAM, I, \_\_\_\_\_, HEREBY AGREE AS FOLLOWS:  
(PRINT NAME HERE)

1. I hereby covenant not to bring any action, legal, equitable, or otherwise, or to make any claim of any nature whatsoever against Juniata College, its officers, trustees, employees, and agents, Juniata College Inbound Retreats and its officers, instructors, representatives and any other persons involved with the activities, either directly or indirectly, for any personal injury or injuries, including death or property damage which I or others might sustain in engaging in retreat activities necessarily or incidentally associated therewith.
2. I do hereby release and further discharge Juniata College, its trustees, officers, employees, and agents, and Juniata College Inbound Retreats, its officers, instructors, representatives and any other persons, either directly or indirectly, of any responsibility or liability of any nature to me for any personal injuries, death or property damage which I may suffer or incur either directly or indirectly as a result of my participation in retreat activities.
3. I make these covenants, releases and waivers knowingly and voluntarily with full knowledge of any existing dangers in training, practicing, playing, travel, and any other retreat activities; which danger I hereby further expressly voluntarily assume.
4. I further make these covenants, releases, and waivers to bind myself, my executors, heirs, administrators, and assigns to the fullest extent.
5. I do execute this release with the intent to be legally bound hereby for myself and on behalf of my heirs, administrators, executors and assigns.

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**Signature**

**Date**

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**Signature of guardian if participant is not 18 years old**

**Date**

### **Permission to Photograph (optional)**

I give permission to be photographed or videotaped while participating in the Inbound Retreats. I agree that all rights to the Photograph(s) containing my image belong exclusively to Juniata College.

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**Signature**

**Date**

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**Signature of guardian if participant is not 18 years old**

**Date**