

ACKNOWLEDGEMENT AND RELEASE OF LIABILITY

Purpose: This release is to help make participants aware that the risk of injury is inherent in any activity into which one may voluntarily enter and that individual participants have personal accountability for their own choices and actions. This release does not waive an individual's rights in instances where The Navigators becomes legally liable due to negligence on the part of the organization or its employees.

1. I understand and agree that my participation or the participation of my child or dependent, for whom I am legally responsible, in activities sponsored by The Navigators is **voluntary** and for the purpose of personal development and recreation. Possible activities include, but are not limited to: rappelling, horseback riding, hiking, volleyball, tennis, challenge course, soccer, and touch football. I also understand that **rock climbing is prohibited** on Glen Eyrie property.
2. I recognize that participating in sports or other activities involves risk of an accident and serious injury to me or my child or dependent. I expressly assume all risks of participating in Navigator-sponsored events, whether those risks are known or unknown to me. I hereby waive and release, for myself, my heirs, family and estate, executors, administrators, assigns, and personal representatives, any and all claims, actions, lawsuits and proceedings that I or my child or dependent might have against The Navigators and any of its employees, contractors, volunteers, officers, directors, agents and representatives, arising out of any injury that I or my child or dependent might suffer in the course of participating in the event.
3. I understand and agree that I am solely responsible for any medical expenses and other costs and expenses arising out of such injuries. In the event of an apparent medical emergency, I authorize Navigator personnel or volunteers to obtain medical emergency help and agree to be responsible for any costs thereby incurred.
4. I have read and understand the **hiking trails policies and guidelines defined on the "Hiking Trails Map"** and I hereby agree to indemnify and hold harmless The Navigators from any and all claims which might arise out of my hiking through Glen Eyrie property.

AND

VOLUNTEER RELEASE AND AUTHORIZATION

By signing below, the individual indicates that he/she understands and agrees with the following provisions:

1. I understand and agree that the services to be performed by myself or by my child or dependent, for whom I am legally responsible, are voluntary Christian services and not in contemplation of compensation of any kind. It is understood that I am not, or my child or dependent is not, an employee of The Navigators. Any gratuity offered in accordance with IRS regulations, in cash or in kind, is not an inducement or condition to the voluntary services to be rendered. It is understood that this paragraph is necessary to help document the exemption of such voluntary service from federal and state wage and hour laws.
2. I understand any and all information pertaining to The Navigators and its staff and donors must be held in strict confidence.
3. I affirm that I do not, or my child or dependent does not, have an injury, illness, or disability that may be aggravated by the services to be performed. I have the right to decline any volunteer services that may put me, or my child or dependent, at risk of further injury. I may voluntarily list any limitations to potential physical requirements in the space provided below. I will notify the Volunteer Coordinator immediately if I, or my child or dependent, should sustain any injury or disability that would preclude or limit my or his/her participation in any specified volunteer position or task.

(Examples of such types of injuries include, but are not limited to: back strains or degenerative back conditions, shoulder injuries or degenerative conditions, knee injuries or degenerative knee conditions, hernias, arthritic, muscular or nerve diseases, repetitive trauma injuries, neck, arm, leg or hip conditions)

4. The tasks to be performed may include, but are not limited to: computer work, lifting, carrying, pushing, pulling, crouching/bending, squatting, reaching, or twisting.
5. In the event of an apparent medical emergency, I authorize Navigator personnel or volunteers to obtain medical emergency help.

