



Participant Agreement, Release & Assumption of Risk

I hereby agree to release, indemnify, and discharge The International Nature and Forest Therapy Alliance, The Institute of Forest Therapy, and Time Out With Trees and the individuals who are acting as guides on this walk, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that outdoor activities in natural areas entail known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties, I understand that such risks simply cannot be eliminated without jeopardising the essential qualities of the activity.
The risks include, among other things: Slipping and falling; falling objects; water hazards; exhaustion; exposure to temperature, UV light and radiation and weather extremes which could cause hyperthermia (heat-related illnesses), heat exhaustion, sunburn, dehydration, skin cancer; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; accidents or illnesses can occur in remote places without medical facilities and emergency treatment or other services rendered; consumption of food or drink; equipment failure; improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity.
Furthermore, guides have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, incorrect information, and the equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge and agree to indemnify and hold harmless the guide from any and all claims, demands, or cause of action, which are in any way connected with my participation in this activity or my use of equipment or facilities, including any such claims which allege negligent acts or omissions of the guide.
4. Should the guide or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against the above named, I agree to do so solely in this jurisdiction. I further agree that the substantive law of the land shall apply in that action without regard to the conflict of law rules in that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against the above named on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.



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Location of Event:

Date of Event:

No.	Full Name of Participant (please print)	Signature	Address	Email
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