
ADULT PARTICIPANT

PARTICIPANT RESPONSIBILITIES

Each participant recognizes that each person must always be responsible for his/her own well being and the well being of the group that he/she is part. Each participant shares with the other participants the concerns and responsibilities of safety, and agrees to follow safe procedures and to avoid unnecessary, hazardous situations, whether or not those situations have been specified. Each person accepts responsibility for the outcome of situations resulting when his/her actions are beyond the generally accepted practices for safety in the activity, such as use of alcohol prior to or during participation. Likewise, each individual accepts responsibility for actions that are outside the bounds of public law, such as use or possession of illegal drugs.

HAZARDS

1. Concussion, neck/spinal trauma, broken bones, loss of teeth, or injury as a result of body or object contact.
2. Death or various injuries as a result of weather conditions – (i.e., lightning, hail, wind) – stopping the activity and taking proper care when a storm appears likely can reduce this hazard.
3. Dehydration – This hazard can be reduced by consumption of liquids during breaks in play or activity.
4. Heat related illnesses – These include heat exhaustion and stroke. These hazards can be reduced by not participating or reducing your level of exertion during hot weather.
5. Muscle pulls, cramps, sprains, strains, cuts, bruises, or other injuries during normal activity – This hazard can be reduced by proper conditioning, by warming up and stretching (static) prior to play, by proper execution of strokes/skills, by using appropriate footwear, and by not playing on wet or slippery surfaces.
6. Death due to cardiovascular complication as a result of physical over-exertion – This hazard can be reduced by not eating immediately before participation, by proper conditioning, by recognizing signs of fatigue, and by reacting responsibly to the various warning signs of cardiovascular distress.

PRECAUTIONS

1. Participants are responsible for discussing with medical staff or with their family doctor any known physical problems, which may limit or preclude participation in this program. Physical check-up should be done before participation.
2. Participants are obligated to wear the proper dress, such as tennis shoes, and to use appropriate protective equipment. If the participant chooses not to use such equipment, the participant must realize that he/she is doing so at his/her own risk.

3. Should an injury be incurred during participation in this activity, the injury should be reported to the facilitator immediately.
4. The injured party is responsible for all financial obligations incurred in any treatment necessitated by any injury. Participants are encouraged to carry some form of health care insurance.
5. Participants are responsible for proper conditioning as a prerequisite for participation.

*This entire statement is for your protection. Should you have any questions regarding this statement, please contact the Challenge Course Coordinator or his/her designee.

My signature below indicates that I have read all of the material on the previous page and fully understand the RISKS, HAZARDS, AND PHYSICAL STRESSES as they apply to this activity.

I, _____ (your name), have read the statement of risks, hazards, and physical stresses to which I will expose myself by participating in this challenge course program. I understand the risks of my participation and have carefully considered those risks. In consideration of the right to participate in this program, and further consideration of the University's obtaining releases for my protection from other participants in such program, I do hereby release Kansas State University, its Trustees, officers, officials, agents, employees, and all persons participating in such a program from any responsibility or liability for personal injury or property damage sustained by me during or because of participating in the activities of the Challenge Course Program, including claims for injury or damage resulting from negligence.

Printed name of Participant

Signature of Participant

Date

Revised 2/20/07 - TS