

To provide a learning experience in adventure based programming that leads to  
“holistic change” in intrapersonal and interpersonal dynamics.  
NNU Challenge Course

Dear Participant,

Congratulations! You are about to participate in a team building event of portable games, recreational activities and lower element initiatives under the leadership of Northwest Nazarene University Challenge Course staff. We hope you have a great experience in developing healthy personal and group relationships and have fun doing it!

Here is some information that can help prepare you and your group for the event:

Due to the nature of this recreational program that will challenge individuals to participate in some kinesthetic, (body movement), activities, (i.e. walking, running, lifting, supporting, etc.), we are requesting that each participant and/or their parent/ guardian read and sign the attached agreement. This signed release, will be due on or before the date of the event.

What to wear:

- Loose, comfortable clothing that you can move around in well
- Tennis or wading/hiking shoes, (no open toed shoes, flip flops, or sandals)
- For outdoor programming dress and prepare according to weather conditions  
Sunny Weather – sunglasses, sun visor or hat, sun screen, extra bottle of water  
Cool/ Wet Weather – light jacket, rain gear, hat/gloves, etc.

What to bring:

Please bring this signed form back with appropriate release signatures from parents and guardians of participants under the age of 18 years, and/or release signatures of all participants.

Last, but certainly not least, bring your own physical and mental readiness to challenge and support yourself and your group. Thank you for registering for an adventure experience with NNU Challenge Course Adventure Programs.

See you at the Team Building Event!!

Rob King, NNU Challenge Course Manager

Attachment

**RELEASE / HOLD HARMLESS / INDEMNITY/ ASSUMPTION OF RISK AGREEMENT**

**Release:** The undersigned, in consideration of being permitted to participate in the Northwest Nazarene University Challenge Course Adventure Program (hereinafter “NNUCCAP”), for educational purposes, does hereby irrevocably, personally and for his or her heirs, assigns and legal representatives, release and waive any and all past, present or future claims, demands, and causes of action which the undersigned now has or may in the future have against Northwest Nazarene University, its members, directors, administrators, representatives, officers, agents, employees, and assigns, and each of them (hereinafter jointly and severally referred to as “Releasees”), for any and all past, present or future loss of or damage to property and /or bodily injury, including death, however caused, resulting from, or arising out of or in any way connected with his/her participation in or use of the NNUCCAP.

**Hold Harmless / Indemnity:** The undersigned agrees to defend, indemnify and hold harmless the Releasees and each of them from any loss, liability, damage or cost she/he might incur due to her/his participation in or use of the NNUCCAP. The undersigned further covenants not to cause any action at law or in equity to be brought or permit such to be brought in his or her behalf, either directly or indirectly, on account of any loss or damage to property and/or bodily injury, including death, against the Releasees, resulting from, or arising out of, or in any way connected with any claims, demands, and causes of action which now or in the future may be asserted against the Releasees arising out of or by reason of said course and/or program described above, including any injury, loss or damage that might occur at any place in connection therewith.

**Assumption of Risk:** The undersigned further states and affirms that he/she is aware of the fact that the aforesaid course and/or program, even under the safest conditions possible, may be hazardous; that he/she assumes the risks of any and all loss of or damage to property and/or bodily injury, including death, however caused, resulting from, arising out of or in any way connected with the NNUCCAP; that he/she (or the parent or guardian signing below) is of legal age and is competent to sign this Release/Hold Harmless/Indemnity/Assumption of Risk Agreement; and that he/she has read and understands all of the provisions herein contained. Risks include but are not limited to the following: tripping and falling, hitting one’s head, fractures, dislocations, sprains, contusions, cuts, abrasions, insect bites &/or stings.

**Medical Disqualification:** If within the past 2 months you have had or are currently seeking treatment for one or more of the conditions mentioned below, participation in the NNUCCAP will not be allowed:

- ❖ Recent or chronic neck or back surgery or injury
- ❖ Vertigo/Dizziness
- ❖ Recent surgery – permitted if accompanied by physicians clearance note
- ❖ Pregnancy
- ❖ Heart conditions
- ❖ Stroke
- ❖ Aneurism
- ❖ Multiple concussions or severe head injuries

Each of the undersigned hereby certifies for herself/himself that none of the “Medical Disqualification” conditions set forth above exist and that she/he has read and voluntarily signs this Release/Hold Harmless/Indemnity/Assumption of Risk Agreement. Each of the undersigned further agrees for herself/himself that no oral representations, statements or inducements apart from the foregoing have been made.

Dated: \_\_\_\_\_

Signed: \_\_\_\_\_ (Participant Signature)      Age \_\_\_\_\_

**NOTE: (Parent or Guardian Signature). If Participant is under 18 years of age, this form must be signed by the Participant and by the parent or legal guardian**

Signed: \_\_\_\_\_ (Parent or Legal Guardian Signature)