**LIABILITY RELEASE AND ASSUMPTION OF RISK**

Please read the following carefully and sign in the spaces indicated.

This release is a precondition for participation in all MOUNTAIN GIRL (MG) activities,

I *(print name)* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

understand that outdoor recreational activities involve inherent risks, obstacles, and

hazards that are natural and manmade, could cause me serious or fatal injury. Also, that all MOUNTAIN GIRL officers, activity organisers, coordinators, sponsors, and participants are DBS checked and safe working with young people and adults.

I choose to participate in the MOUNTAIN GIRL activities and do so at my own risk. I am responsible for my own safety.

I, for myself and family, heirs, executors, administrators and assigns, release and hold harmless MOUNTAIN GIRL, its officers, organisers, coordinators, sponsors and participants from any claims, demands, damages, actions or causes of actions arising out of, or in consequence of, any loss, damage, injury or death to my person or property that may have arisen while participating in any MOUNTAIN GIRL activity or event. Without limiting the generality of the foregoing, I further release any recourse that I may now or hereafter have, resulting from any decision made by any MOUNTAIN GIRL officer, coordinator or organiser of the activities.

I agree to pay the cost of any emergency evacuation of my person and belongings that become necessary. I acknowledge that there are no medical or physical conditions or disabilities that would not allow me to participate in any MOUNTAIN GIRL activities, and that it is my responsibility to ascertain the degree of experience, physical fitness and skill level required to participate in these activities.

I further acknowledge the right of any MOUNTAIN GIRL officer, coordinator, or organiser to judge me unfit to participate, due to intoxication or any other reason, without objection or need for examination.

I acknowledge that I have read the above and fully understand the nature and consequences of granting my consent and waiving any and all claims for liability and damages against the above mentioned parties.

Minors under the age of 18 must be accompanied by a parent or legal guardian unless otherwise agreed with MOUNTAIN GIRL.

I accept full responsibility, as outlined above, for any minors I bring to a MOUNTAIN GIRL event.

**PHOTO CONSENT: (*Tick those which apply)***

I hereby give permission for MOUNTAIN GIRL to:

Post photographs / videos of myself and/or minors I am responsible for on:

FACEBOOK ▢ YES ▢ NO ▢ NO to Children under 18 years

INSTAGRAM ▢ YES ▢ NO ▢ NO to Children under 18 years

TWITTER ▢ YES ▢ NO ▢ NO to Children under 18 years

WEBSITE ▢ YES ▢ NO ▢ NO to Children under 18 years

NEWS ARTICLES ▢ YES ▢ NO ▢ NO to Children under 18 years

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_