

Date:

Trail Maintenance Work Description:

Crew Leader: _____

Assumption of Risk: Certain risks are inherent in any Mountain High Hikers activity. Each MHH member, guest, or non-member participant agrees to accept personal responsibility for his/her safety and the safety of minors accompanying such persons. MHH cannot ensure the safety of any participant in trail maintenance activities. Each participant agrees to hold harmless and free of blame the hike leader, maintenance representative, and the MHH, its officers and members for any accident, injury, or illness which might be sustained from participating in hikes, maintenance work trips, or other MHH activities. I agree that I am solely responsible for my own equipment, safety, and first aid needs. Hiking and Trail Maintenance may involve strenuous physical activity and certain risks. I certify that I am physically fit and have not been advised otherwise by a qualified medical provider.

Neither the MHH nor landowners are in any way liable for any injury or illness I might sustain while participating in a MHH activity. I will and do hereby assume the above-mentioned risks and will hold harmless the MHH and the Hike maintenance representative, or Activity Leaders from any and all liability and claims of every kind and nature whatsoever, which may arise from or in connection with my participation in these activities. This release is binding on me, my heirs, and my personal representatives.

I DO HEREBY CERTIFY BY MY SIGNATURE THAT I HAVE READ, DO UNDERSTAND, AND DO AGREE TO THE ABOVE-MENTIONED TERMS.

Tailgate Safety talk given

Signature	Member (M) or Guest (G)	Emergency Phone Number	Medical Problems and Allergies
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