



# Program Prep Package: Forest Friends

Thank you for registering for a Lake Park Society (LPS) School Program. We're excited to spend the day with you! This package is designed to help prepare yourself and your class for your visit. Please take the time to review this information carefully, and respond accordingly. It will help us all have a fantastic day together.

The LPS [website](#) contains more information, including LPS' mission and teaching approach, program descriptions, and booking information. You are welcome to contact [schoolprograms@clws.ca](mailto:schoolprograms@clws.ca) with any further questions. The School Programs Coordinator works part-time hours. For urgent matters, please contact the Campground Office: (250) 702-8833 (open May 1<sup>st</sup> - Oct 30<sup>th</sup>, 10:00 AM - 4:00 PM).

*Lake Park Society gratefully acknowledges that all of our programs occur on the unceded traditional territory of the Pentlatch, E'iksan, Sasitla and Sathloot peoples, who are the traditional keepers of this land. We endeavour to be good guests who show care, respect, and gratitude to this land and its people in everything we do.*

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## Essential Information: Forest Friends

**What time does the program start and end?** Your program will start at 9:15 AM and end at 1:45 PM. Unfortunately, we cannot facilitate your class prior to 9:15 or after 1:45. If your class is being dropped off early or picked up late, please note this in your registration form and have a plan for supervision and class management outside of program hours.

**Where do we meet?** Drop off and pick up is at “The Gathering Place” which is the grassy field beside the first main parking lot. Driving past the boat launch and the first yellow gate, it is to the far left of the parking lot. If you have passed the main washrooms and concession stand, you have missed it! The Site Map provided in this document can help guide you.

**What if we need to start late, or leave early (e.g. for bus drop-off/pick-up)?** Please confirm your start and end times during registration, and again at the beginning of your program day. This will help us plan out timing and route for the day. We can easily accommodate late starts and early ends to our program with advanced notice.

**When do we hand in our consent forms (waivers)?** Fully completed consent forms for every participant, including adults, must be handed in on the morning of your program.

**What should we bring?** Please ensure that each participant packs all of the items listed under our “What To Bring” list, which is included in this document. Preparedness for weather and/or activities will have a big impact on our program choices - please take this seriously! Please get in touch if you know that student(s) in your class do not have access to adequate outdoor clothing. We may have some items to lend.

**What if the weather is “bad”?** Do everything possible to prepare you and your class for weather, rain or shine! Our route and activity choices will be dependent on weather (especially winds). Please be prepared for our plans to adjust accordingly. LPS staff will be keeping a close eye on the forecast, and if it seems unsafe, your program will be adjusted or rescheduled. Our staff will contact you via the phone number provided if your program needs to be canceled due to weather. This may happen the evening before or morning of your program. No news is good news. See the Policies and Safety Considerations section of our [Teacher Resources](#) page for more information.



**What if I have to cancel our program (e.g. transportation not possible)?** Please contact us as soon as possible. If canceling more than 3 days in advance, contact our School Program Coordinator at [schoolprograms@clws.ca](mailto:schoolprograms@clws.ca). If canceling with less than 3 days notice, please *also* phone our campground office at (250) 702-8833 and leave a detailed message. See the Policies and Safety Considerations section of our [Teacher Resources](#) page for more information about our cancellation policy.

**How many people can we bring?** This program can accommodate a maximum of 26 students. The ratio of responsible and engaged adult volunteers to students must not exceed 1:7 (see details on adult volunteers, below).

**Do we have to bring adult volunteers?** Yes! In addition to the teacher and designated EAs, this program requires that classes bring two adult volunteers. This is to ensure a maximum ratio of 1 adult to 7 students. Classes with less than 22 students may bring only one adult volunteer; classes with less than 15 students do not require an adult volunteer. *Please invite adults who will be engaged and attentive.* They must arrive prepared for the full day outside, and complete a waiver prior to the start of the program. We ask that no more than two adult volunteers attend. Additional adults are welcome to use the public amenities in the park during our program - there are trails and a beach to enjoy!

**What if someone needs to meet us or leave part way through the day?** This is not possible without prior arrangements, and we strongly discourage it. We will be moving through the forest and/or the lakeshore, and our activity timing will be group dependent. If it is absolutely necessary for your group, please check in with LPS in advance to see if it can be arranged.

**Are there bathrooms?** There are single-stall (wheelchair accessible and gender neutral) pit toilets (outhouses) at the lake. Our schedule for the day includes opportunities for students to use the bathroom and we carry a portable handwashing station and hand sanitizer. When away from the main campground area, there are no pit toilets. Students will be encouraged to have a “nature pee” if needed. Staff carry a simple “nature pee” bathroom kit and can coach leave no trace practices to support this.

**Can we go swimming?** No. Even though we will be at Comox Lake, students cannot swim during our program and should be reminded of this expectation. We will spend most of the day in the forest. Participants may get wet, even if it is not a rainy day (the forest can be damp!). Anything they bring to the program should be okay getting wet. See the “What to Bring” list attached.



## Shape of the Day: LPS Forest Friends

Time	Location	Activity	Content
9:15	The Gathering Place (Grassy Field)	Students Arrive	<ul style="list-style-type: none"> <li>➤ Trickle in game</li> <li>➤ Teacher check in, waivers</li> <li>➤ Access to pit toilets</li> </ul>
		Welcome	<ul style="list-style-type: none"> <li>➤ Quick welcome</li> </ul>
9:35	Welcome Rock	Opening Circle	<ul style="list-style-type: none"> <li>➤ Shape of the Day, Community Agreement, Movement Break</li> </ul>
10:00	Tower Rock Classroom	Snack & Bathroom	<ul style="list-style-type: none"> <li>➤ Handwash or sanitize before eating</li> <li>➤ “Nature pee” or access to pit toilets if needed</li> </ul>
		Story / Game	<ul style="list-style-type: none"> <li>➤ Aligned with theme/Q of the day</li> </ul>
11:00	Forest Trails	Forest Walk	<ul style="list-style-type: none"> <li>➤ Focus on sensory awareness</li> </ul>
		Senses Debrief	<ul style="list-style-type: none"> <li>➤ Share observations, curiosities</li> </ul>
12:00	Shivering Timbers Classroom	Lunch	<ul style="list-style-type: none"> <li>➤ Handwash or sanitize before eating</li> </ul>
		Forest Activity	<ul style="list-style-type: none"> <li>➤ Aligned with theme/Q of the day</li> </ul>
1:00	Upper Campsites	Bathroom	<ul style="list-style-type: none"> <li>➤ “Nature pee” or access to portapotty if needed</li> </ul>
1:20	Welcome Rock	Closing Circle	<ul style="list-style-type: none"> <li>➤ Student reflections and goodbyes</li> </ul>
1:45	The Gathering Place	Pick Up	<ul style="list-style-type: none"> <li>➤ Students load bus and leave</li> </ul>

**Please Note:** Your program may be adapted from the “Shape of the Day” above to account for weather, participant needs, timing, and/or group dynamics. With these considerations in mind, *LPS educators will have final say on activity choices*. Please be prepared for our plans to adjust accordingly, so we can all have a safe and fun day together! See the *Policies and Safety Considerations* section of our [Teacher Resources](#) page for more info.



Dear Parents and Guardians,

We are excited that your child(ren) will be joining us for a Forest Friends program, a full-day, place-based program in the forest around Comox Lake.

**Who is Lake Park Society (LPS)?** LPS is a non-profit society that aims to “create wonder and connection through outdoor experiences.” In addition to our community programs and events, we offer subsidized, nature-based school programs. Your child(ren) might also enjoy our summer camps! For more information about LPS’ mission, values, and programs, please visit our website: <https://cumberlandlakepark.ca/programs/school-programs/>.

**What about safety?** Safety is our top priority. All LPS educators are first aid certified, and have extensive experience in nature-based programming. While our programs run rain or shine, they can be adapted to address any safety concerns due to weather. We will cancel the program if weather conditions are severe and will work with your teacher to reschedule your visit.

**How can you prepare?** Being well prepared makes a huge impact on the day, and can open our range of possible adventures! You can help your child(ren) be prepared by:

- 1) Reviewing, with your child(ren), all information about how to prepare that has been shared with you by their teacher.
- 2) Ensuring that your child(ren) has packed according to our **“What to Bring” list**, which is attached on the next page.
- 3) Review and complete Lake Park Society’s **waiver** for your child(ren), shared with you by the teacher. To be considered complete, all signature lines/boxes must be signed or initiated and the form must be witnessed.

Thank you for taking the time to help prepare for this fun day!

Sincerely,  
Lake Park Society’s Education Team



## What to Bring: LPS Forest Friends

While LPS will provide safety equipment and group gear, we rely on each participant to arrive prepared. This will help ensure that we have a fun day together! We will be spending the full day outside, rain or shine. It is often colder at Cumberland Lake Park than other parts of the Comox Valley. There are limited covered spaces, and no heated spaces. Please review the list below, and pack accordingly. We also encourage you to review this [“What to Wear for Outdoor Teaching and Learning”](#) graphic (credit: Child and Nature Alliance of Canada).

### Each participant must have:

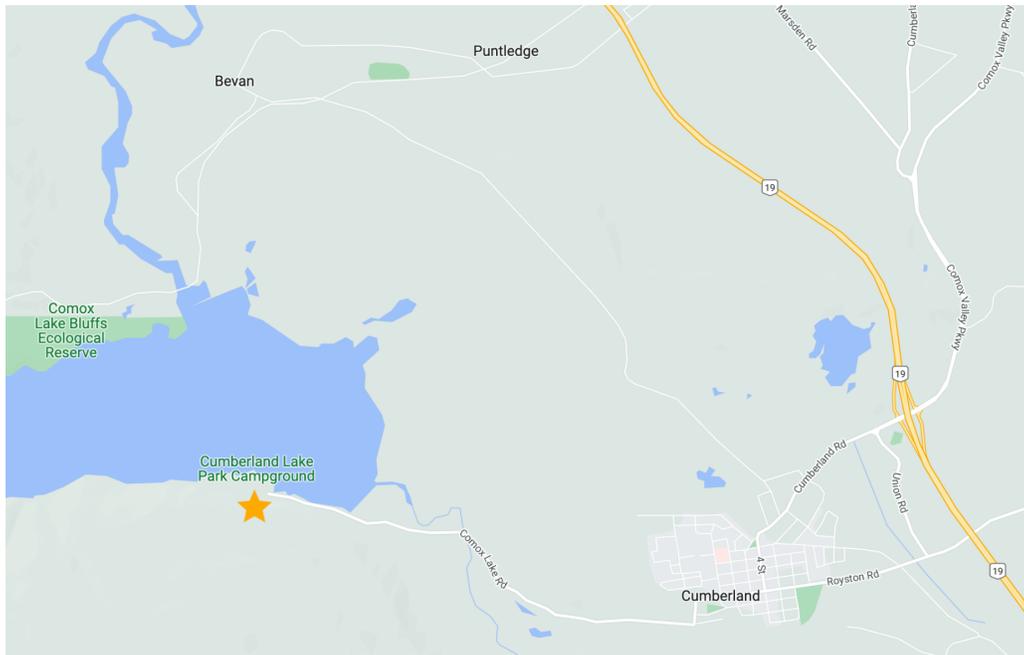
- Fully completed **waiver** (minors informed consent form, adult release form)
- A comfortable and appropriately-sized **backpack**
- A **rain jacket** (\*down jackets are not usually waterproof)
- Rain pants** (\*these make a HUGE difference in a wet forest or canoe ride!)
- Comfortable, **closed-toe shoes** that you can hike, run, play, and get wet in. (\*gumboots or waterproof hikers/runners are a must on rainy days)
- Clothes that can get adventurous** and come home dirty
- Warm layers** (\*preferably wool or fleece - cotton gets cold when wet!)
- A full, **750+ mL water bottle**.
- A **picnic lunch**. Lunch is not provided and we may eat in the forest or on the shore. Lunch deliveries after the start of the program, including hot lunches, are not possible.
- A **snack**. We stop to eat around 10:30 AM.
- A **warm hat and warm gloves** on cold days (even if it is sunny!)
- Sunscreen, sunglasses and a hat with a brim** on hot days
- Any necessary **medication(s) or other personal items**. Participants with any known anaphylactic allergy must bring an **EpiPen**, stored in a waterproof container/bag.

### Please don't bring:

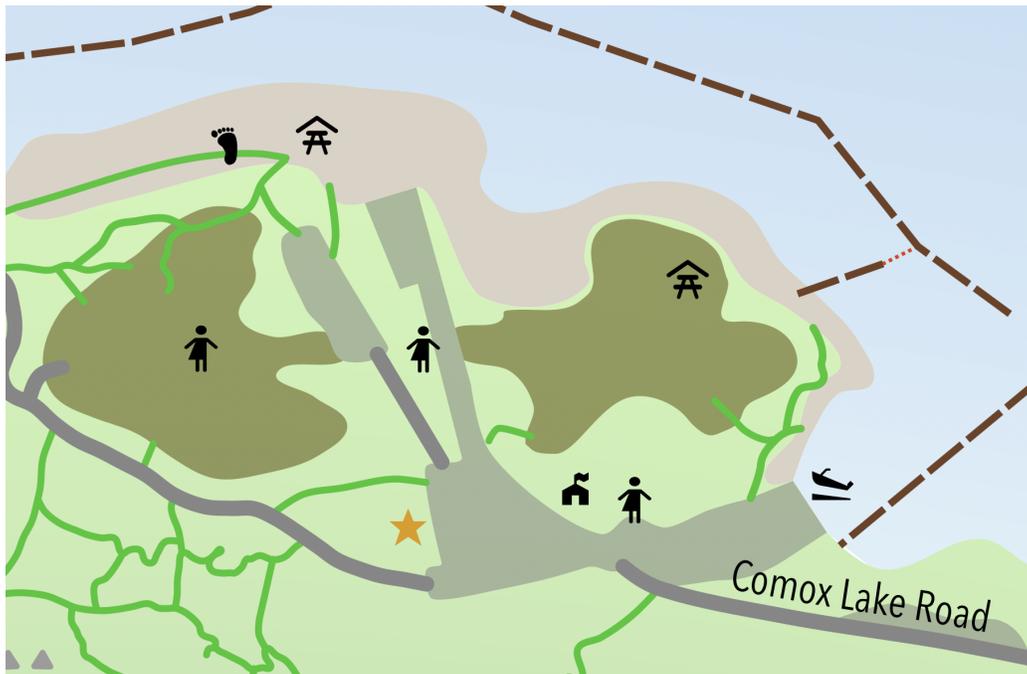
- Electronic devices** such as phones and cameras (except for teachers/adults). They risk getting wet and we aim to enjoy a day without screen time.
- Swimsuit**. We will not be swimming during any LPS School Program

# Site Maps

Find us at Cumberland Lake Park, marked by the gold star below:



Our drop-off and pick-up location (The Gathering Place) is marked by the gold star below:





## LPS Waivers

A completed waiver, more specifically an informed consent form (for minors) or a release form (for adults), must be provided for each participant before the start of the program. Any participants (students or adults) who arrive without completed waivers will not be able to take part in the program. Waivers must be witnessed to be considered complete.

Links to waivers for both adults and minors are included below, and are available on the [Teacher Resources](#) page of our website. Teachers, please:

- Print the form(s), double sided if possible,
- Send them home with your students to be reviewed and completed, and
- Bring completed forms for all participants on the morning of your program.

**You may download and print these documents by following the links below:**

[Informed Consent, Acknowledgment and Assumption of Risk \(For Minors\)](#)

[Release Voluntary Assumption of Risk \(For Adults\)](#)

# OUTDOOR EXPERIENCE PROGRAMS – FOR MINORS

For participants under the age of 19 - To be completed by parent/legal guardian and participant

PARENT/GUARDIAN INITIALS
PARTICIPANT INITIALS

## INFORMED CONSENT AND ACKNOWLEDGEMENT OF RISK FORM

(referred to as the "Consent and Acknowledgement Form")

### WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!

The choice to participate in any program or activity offered by Cumberland Lake Wilderness Society is made freely and with understanding of the associated benefits, risks, and responsibilities.

This Consent and Acknowledgement Form must be fully completed and signed before participants are allowed to enter land or premises owned or operated by Cumberland Lake Wilderness Society

Participant Last Name: _____	First Name: _____
Address: _____	
Telephone: _____	Date of Birth: _____

To: **Cumberland Lake Wilderness Society, and to its officers, directors, shareholders, employees, representatives, independent contractors, volunteers, agents, insurers, and assigns (the "Releasees")**

**DEFINITION:** In this Consent and Acknowledgement Form the term "**Activities**" includes all activities, programs, events, and services that are provided, arranged, organized, conducted, sponsored, or authorized by any of the Releasees, and includes, without limitation, any and all: use of the Cumberland Lake Park Campground located at 1100 Comox Lake Road, Cumberland BC, VOR 1S0; use of Comox Lake; backpacking; camping; hiking; running; jumping; climbing; fire building; shelter building, trail building, clearing and maintenance; swimming; kayaking; canoeing; stand up paddle boarding; orientation; instructional and skills development programs; training; transportation or travel to and from locations used for the Activities and all other such activities, programs, events, and services, that are in any way connected with or related to any of the foregoing.

1. **DISCLAIMER: THE RELEASEES ARE NOT RESPONSIBLE FOR ANY LOSS, DAMAGE, EXPENSE, OR INJURY SUFFERED BY A PARTICIPANT DURING OR AS A RESULT OF THE ACTIVITIES, DUE TO ANY CAUSE WHATSOEVER, INCLUDING, BUT NOT LIMITED TO, THOSE CLAIMS BASED ON ANY OF THE RELEASEES' ALLEGED OR ACTUAL:**

PARTICIPANT INITIALS
PARENT/ GUARDIAN INITIALS

- a) **NEGLIGENCE, INCLUDING FAILURE ON THE PART OF ANY OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT THE PARTICIPANT FROM THE RISKS, DANGERS, AND HAZARDS OF THE ACTIVITIES;**
- b) **BREACH OF ANY CONTRACT OR WARRANTY, WHETHER EXPRESS OR IMPLIED; AND/OR**
- c) **BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE UNDER THE BRITISH COLUMBIA OCCUPIERS LIABILITY ACT.**

2. **NO REPRESENTATIONS:** We acknowledge and agree that the Releasees make no representations regarding the safety of the Activities or regarding whether the Activities are appropriate for the Participant to undertake.

3. **VOLUNTARY ASSUMPTION OF RISKS:** We acknowledge and agree that participation in the Activities involves certain inherent risks, dangers, and hazards, which can result in personal injury, death, property damage, and other loss. Risks, dangers, and hazards may include but are not limited to:

- a) slipping and falling;
- b) overturning a kayak, canoe, stand up paddle board, or other water craft;
- c) exposure to very cold water;
- d) variation in the water conditions, surfaces and currents, including high waves, and river currents;
- e) changing and inclement weather conditions including storms, high wind and lightning;
- f) equipment failure, the use of inadequate or inappropriate equipment, and the use of improperly

- g) prepared or adjusted equipment;
- h) steep slopes in their natural state that may contain obstacles and hazards, and terrain that may not have been traveled on or climbed before and is not regularly patrolled or inspected;
- i) variation in terrain including holes, depressions, loose gravel, rocks, mud, roots, deadfall, rocks, or other natural or man-made objects on or adjacent to the trails;
- j) exposure to fire;
- k) encounters with wild and domestic animals;
- l) becoming lost or separated from the Releasees or other participants;
- m) failing to act safely, or within one's own ability, or to stay within designated areas;
- n) failing to read and comply with signage, or with any of the Releasees' instructions;
- o) the proximity of medical care which may or may not be readily available;
- p) theft, vandalism, and loss of personal property;
- q) negligence of participants, instructors, and bystanders; and
- NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING FAILURE TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS, AND HAZARDS OF ENGAGING IN THE ACTIVITIES.**

PARTICIPANT INITIALS	<b>WE ACKNOWLEDGE AND AGREE THAT THE ABOVE LIST IS NOT INCLUSIVE OF ALL POSSIBLE RISKS, DANGERS, AND HAZARDS ASSOCIATED WITH THE ACTIVITIES. WE HAVE INFORMED OURSELVES TO OUR OWN SATISFACTION OF THE NATURE OF THOSE INHERENT RISKS, DANGERS, AND HAZARDS AND WE FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS, AND HAZARDS, AS WELL AS THE POSSIBILITY OF PERSONAL INJURY, DEATH, OR LOSS RESULTING THEREFROM.</b>
PARENT/ GUARDIAN INITIALS	

4. **PARTICIPANT'S CONDUCT:** We represent, acknowledge, and agree that:
- a) the Participant has the experience required to participate safely in the Activities and that the Participant has no known physical or mental condition which would impair their capability for full participation in the Activities;
  - b) we are solely responsible for assessing whether any of Activities are too difficult for the Participant, and by the Participant commencing any of the Activities, we acknowledge and accept the suitability and conditions of those Activities;
  - c) the Participant's risk of injury is reduced if the Participant follows all rules established for participation;
  - d) the Participant's risk of injury increases as the Participant becomes fatigued;
  - e) if the Participant observes an unusual or significant hazard or risk, the Participant will remove themselves immediately from participation and bring such to the attention of a representative of the Releasees; and
  - f) the Participant will obey any and all guidelines, rules, and regulations which govern their participation in the Activities, as established by the Releasees from time to time.
5. **NO ALCOHOL, CANNABIS, OR OTHER DRUGS:** We acknowledge that alcohol, cannabis, and other drugs, both prescribed and non-prescribed, have the capacity to impair judgment and reduce the Participant's ability to effectively manage risks. Consuming alcohol, cannabis, or other drugs prior to or while participating in the Activities is strictly prohibited.

**We declare that we have read, understand, and agree with this Consent and Acknowledgment Form:**

Parent/Legal Guardian Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Relationship to Participant: \_\_\_\_\_

Parent/Legal Guardian Signature: \_\_\_\_\_ Participant Signature: \_\_\_\_\_

**WITNESSED BY AN ADULT (Not the Signing Parent/Legal Guardian)**

<p>Declared before me at the city of _____, BC this ____ day of _____ 20 ____</p> <p>_____</p> <p>Witness Signature</p>	<p>Witness Name: _____</p> <p>Witness Address: _____</p> <p>_____</p> <p>Witness Phone: _____</p>
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\_\_\_\_ Yes \_\_\_\_ No Photos of my child may be used for CLWS publicity purposes.

## OUTDOOR EXPERIENCE PROGRAMS – FOR ADULTS

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISK,  
AND INDEMNIFICATION AGREEMENT  
(referred to as the "Release Agreement")**

**WARNING: PLEASE READ CAREFULLY BEFORE SIGNING!  
THIS DOCUMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS,  
INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION**

INITIAL

This Release Agreement must be fully completed and signed before participants are allowed to enter land or premises owned or operated by Cumberland Lake Wilderness Society

Participant Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**To: Cumberland Lake Wilderness Society, and to its officers, directors, shareholders, employees, representatives, independent contractors, volunteers, agents, insurers, and assigns (the "Releasees")**

**DEFINITION:** In this Release Agreement the term "**Activities**" includes all activities, programs, events, and services that are provided, arranged, organized, conducted, sponsored, or authorized by any of the Releasees, and includes, without limitation, any and all: use of the Cumberland Lake Park Campground located at 1100 Comox Lake Road, Cumberland BC, V0R 1S0; use of Comox Lake; backpacking; camping; hiking; running; jumping; climbing; fire building; shelter building, trail building, clearing and maintenance; swimming; kayaking; canoeing; stand up paddle boarding; orientation; instructional and skills development programs; training; transportation or travel to and from locations used for the Activities and all other such activities, programs, events, and services, that are in any way connected with or related to any of the foregoing.

1. **ASSUMPTION OF RISKS:** I acknowledge that my participation in the Activities involves certain inherent risks, dangers, and hazards, which can result in personal injury including death, property damage, and other loss. Risks, dangers, and hazards may include but are not limited to:
  - a) slipping and falling;
  - b) overturning a kayak, canoe, stand up paddle board, or other water craft;
  - c) exposure to very cold water;
  - d) variation in the water conditions, surfaces and currents, including high waves, and river currents;
  - e) changing and inclement weather conditions including storms, high wind and lightning;
  - f) equipment failure, the use of inadequate or inappropriate equipment, and the use of improperly prepared or adjusted equipment;
  - g) steep slopes in their natural state that may contain obstacles and hazards, and terrain that may not have been traveled on or climbed before and is not regularly patrolled or inspected;
  - h) variation in terrain including holes, depressions, loose gravel, rocks, mud, roots, deadfall, rocks, or other natural or man-made objects on or adjacent to the trails;
  - i) exposure to fire;
  - j) encounters with wild and domestic animals;
  - k) becoming lost or separated from the Releasees or other participants;
  - l) failing to act safely, or within one's own ability, or to stay within designated areas;
  - m) failing to read and comply with signage, or with any of the Releasees' instructions;
  - n) the proximity of medical care which may or may not be readily available;
  - o) theft, vandalism, and loss of personal property;
  - p) negligence of participants, instructors, and bystanders; and
  - q) **NEGLIGENCE ON THE PART OF THE RELEASEES, INCLUDING FAILURE TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS, AND HAZARDS OF ENGAGING IN THE ACTIVITIES.**

**I ACKNOWLEDGE AND AGREE THAT THE ABOVE LIST IS NOT INCLUSIVE OF ALL POSSIBLE RISKS, DANGERS, AND HAZARDS**

CONTINUED ON PAGE 2

ASSOCIATED WITH THE ACTIVITIES. I HAVE INFORMED MYSELF TO MY OWN SATISFACTION OF THE NATURE OF THOSE  
 INHERENT RISKS, DANGERS, AND HAZARDS AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS, AND  
INITIAL HAZARDS, AS WELL AS THE POSSIBILITY OF PERSONAL INJURY, DEATH, OR OTHER LOSS RESULTING THEREFROM.

2. **WAIVER AND RELEASE:** I AGREE, TO THE GREATEST EXTENT PERMITTED BY LAW, TO WAIVE ANY AND ALL CLAIMS THAT I HAVE OR MAY IN THE FUTURE HAVE AGAINST THE RELEASEES, AND TO RELEASE THE RELEASEES FROM ANY AND ALL LIABILITY FOR ANY LOSS, DAMAGE, EXPENSE, OR INJURY (INCLUDING DEATH) THAT I OR MY NEXT OF KIN MAY SUFFER AS A RESULT OF MY PARTICIPATION IN THE ACTIVITIES, DUE TO ANY CAUSE WHATSOEVER, INCLUDING, BUT NOT LIMITED TO, THOSE CLAIMS BASED ON ANY OF THE RELEASEES' ALLEGED OR ACTUAL:

a) NEGLIGENCE, INCLUDING FAILURE ON THE PART OF ANY OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS, AND HAZARDS OF THE ACTIVITIES;

b) BREACH OF ANY CONTRACT OR WARRANTY, WHETHER EXPRESS OR IMPLIED; AND/OR

c) BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE UNDER THE BRITISH COLUMBIA OCCUPIERS LIABILITY ACT.

3. **INDEMNITY:** I AGREE TO DEFEND, INDEMNIFY, AND HOLD HARMLESS THE RELEASEES FOR ALL LIABILITY AND CLAIMS, INCLUDING ALL JUDGMENTS, DEMANDS, SETTLEMENTS, COSTS, AND EXPENSES (INCLUDING LAWYERS' FEES AND DISBURSEMENTS), WHETHER ARISING IN WHOLE OR IN PART FROM MY PARTICIPATION IN THE ACTIVITIES, OR FROM ANY MISREPRESENTATION OR FRAUDULENT EXECUTION OF THIS RELEASE AGREEMENT ON MY PART.

4. **MY REPRESENTATIONS:** I represent that I have the experience required to participate safely in the Activities and that I have no known physical or mental condition which would impair my capability for full participation in the Activities.

5. **PROMISE TO OBEY RULES:** I confirm that I will obey any and all guidelines, rules, and regulations which govern my participation in the Activities, as established by the Releasees from time to time.

6. **NO ALCOHOL, CANNABIS, OR OTHER DRUGS:** I acknowledge that alcohol, cannabis, and other drugs, both prescribed and non-prescribed, have the capacity to impair judgment and reduce my ability to effectively manage risks. Consuming alcohol, cannabis, or other drugs prior to or while participating in the Activities is strictly prohibited.

7. **AMENDMENTS:** I agree that this Release Agreement may only be amended by a duly executed written agreement between myself and the Releasees, and this Release Agreement shall not be affected or altered by any prior or subsequent oral or written representation made by the Releasees or anyone acting on their behalf, and that in giving this Release Agreement I am not relying on any oral or written representation or statement made by anyone, including the Releasees or anyone acting on their behalf.

I CONFIRM THAT I AM AT LEAST THE FULL AGE OF 19 YEARS. I HAVE READ AND UNDERSTAND THIS RELEASE AGREEMENT AND I AM AWARE THAT BY SIGNING IT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS, AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

\_\_\_\_\_  
Participant Signature

**WITNESS SIGNATURE AND CONTACT INFORMATION:**

Declared before me at _____, BC this _____ day _____ of 20__	Witness Name: _____
_____	Witness Address: _____
Witness Signature	_____
	Witness Phone: _____

\_\_\_\_\_ Yes \_\_\_\_\_ No Photos of me may be used for CLWS publicity purposes.