

WOODLANDS SWEAT
LIABILITY RELEASE AND PERMISSION FORM
(please print front to back)

NOTE: THIS IS A LEGALLY BINDING DOCUMENT WHERE BY YOU ARE AGREEING TO WAIVE CERTAIN LEGAL RIGHTS. YOU ARE ADVISED TO READ IT CAREFULLY BEFORE SIGNING. EACH CAMPER MUST SUBMIT A FULLY SIGNED LIABILITY RELEASE FORM TO THE CAMP REGISTRAR BEFORE PARTICIPATING IN ANY WOODLANDS SWEAT ACTIVITIES. IF YOU ARE LESS THAN EIGHTEEN (18) YEARS OF AGE, BOTH OF YOUR PARENTS (SINGLE PARENT IN THE CASE OF SOLE CUSTODY) OR ANY LEGAL GUARDIANS MUST SIGN THIS FORM ON YOUR BEHALF.

As consideration for my (or my minor child) being allowed to participate in the Woodlands Sweat at the Northern California UU Camps and Conferences Inc. Family Camp and any related activities (hereinafter "Woodlands Sweat Activities"), I hereby confirm my understanding of and express my agreement to the following:

(1) I acknowledge that in participating in Woodlands Sweat Activities, I (or my minor child) will be exposed to certain risks and dangers inherent in such an undertaking including, but not limited to, fainting, dehydration, burning of the skin, smoke inhalation, heat exhaustion, foot injuries, and heart attack ("Injuries and Damages").

(2) I hereby certify to the best of my knowledge that I am (or my minor child is) of reasonably good health; or that if I have (or my minor child has) any health concerns such as high blood pressure or heart disease, or if I am (or my child is) pregnant, I have discussed and cleared participation in Woodlands Sweat Activities with my physician. I understand that, regardless of the state of my (or my child's) health, I undertake (or my child undertakes) Woodlands Sweat Activities at my own risk.

(3) To the fullest extent allowed by law, **I AGREE TO WAIVE AND DISCHARGE ANY AND ALL CLAIMS AGAINST AND TO RELEASE** Northern California UU Camps and Conferences Inc., and its officers, directors, employees, volunteers, independent contractors, agents, leaders, and other representatives (hereinafter referred to joint and severally as "NCUUCC"), **FROM ANY AND ALL LIABILITY** on account of, or in any way resulting from Injuries and Damages, even those Injuries and Damages caused by the negligence (active or passive) of NCUUCC, in any way connected with Woodlands Sweat Activities. **I FURTHER AGREE TO INDEMNIFY AND HOLD HARMLESS** NCUUCC from any claims, damages, injuries or losses caused by my own (or my child's)

negligence or willful misconduct while participating in Woodlands Sweat Activities. I understand and intend that this release of liability and assumption of risk is binding upon my (or my child's) heirs, executors, administrators and assigns.

(4) For the safety and comfort of everyone, I have read, understand and agree that I (or my child) will abide by the Woodlands Sweat Policies and Procedures, a copy of which incorporated herein by reference as if fully set forth herein. I further understand that violation of the Woodlands Sweat Policies and Procedures can lead to exclusion from Woodlands Sweat Activities and may also result in dismissal without refund. I acknowledge and agree that if my child and/or I is dismissed or otherwise removed from Family Camp, I am completely and entirely responsible for arranging transportation.

(5) This Agreement represents the full and complete agreement between the parties with respect to the matters set forth herein, and it can only be modified by a written agreement signed by the parties hereto. This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or portion thereof is held to be invalid or legally unenforceable for any reason, the remaining portions of this Agreement shall not be affected thereby and shall remain valid and fully enforceable. Interpretation of the terms and conditions shall be made under California law, without respect to its conflict of laws provisions. No assignment of this contract shall be made by Camper or his/her parent(s) or legal guardian(s), unless agreed to in writing by NCUUCC.

(over)

I certify that I have read this Agreement and I understand and agree to all of the foregoing information, terms and conditions:

Date: _____

Camper Name: _____

Signature: _____

*****REQUIRED IF CAMPER IS LESS THAN 18*****

WOODLANDS SWEAT PERMISSION FORM FOR MINORS

I understand that the Woodlands Sweat is a spiritual ritual available to campers age 16 and over, and typically involves exposure to heat and steam for several minutes followed by a cold water plunge in the creek. My child, _____, has my permission to participate in Woodlands Sweat Activities while at Family Camp.

Signature(s) of Parent(s)/Guardian(s): _____