

THIS IS A LEGAL DOCUMENT: PLEASE READ CAREFULLY BEFORE SIGNING



**ADVENTURE RELEASE, WAIVER & ASSUMPTION OF RISKS**

I, \_\_\_\_\_ hereby grant permission to participate in Follow Her North’s adventure and represent that I am physically able to participate in this type of activities. I hereby release Follow Her North and its employees and volunteers from all claims resulting from illness, injuries, or other incidence that may be sustained during the adventure. In the event of illness or injury, I hereby authorize the staff members to obtain medical assistance or any other appropriate treatment. Considering the services provided and the equipment used by Follow Her North, I agree to participate in wilderness survival-related outdoor activities and hands-on learning.

I agree as follows:

I UNDERSTAND that adventures involve walking through the bush, performing activities in the proximity of plants, insects, and animals under the supervision of Follow Her North.

I am AWARE that taking part in this activity involves a certain level of risk, including but not limited to developing allergies, falling in the water and drowning, burning yourself around a campfire, sunburns, mosquito bites, frost bites, minor injuries as a result of trips and falls or walking in the forest, losing or damaging clothing and other personal items, etc. I ACKNOWLEDGE all risks involved and willingly ASSUME the same.

I AGREE to release Follow Her North from all claims for money damages. I AGREE to release Follow Her North from all unintended harm to myself resulting from adventure activities.

I AGREE that Follow Her North may document my participation in this event on video or by photograph. I grant Follow Her North the use of any such recordings to be used for promotional materials ONLY. Such recordings are the sole property of Follow Her North.

I UNDERSTAND that FOLLOW HER NORTH encompasses its owner and operator, volunteers and sponsors.

I DECLARE that I AGREE to all of the above-noted provisions, and I will-assume all the obligations of this Release.

BY SIGNING BELOW, I forever release and discharge Follow Her North, its employees for any liability that may occur during an adventure.

On behalf of myself and of my family, the undersigned has read and voluntarily signs this release and waiver of liability and indemnity agreement. I agree that no oral representations, statements, or inducements apart from the forgoing written agreement have been made.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

(If under 18 years old) Print Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

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