

PATHFINDER CAMP

**(GRADES 3-6)
INFORMATION PACKET**



RIVER TRAILS
P A R K D I S T R I C T

Pathfinder Camp

Welcome all trailblazers! Join us as we hike, track, and explore the outdoors! We will be taking trips to local forest preserves, nature trails, botanic gardens, and more; all while learning foundational wilderness skills, such as nature awareness, wilderness/hazard safety, tracking basics, plant identification, and even wilderness survival fundamentals. Prepare to have fun, learn, and explore the natural world around us!

Location

Camp days will begin and end at **Woodland Trails Park** (1500 E Euclid Ave, Mt. Prospect, IL 60056).

Time

8:30 am – 3:00 pm

Camp options: {M, W, F}

Day selection must stay the same throughout the session.

Campers in Before Care* and/or Swim Lessons* will be walked over after the conclusion of each activity by a Fun Counselor or Supervisor to Woodland Trails Park for Camp Fun. Campers in After Care* and/or Tag On* programs will be walked back after the conclusion of Camp Fun each day by a Fun Counselor or Supervisor to the Weiss Center and placed in the correct After Camp activity.

**Additional fees apply. Please register for these separately*

SAFETY GUIDELINES

1. Games and activities will be structured to emphasize minimal contact with other campers. All campers will be encouraged to spread out at all times.
2. Activities requiring physical exertion and/ or voice will be played outside during appropriate weather conditions. There will be increased play outside throughout the day.
3. Water-based activities will be permitted per Phase 5 guidelines.
4. Cleaning and sanitation practices will be conducted in compliance with the CDC protocols. Touch points will be cleaned every two hours.
5. All staff members and campers will be required to wear a mask when inside when within 6ft of each other.
6. If a participant is showing any symptoms, they will not be permitted to attend camp until they give no fever for at least 72 hours, other symptoms have improved, and/or at least 10 days have passed since first symptoms appeared.
7. We will have increased hand sanitizer stations and designated hand-washing times. All campers will be expected to practice proper hand-washing techniques.

Drop Off/Pick Up

Drop off time is 8:30 am. Please drive your camper to the designated drop off/pick up location where a supervisor will be attending to sign them in. Pick up is at 3:00 pm. To pick your child up, please drive to the designated drop off/pick up location where a supervisor will be waiting to sign your camper out. Your camper must be signed out by an adult authorized to pick them up. If your camper is not picked up by 3:30 pm, staff will take your child to After Camp and you will be charged \$1.00 per minute after 3:15 pm that your child is in After Camp.

Attendance

If your camper will arrive late to camp, leave early or anything different from the normal schedule, please send a note with your camper to give to their counselor. If your camper leaves early, staff will bring camper to Weiss Center office to meet you. If your camper arrives late, please bring your camper to Weiss Center office and staff will take them to their group. You will need to sign your child in or out at the Weiss Center front desk when dropping or picking them up late.

Activities

The camp staff will plan a variety of activities geared towards exploring the outdoors. Campers will learn foundational wilderness skills, such as nature awareness, wilderness/hazard safety, tracking basics, plant identification, and some survival fundamentals. We will also take field trips to local forest preserves, nature trails, botanic gardens, and more. Campers will also be able to swim, play with friends, do crafts, and participate in summer camp theme days throughout the session.

Field Trips

Field trips will be taken during the camp session. Locations are subject to change pending availability. For safety reasons, children must wear their camp T-shirts on trips. One T-shirt will be provided to a camper during the first week of camp. An additional t-shirt can be purchased for \$5. A newsletter sent home the first week of each session will list date of field trips and other information.

Communication

Newsletters and field trip information will be made available in the camp section of our webpage inside the Virtual backpack at www.rtpd.org and distributed before each session.

VIRTUAL BACKPACK
Click on the backpack to
see all Summer Camps
Downloads



Family Night

During Session I of the summer, there will be a Family Night for all summer campers and their families. Family Night is an opportunity for parents to meet the counselors, enjoy dinner, and participate in fun activities. You will receive more details in the camp newsletter sent home the first week of the session.

Open Swim

Campers will swim on **Wednesday afternoons** on days that they are on campus. Bring swimwear and a towel on these days. Please teach your camper to apply his/her own sunscreen or to wear a clean white T-shirt while swimming to avoid sunburn.

Sunscreen

Camp staff is not allowed to apply sunscreen onto campers. We suggest that parents use/send spray on sunscreen and teach your camper to use it. Staff can help with spray if needed.

Cookouts

On Fridays, we will have a cookout for lunch. The day may vary depending on field trips, so we will let the campers know on the Monday of each week. The park district will provide a hot dog or hamburger for lunch which includes all the fixings of ketchup, mustard, and chips. We ask campers to bring their own drink. If your child does not like hot dogs/hamburgers, they are welcome to bring their own lunch that day or use the hot lunch option.

Hot Lunch Option

You may choose to order a hot lunch for your camper one day or every day. Lunches are made in the pool concession stand and delivered to the campers at lunch time. Orders are due one week before the week needed. On field trip days, you can order a special option that will be ready for your camper before they leave for the field trip.

Forms will be available at the Weiss Community Center or online at www.rtpd.org.

Walk/Bicycles

Campers that ride bikes must lock them up at the outdoor bike rack in front of the Weiss Center. All bikes must be locked with the camper's own lock. The River Trails Park District is not responsible for lost or stolen bicycles. Please give us a note giving your permission to have your child walk/ride their bike from camp.

Cell Phones

Campers are not allowed to bring a cell phone to camp. If a camper is found using their phone, we will hold it and return it to your camper at the end of day. Staff will also speak to their parent at pick up time. If your camper needs to contact you, they may ask their counselor or the Site Supervisor. If you need to contact your camper, please leave a message with the Weiss Center office and specify which camp your child is attending.

Tax Deduction Information

Parents are asked to keep a tally of their camp payments for tax deduction information. The park district tax ID number is 36-6136813. You can get this online if you have set up an account. Please inquire at the Weiss Center.

Save The Earth

We ask each camper to bring a lunch in a reusable container and a water bottle every day. Eliminating paper cups can save hundreds of trees! Please write your camper's name on the water bottle & lunch container with a permanent marker.

Vending Machines

Campers may use the outside vending machines at designated break times. Please send your camper with correct change or dollar bills, as the pool and Weiss Center are unable to give change.

What To Bring To Camp:

Your child should bring a **backpack** to camp each day with the following items:

Lunch/drink
Water Bottle
Snack
Spray Sunscreen
Swimwear & a towel on water days
(& a Positive Attitude!)



Summer Camp Registration Guidelines

- Please register early or by session deadline! There will be a 48-hour deferment period after any late registration. You will be notified within two business days if we will be able to accommodate you. No friendship requests will be granted with late registration.
- Transfers and withdrawals must be made 48 hours prior to each camp session starting date. Once a program starts, refunds will be prorated and credits will be applied to your account.
- There will be no fee adjustments for any time your child does not attend a session.
- Don't have an account? Go to www.rtpd.org to start one today.
- There are two options to register for Camps and Before/After Care (once you choose an option, it CAN NOT be changed).
- Summer camp tuition must be paid in full upon Registration.
- Enroll in **AUTOMATIC BILLING**: You must **SAVE** a **CREDIT CARD** into the **PAYMENT METHODS** of your online account. **AUTOMATIC BILLING** is found under **MY ACCOUNT\PAYMENT METHODS**.
- You will be charged a 25% deposit at the initial Registration. Approximately 7-10 days before each camp session start date, your card will be charged automatically for the balance of the upcoming session.
- Tag On payment is due at the time of Registration.
- **Registering for Tag-Ons**: Log in to your account, click on the browse button, select the "RTPD Brochure Programs" box, then on the left side under "program groups" select Camps it will expand and then pick Tag-Ons. The course should appear on your right.
- Late Registration is not guaranteed. Late Registration is defined as two weeks before each session. After the deadline, we will notify you within two business days if we can place your child. No friendship requests will be granted with late Registration.
- Withdrawals must be made two business days before the Camp Session starting date.
- Transfers must be made by mid-week. Request can only be accepted if there is room in the session you are requesting. The child must complete the full week of camp before transferring into the requested program.
- Refunds: Once a program starts, refunds will be prorated, and credits will be applied to your account.

Additional Program Options

Information Sheet

***Before/After Camp - Camp Swim - Golf Lessons – Tag-Ons –
Rob Roy Jr. Golf Camp Leagues***

LOCATION

All additional program options will begin and end at Woodland Trails Park, 1500 E. Euclid Ave., Mt. Prospect.

TIMES

7:00 – 8:30 am	Before Camp (M, W, F or M-F)
8:00 – 8:45 am	Camp Swim Lessons (M, W, F) or (M-F)
3:00 – 6:00 pm	After Camp (M, W, F or M-F)
3:00 – Time Varies	Camp Tag-Ons (M, W, F or T/TH)
10:00 – 1:00pm	Rob Roy Jr. Golf Camp Leagues (M)

Please register for these programs separately. Additional fee applies.

Before Camp

- ❖ **Drop off time is 7:00 am. Please drive your camper to the designated drop off/pick up location where a supervisor will be attending to sign them in.** At 8:30 am, a counselor will walk your camper over to their camp meeting location.

If your camper is enrolled in both Before Camp and Camp Swim Lessons, a counselor will take your camper over to the pool by 8:00 am. **They will then meet your camper after swim lessons and bring them to their camp meeting location at 8:45am.**

- ❖ **Activities**

Before Camp will offer choices of quiet activities including low organized games, coloring, board games, puzzles, etc. Some TV time and PG videos may be included.

- ❖ **Lost and Found**

A lost and found box will be kept at the campsite. Items not claimed by the end of the session will be donated. Please do not wear or bring anything to camp that is valuable (including jewelry, DS's, tablets, iPads, cell phones, etc.). **The River Trails Park District is not responsible for lost, stolen or damaged items. Please put your child's name on everything coming to camp.**

Camper Swim Lessons

- ❖ Our swim lesson program is designed around flexibility that allows each child to progress at their own pace rather than conforming to the peer group. Lessons are taught by qualified instructors who love to teach. We provide students with a safe, interactive, and fun environment.
- ❖ Day Camp swim lessons will be available from 8:00–8:45 am, Monday–Friday or MWF. If your camper is not enrolled in Before Camp, it will be your responsibility to get them to the pool for their 8:00 am lesson. When lessons are over, counselors will meet campers and walk them to their camp meeting location. Parents are invited to watch their camper from outside the pool fence. All campers will be tested on the first day of camp and placed in a swim level that accommodates their ability. (Non-Swimmer, Beginner, Intermediate or Advanced).

Camper Golf Lessons

- ❖ Golf lessons will be held at the driving range from 3:00-4:00 pm Monday & Wednesday. Lessons will be structured towards the individual skill level of each participant. Our golf instructor will teach stance, grip, driving, putting, etiquette, pace of play & rules. Ample time for individual attention. Clubs will be supplied. Camp staff will walk campers to lesson & back.

Camp Tag-Ons

- ❖ Camp Tag-Ons will be held at various River Trails Park District locations from starting at 3pm. Days and end times will vary depending on the Tag-On you have chosen. If a Tag-On is held off site, Camp Staff will provide transportation to/from the Weiss Center.

Rob Roy Jr. Camp Golf Camp

- ❖ A fun and friendly recreational league where we stress learning and developing golf skills while playing with friends in a relaxed and fun atmosphere on the golf course. The 1st day will include a clinic on skills and course etiquette. We will drive your child to and from the golf course. The league plays Mondays 10am- 1pm. Lunch and greens fees included.

After Camp

At camp dismissal time, After Camp counselors will walk your camper to the shelter area north of the Weiss Center. After attendance is recorded, snack & drink will be provided and then the campers will have a choice of activities.

- ❖ Pick up
Look for the colored sign out along the parking lot to help you identify where your camper's pick up location will be. **Campers must be signed out by an adult authorized to pick them up.**
- ❖ Activities
Staff will offer choices of activities including sports, cooperative games, crafts, board games, etc. Some TV time and PG videos may be included on hot or rainy days.

❖ Swimming

After Camp will go swimming on **Wednesday** afternoons until 5:00 pm. Sometimes camp may not be able to swim due to home swim meets. Please look for the colored signs along the parking lot to identify where to pick up your child.

❖ Rainy Days

If it rains, the children will be in the Weiss Center.

❖ Snacks

A snack is provided in our After Camp program only. Each camper is asked to bring a water bottle/plastic cup to camp with their name on it. A drinking fountain is also available to campers. Please help us refrain from using paper cups. If you wish, you may send a snack with your child. Please no snacks containing nuts, due to others with food allergies.

❖ Lost and Found

A lost and found box will be kept at the campsite. Items not claimed by the end of the session will be donated. Please do not wear or bring anything to camp that is valuable (including jewelry, iPads, DS's, tablets, cell phones, etc.). ***The River Trails Park District is not responsible for lost, stolen or damaged items. Please put your child's name on everything coming to camp.***

❖ Late Pick up Fees

There will be a charge of **\$1.00 per minute** for each minute after 6:00 pm that a child is picked up late. If a parent is late, a counselor will stay with the child until 6:15 pm. Any camper not picked up by 6:15 pm will be taken into the Weiss Center and left under the care of Park District personnel. ***The number of late pick-ups will be closely monitored. If they become excessive, there is a possibility that your camper could be removed from the program.***



Behavioral Standards Contract

The following standards have been adopted by the River Trails Park District to be used uniformly as a guideline for disciplining any child enrolled in our Day Camp programs.

GENERAL UNACCEPTABLE/INAPPROPRIATE BEHAVIORS:

1. Abusive language
2. Disrespectful behavior towards staff and/or fellow participants
3. Continuous disruptive behavior
4. Any aggressive behavior (slapping, punching, kicking, biting, etc.), whether it is initiated or in retaliation
5. Show respect for equipment, supplies and facilities

FIRST WARNING:

The first time any inappropriate/unacceptable behavior occurs, the parent will be notified by phone (or written letter if parent is not reachable). Documentation of this behavior will be kept on file at the park district. If that behavior occurs again within the same day, the parents will be called to come and remove the child from the program for the remainder of the day. **

SECOND WARNING:

If a child continues to display unacceptable/inappropriate behavior after a first warning has been given, the parent will receive a written letter of second warning. This letter will state the child's unacceptable/inappropriate behavior and notify the parent(s) that one more incident of such behavior will result in the child being removed from the program for a specified period of time or permanently (depending on the severity of the behavior).** This letter must be signed by a parent and returned. One copy will remain at the park district and one copy will be given to the parent. **

THIRD (FINAL) WARNING:

As per the above, after the first and second warnings have been issued and an inappropriate behavior is displayed, a parent will be contacted by phone and given a written notice that the child will be removed from the program.

**In an extreme case of unacceptable behavior that is threatening / harmful to other participants or staff, the first two warnings can be omitted and the child will be removed from the program immediately with the final warning. **

I have read, understand, and accept the above Behavioral Standards Contract and procedures.

Parent/Guardian Signature

Child/Children's names (please print)

River Trails Park District
1500 E. Euclid
Mount Prospect, IL 60056

www.rtpd.org
PH: 847.255.1200
Fax: 847.255.1285

Camper Emergency Form

Child's Name: _____

Address: _____
Last City: First Zip: _____

Home Phone: _____ Email: _____

Mother's Name: _____ Father's Name: _____

Mother's Phone: _____ Father's Phone: _____

Mother's Cell Phone: _____ Father's Cell Phone: _____

Emergency Contact and Authorized Pickup Information

(Other than parents listed above that may be called in case of emergency and have authorization to pick up from program)

1. Emergency Contact: _____ Relationship: _____ Phone: _____

2. Emergency Contact: _____ Relationship: _____ Phone: _____

Other Authorized Pickups

1. Name: _____ Relationship: _____ Phone: _____

2. Name: _____ Relationship: _____ Phone: _____

3. Name: _____ Relationship: _____ Phone: _____

Child's swim skills: ___ Non-swimmer ___ Beginner ___ Intermediate ___ Advanced

One (1) Friendship Request: (same age/camp session) _____

Please note this is a request, not a guarantee. You may request one friend and they must request you too.

Important Health Information

Illnesses and Injuries

☐ Asthma ☐ Hypertension ☐ Heart Defect/Disease
☐ Diabetes ☐ Ear Infection ☐ Other: _____
☐ Seizures ☐ Nose Bleeds

Allergies (Check any that apply and specify nature of allergic reactions)

☐ Animals ☐ Insect Stings ☐ Pollen
☐ Food ☐ Medication/Drugs ☐ Other: _____
☐ Hay Fever ☐ Plants

List any special instructions: _____

Medication

(Please list all, even if they are not taken at the site. If you need any medication, inhalers or Epi-Pens during program hours, the Medication Dispensing Form must also be submitted)

Is your child currently taking any medication? ☐ Yes ☐ No

List medication and the purpose of the medication: _____

Special Accommodations

Does your child have special needs that require accommodations or special assistance needed for successful inclusion in this program?

Emergency Treatment Release

As a parent and/or guardian, I authorize that in a medical emergency regarding my minor child, that the local emergency medical service be contacted. If, as determined by the local emergency medical service, my child needs immediate care and needs to be transported to an emergency care center, I authorize treatment and transportation. If in the opinion of the attending physician at the emergency care center that further treatment is necessary, I authorize the treatment of my child.

I recognize that time is important during an emergency situation and I authorize emergency medical treatment for my child. However, a reasonable effort should be made to contact myself and/or if needed, the alternate emergency contacts listed below.

I declare that I exercised my own judgment in deciding whether to sign this agreement and I further declare that my decision to sign was not based on or influenced by any declarations or representations of the River Trails Park District or its employees, agent or instructors. In addition, I agree that I will be responsible for payment for any and all medical services provided.

Review of Policies and Procedures:

I acknowledge I have reviewed the material and agree to the policies and procedures.

Signature of Parent/Guardian _____ Date _____

Please print name _____

Emergency Contacts:

Name: _____ Phone (H): _____ (W): _____

Name: _____ Phone (H): _____ (W): _____

Name: _____ Phone (H): _____ (W): _____

Medication Dispensing Information

This form must be completed for each program session or when medication changes.

BACKGROUND INFORMATION:

Participant's Name: _____ Age: _____

Address: _____

Parent's/Guardian's Name(s) _____

Daytime Phone: _____ Other Phone: _____

Program Name: _____

Doctor's Name: _____ Phone: _____

MEDICATION INFORMATION:

1. Name: _____ Dose: _____ Time: _____

Dispensing & Storage Instructions: _____

Possible Side Effects: _____

2. Name: _____ Dose: _____ Time: _____

Dispensing & Storage Instructions: _____

Possible Side Effects: _____

3. Name: _____ Dose: _____ Time: _____

Dispensing & Storage Instructions: _____

Possible Side Effects: _____

OTHER INFORMATION: _____

I understand that it is my responsibility to give the medication directly to program staff with full instructions in individual dosage containers, clearly labeled envelopes, or in original prescription bottles.

In all cases, medication dispensing can only be changed or modified by completing another Permission and Waiver to Dispense Medication Form and Medication Information Form.

I hereby acknowledge that the above information provided for the dispensing of medication for my minor child, guardian, ward, or other family member is accurate. I also understand that it is my responsibility to inform the agency if any changes in the dispensing of medication change.

Signature of Parent or Guardian

Date

Medicine Dispensing/Permission Page 2 of 2

The River Trails Park District welcomes individuals with disabilities into programs. Please describe any accommodations needed for successful inclusion in the program(s).

For Future Payments Due

I authorize the River Trails Park District to charge the listed credit card for remaining payments/balance(s) due for camp program(s).

YES _____

NO _____

Signature

Date

VISA, MASTERCARD OR DISCOVER CARD

Card No: _____ - _____ - _____ - _____

Name Cardholder _____

Expiration Date _____

Amt. Charge \$ _____

Authorized

Signature _____

Tax Deduction Information

Parents are responsible for keeping a tally of their camp payments for tax deduction purposes. The park district tax ID number is 36-6136813.

IMPORTANT INFORMATION

The River Trails Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The River Trails Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for the listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs. You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities/programs are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreational activities/programs exist. In this regard, it must be recognized that it is impossible for the River Trails Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the listed programs/activities, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in the listed programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the River Trails Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as "River Trails Park District"). I do hereby fully release and forever discharge the River Trails Park District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with the listed programs/activities. I have read and fully understand the above important, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

ALL PARTICIPANTS MUST SIGN

If participant is under 18 years old, parent must sign for them:

SIGNATURE

PRINTED NAME

DATE

**RIVER TRAILS PARK DISTRICT & SUPERHERO'S ACADEMY OF MOTION ARTS
WAIVER AND RELEASE OF ALL CLAIMS, ASSUMPTION OF RISK, AND INDEMNIFICATION AND HOLD HARMLESS
AGREEMENT**

In consideration for participation in parkour activities conducted by Superhero's Academy of Motion Arts, I hereby agree to waive, release, and discharge Superhero's Academy of Motion Arts (SAOMA) and the River Trails Park District (RTPD), including their respective officers, officials, employees, agents, and contractors (collectively, "the Parties") from any and all liability, claims, damages, or losses that I (or my minor child/ward) may sustain arising out of or in any way connected with participation in this program/activity.

WARNING OF RISK & IMPORTANT INFORMATION

SAOMA and RTPD are committed to conducting recreation programs and activities in a safe manner and hold the safety of participants in high regard. SA continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in parkour activities.

Parkour activities are intended to challenge the physical, mental, and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury including death. Understandably, not all hazards and dangers can be foreseen. The very nature of parkour is hazardous and risky. **The risks include, but are not limited to:** serious physical injury arising out of slips and falls; falling from equipment; rope burns; pinches, scrapes, twists and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severe life threatening injuries; muscular soreness, tears, strains, sprains, dislocations, fractures and broken bones; paralysis, cuts, bruises, and muscle soreness; wrist, arm and shoulder injuries; musculoskeletal injuries including head, neck, and back; injuries to internal organs; inadequate or negligent instruction or supervision, horseplay, defective equipment, the negligence of other participants; lack of physical conditioning or skills; and premises defects. In this regard, it must be recognized that it is impossible for the SAOMA or RTPD to guarantee absolute safety.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

PLEASE CAREFULLY READ THE TERMS AND CONDITIONS BELOW

1. I expressly agree and promise to accept and assume all of the risks existing in this activity for myself (or my minor child/ward). My participation (or that of my child/ward) in this activity is purely voluntary, and I (or my child/ward) elect to participate in spite of the risks.
2. **I represent that I understand the nature of parkour activities, that these are physical in nature, and that I (or my child/ward) am qualified, in good health, and in the proper physical condition to participate in such activities. I further agree and warrant that if at any time I (or my child/ward) believe conditions to be unsafe or activities to be beyond my skill level, I (or my child/ward) will immediately discontinue further participation in the activity.**
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless RTPD & SAOMA from any and all liabilities, losses, claims, demands, or causes of action, which are in any way connected with my participation (or my minor child/ward) in this activity or my use of RTPD & SA's equipment or facilities, **including any such claims which allege negligent acts or omissions of RTPD & SAOMA.**
4. Should RTPD & SAOMA or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I (or my minor child/ward) may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself or my child/ward. I further certify that I am willing to assume the risk of any medical or physical condition I (or my child/ward) may have.
6. I have read and fully understand the above language, important information and warning of risk, indemnification, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my (or my child/ward's) participation in this activity, I may be found by a court of law to have waived my right (and that of my minor child/ward) to maintain a lawsuit against RTPD & SAOMA on the basis of any claim from which I have released them herein.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant _____ Print Name _____
Address _____
City _____ State _____
Phone _____ Date _____

**PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION
(Must be completed for participants under the age of 18)**

In consideration of _____ (print minor's name) ("Minor") being permitted by RTPD & SAOMA to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless RTPD & SAOMA from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____ 4/16