

**Acknowledgement and Assumption of Risk – Hiking & Backpacking**

Welcome to the CORE program. In the interest to permit CORE to exist and to serve the outdoor recreation community without fear of liability, we ask that you join in this contract. The first part is for you to acknowledge that you understand the risks involved in this outdoor activity and the second part is a release of liability. Your signature below indicates your understanding that the terms “outdoor activity” or “activity” encompass all aspects of the activity, including preliminary and subsequent matters, such as, but not limited to, getting outfitted for the activity, maintaining, repairing, transporting, loading or unloading equipment, and travel to and from the activity site. If, after reading this waiver you decide not to participate, please contact the trip leader or the administrators at the CORE office.

I understand and accept that hiking and backpacking expose me to numerous unknown and unanticipated risk which could result in personal injury, paralyzation, death or damage to my property or myself. Some of the risks or factors creating risk includes but is not limited to the following:

- the hazards of traveling in sometimes rough and rocky terrain;
- hiking or walking in rugged and inconsistent terrain including slippery rocks, wet trails, streambeds or creeks;
- injuries resulting from activities revolving around backpacking, hiking and camping;
- injuries resulting from falling items, including, but not limited to branches, tree, rocks or soil;
- land hazards including boulders, trees, and other obstacles;
- use of backpacks, tents, water filters, stoves and other backpacking & camping equipment;
- failure of or improper use of backpacking or camping equipment;
- injuries inflicted by animals, insects, reptiles or plants;
- blisters, burns, cuts, abrasions, bruises, contusions, breaks resulting from interaction with environment or equipment;
- concussions, broken bones, paralyzation or even death;
- accidents or illness in remote places without medical facilities and with evacuation difficulties;
- extended stay in an environment with no technological communication ability;
- man-made objects on the trail including but not limited to bridge pilings, waste, and debris;
- carrying, loading or unloading hiking, backpacking and camping equipment;
- the forces of nature including lightning, temperature and weather changes, and others not named;
- awareness of my physical condition, the physical exertion associated with hiking, backpacking and wilderness camping;
- increased commitment to my personal care including but not limited to proper hydration, nutrition, pace, clothing and equipment, medications and communication of needs to group leaders;
- travel in a vehicle not driven by me;
- psychological stress associated with the aforementioned risks or witnessing the injury or death of another participant.

I agree to accept and assume all responsibility for and risk of personal injury, illness, death or damage to myself or my property arising from my participation in this activity. I understand these risks are inherent to backpacking and camping. My participation is voluntary; I choose to participate in this activity in spite of these named and other unnamed risks. I am solely responsible for deciding to participate in this activity and am solely responsible for deciding what equipment to take, whether to participate in any hike and whether to participate in any rescue or recovery of equipment. I am solely responsible for deciding whether to participate in or continue on any hiking or backpacking trip.

I understand my responsibility in decision making. I agree to obey all CORE rules and regulations while participating in this activity. I have carefully read and understand this Acknowledgement and Assumption of Risk. I also understand that I will be asked to read carefully, understand and sign a separate Release of Liability.

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Participant’s Signature

Printed Name

Date

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Parent or Guardian’s Signature (if under 18 years of age)

Printed Name

Date