



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

**YMCA OF GREATER SEATTLE - CHALLENGE COURSE NETWORK**  
Awareness of Risk and Release from Liability (*Odyssey Course Challenge*)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ Home Telephone: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Work Telephone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_  
(Name) (Relationship) (Phone Number)

**PLEASE READ BOTH SIDES OF THIS FORM CAREFULLY BEFORE SIGNING**

**GENERAL INFORMATION:** The 'Challenge Course Network' presents programs designed around focus areas such as camaraderie, communication, goal-setting, leadership, and problem-solving, to name a few. These programs provide for an exciting learning opportunity, and, by their nature, can be physically and emotionally challenging. Physical participation may include, but is not limited to, standing, sitting, crouching, walking, stretching, throwing, jumping, running, climbing, lifting, supporting others, and being supported by others. Emotional participation may include, but is not limited to, sharing insights, thoughts, feelings and emotions and hearing the same from others.

The '**Odyssey Course Challenge**' takes place outdoors in a public park, in all weather conditions and all times of the year. This program begins with a combination of ground-based warm-up games and team initiatives, followed by time spent on the Odyssey Course - a team-based high ropes course, and then ends with more ground-based team initiatives and/or a culminating closing activity. To access the high ropes course participants will either climb a cargo net or a pole. Once on the course participants then maneuver through a variety of cable, wood, and rope activities at a height of 20 to 40 feet off the ground. When climbing and travelling on the ropes course individuals wear a helmet, harness, and a set of sling lines that remain hooked onto belay cables. Throughout a program participants must follow activity instructions, remain in areas designated by staff, and refrain from behavior that is harmful to oneself or others.

**AWARENESS OF RISK:** Although the YMCA of Greater Seattle takes pride in providing safe environments, equipment and programs, these activities are not without risks. We do not want to diminish the enthusiasm for this experience, but we do want all participants to know in advance that by participating in a program there is a risk of physical or emotional injury, disability, or death. Specific risks include, but are not limited to, rope burns, cuts and scrapes, bruises, broken bones, muscle strains, mental anguish, concussion or disabling head or spinal injuries.

All individuals in average health should be able to comfortably participate, but it shall be the individual's responsibility to be sure they are in a healthy condition as activities within a program may require a more strenuous physical and emotional activity level than one may have been accustomed. In particular, participants who have heart conditions or are at risk for heart ailments should understand that participation might affect their condition.

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**PARTICIPATION BY CHOICE:** It is ultimately up to each individual to make responsible decisions regarding their level of involvement --- participants need only participate as they are comfortable in doing, which includes the opportunity to choose to not participate. This can apply to any specific activity within a program, as well as a program in its entirety.

**BY SIGNING THIS DOCUMENT I AGREE TO THE FOLLOWING:**

**MEDICAL TREATMENT:** In the event of illness or injury or that I cannot respond, consent is hereby given to authorize emergency medical care, surgical and hospital treatment and procedures, or other treatment to be performed by a licensed physician or hospital, when deemed immediately necessary or advisable by a physician to safeguard my health. Also, I will inform the staff person in charge about any special health conditions or medical needs I have, which may be affected by participation in a 'Challenge Course Network' program.

**PROPERTY LOSS:** I understand that the YMCA of Greater Seattle is not responsible for personal property lost, damaged or stolen while participating in a 'Challenge Course Network' program.

**INSURANCE:** I understand it is my responsibility to provide for my own accident and health coverage while participating in a 'Challenge Course Network' program and I further understand that the YMCA of Greater Seattle does not provide this coverage.

**PHOTO AND MEDIA:** I give permission for the YMCA (local, national and international) to use, without limitation or obligation, photographs or other media (film, videotape, sound recordings) that may include my or my child's image or voice to promote or interpret a 'Challenge Course Network' program.

**ASSUMPTION OF RISK:** I am aware of and assume all risk associated with my participation in a 'Challenge Course Network' program.

**RELEASE FROM LIABILITY:** In consideration of being allowed to participate, I hereby agree to release the YMCA of Greater Seattle, its officers, directors, employees, volunteers or other agents from ordinary negligence, including liability for injury, illness, death, loss or damage resulting from participation in a 'Challenge Course Network' program.

**ACKNOWLEDGEMENT: I have read, understood, and accepted the terms of this document. I further understand that if any part of this document is determined to be unlawful in the State of Washington, the remaining parts will still apply.**

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian if Participant is under 18 years old

\_\_\_\_\_  
Date