

RELEASE OF LIABILITY
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT

Wilderness activities shall include all activities, accommodation, transportation, events and services provided, arranged, organized, conducted, sponsored or authorized by Releasees and shall include but is not limited to: skiing, snowboarding, snowmobiling, hiking, snowshoeing and other form of backcountry travel by or movement in or around helicopters, snowcats, snowmobiles and motor vehicles.

Name	<i>Last</i>	<i>First</i>	<i>E-mail</i>		
Address	<i>Street</i>		<i>City</i>	<i>Prov/State</i>	
	<i>Country</i>	<i>Postal code</i>	<i>Date of birth</i>	<i>Age</i>	<i>Weight</i>

BEHAVIOUR IN OPEN MOUNTAIN AREAS

Avalanches: Never walk unattended on slopes with an inclination higher than 30 degrees.

Low visibility: Remain all the time in visual contact with the group. Do not leave the group at any time. The group will move on terrain leaded and followed by mountain team personnel.

Wind chill: Stay aware and alert of any little changes on extremities and exposed parts of your body and others (e.g. changes in color, red white yellowish dots, itches, small pain). First degree frostbites are deceiving and hard to observe.

Ridges, cornices, hidden rocks (knee injury): Stay inside the area designated by the mountain team personnel. The group will move on terrain led and followed by mountain team personnel.

BEHAVIOURS IN FORESTED TERRAIN

Falling branches/trees: Remain alert in case of strong winds.

Wildlife: Do not approach at any time passing animals, stay inside the group.

Treewells: Walk slowly in control around snowcovered bushes or trees.

Creek Crossings: Assess the ice thickness and try to step on rocks.

Steep slippery segments: Hold with two hands onto the rope while being belayed by the mountain team personnel, facing the slope, small steps.

If you have reached this we thank you and advise to read it one more time thoroughly!

Date: _____

Signature: _____