

22. Do you have a history of Acute Mountain Sickness?		
23. Do you have any Physical, Medical, or psychological conditions not listed above?		
24. Year last TETANUS IMMUNIZATION: If you can't remember, was it within the past five years?		
25. Swimming ability (check one) _____ Non-Swimmer _____ Recreational _____ Competitive		
26. Do you exercise regularly? If YES, rate the intensity level (check one) Easy Moderate Competitive		
27. Do you SMOKE?		
28. Do you have any dietary restrictions or food allergies? If YES, please describe: Are you a vegetarian, vegan, gluten-free, or lactose intolerant? How strict are you? And if you have food allergies, what happens likely when you are exposed to allergens?		
29. If you have strict food restrictions, please list some of the meals that you (might) particularly allow:		

**PLEASE READ CAREFULLY AND SIGN**

The information provided above is a complete and accurate statement of any physical and psychological conditions, which may affect my participation in this tour. I am aware that failure to disclose such information could result in serious harm to me, and my fellow participants. I agree to inform the Operator or their tour guide, should there be any changes in my health status prior to the start of the activity or during the tour. Based on the background information at the beginning of this form, and what I know or suspect about my physical and psychological health, I am fully capable to participate this Canyoneering trip. I understand that if I have the potential for a severe allergic reaction to bee stings, insect bites, food or other substances that might be found in the outdoor, it is my responsibility to bring medication/s with me on this tour.

Participation in Canyoneering adventure exposes one to many hazards, including the risk for severe injury and may even cause death. The tour guides strives to manage these risks, but many of these risks are beyond their control. Some of the inherent dangers and risks that may be presented includes but are not limited to, the following:

1. Accidents, illness, or other problems in remote places without cell/mobile phones, other means of communication or easy access to medical facilities.
2. Travel in a vehicle driven by a person other than self.
4. Forces of nature including lightning, storms, wind, rain, heat, weather changes, and (sudden) changes of water levels.
5. Wounds and injuries to the skin, organs, muscle, joints, and bones.
6. Injuries inflicted by animals, plants, UV rays, or other natural forces.
6. Physical exertion associated with the movements involved with Canyoneering adventure activities that can cause fatigue, soreness, joint stiffness, and the most common, blisters.
7. Problems arising from the improper use of the safety gears.
8. Hazards related to water including wading, swimming, or capsizing into water containing cold temperatures, rocks, trees, currents, rapids, re-circulating holes, waterfalls, man-made structures, or other obstacles in the water. This can result in hypothermia, injury, entrapment, or drowning.
9. Lost baggage or personal belongings due to negligence, thievery, or other similar acts.

I agree to follow the tour guide's safety procedures and instructions and to avoid unnecessary hazardous situations, whether those situations have been specified.

I fully understand the dangers of participating in the CANYONEERING adventure which poses high risk for severe injuries and even death.

I for myself, my heirs, executors, administrators, and assigns, hereby release and forever discharge the Operator and any Tour Provider.

I hereby affirm that I have FULLY UNDERSTAND the above and AGREE to be legally bound by it.

I ALSO AFFIRM THAT I AM ABOVE 18 YEARS OLD OF AGE. If under 18 years old, a parent or guardian's signature is REQUIRED.

Participant's Signature over Printed Name and Date

Parent/Guardian's Signature over Printed Name and Date