



**YMCA Camp Pandalouan  
High Ropes Course  
Agreement to Participate / Assumption of Risk and Release**

This is a High Ropes and Initiatives course activity which may consist of various exercises and activities which are, by design, physically and psychologically demanding. Therefore, all participants must be free of any medical or physical condition which may create undue risk or harm to themselves or those around them. Physical fitness will increase your enjoyment and ability to participate. If for any reason you question your ability to participate, please consult with the instructor prior to participation.

*I \_\_\_\_\_, understand and acknowledge that participating in YMCA Camp Pandalouan's High Ropes and Initiatives course program, certain risks and dangers may occur. These include, but are not limited to the hazards of depending on other people, being at various heights above the ground, the forces of nature, loss or damage to personal property, physical or psychological damage and / or injury, illness or accidents either on, around, or near YMCA Camp Pandalouan's properties. I acknowledge that the instructor will take every reasonable precaution to minimize exposure to all known risks. I further understand that due to the nature of this activity, not all stresses and hazards connected with the activities can be foreseen. I do hereby assume all of the above risks and any other ordinary risk incidental to the nature of the program, including risks which are not specifically foreseeable, and will hold Camp Pandalouan and the Muskegon Family YMCA harmless from any and all liability, actions, causes of action, debts, claims, and demands of every kind and nature whatsoever, whether for bodily injury, property damage or loss or otherwise, which I now have or which may arise from or in connection with my program or participation in any activity arranged for me by Camp Pandalouan / Muskegon Family YMCA, its Board of Management, Officers, Employees, Agents and/or Associates, and their Heirs, executors, and Administrators. I also state that I am not under the influence of any chemical substance including alcohol. I fully understand that any physical activity involves risk of injury and that my participation in this program is entirely VOLUNTARY. I may excuse myself from participation at any time if I so desire.*

*My signature on this document shall serve as a release and assumption of risk and acknowledges that I have read and understood ALL information contained within this document.*

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Participant \_\_\_\_\_ Date \_\_\_\_\_

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Parent / Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_  
(must sign if participant is under 18 years of age)