RELEASE, WAIVER AND ASSUMPTION OF RISK

This document affects your legal rights
Please read it CAREFULLY

Date: _____

I recognize and acknowledge that there are risks associated with participation in activities organized by or through the

VALLEY OUTDOOR ASSOCIATION.

In consideration of being permitted to take part in

_____
(describe activity)

organized by or through the Valley Outdoor Association, I voluntarily AGREE TO ASSUME AND ACCEPT ALL RISKS and agree to save harmless and keep indemnified the Valley Outdoor Association and its officers, agents, organizers, leaders and members. I hereby RELEASE from any liability, and I hereby WAIVE any and all rights to claim against, the Valley Outdoor Association and its officers, agents, organizers, leaders and members, for any injury, loss or damage to person or property, or any costs or expenses, howsoever caused, arising out of or in connection with my taking part in this activity notwithstanding that the same may have contributed to or occasioned by the breach of duty or negligence of the Valley Outdoor Association or its officers, agents, organizers, leaders or members. I understand that by signing this document I am affecting the legal rights of myself, my heirs, executors and assigns.

I have read and fully understand the above and agree to its terms.

Name	Signature	Emergency Contact #