

**FVTC ACTIVITIES
ACKNOWLEDGMENT AND ASSUMPTION OF RISKS & RELEASE AGREEMENT**

Date: _____ Activity: _____

PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING. All participants must sign this Document.

For participants under 18 yrs. of age, parents or legal guardian/s must also sign. In consideration of the services of the Farmington Valley Trails Council, a charitable, not-for-profit corporation, organized and existing under the laws of the State of Connecticut, including all officers, directors, employees, representatives, agents, independent contractors, volunteers, members and all other persons or entities associated with it (collectively referred to in this document as 'FVTC'), I (participant and parents of a minor participant) acknowledge and agree as follows:

FVTC recreational activities may include, but are not limited to hiking, biking, maintenance of trails and facilities and transportation or travel to and from activities. The leaders of these activities are volunteers. They are not paid professional guides or leaders. In all activities, all participants share in the responsibility for their own safety and the safety of the group. I UNDERSTAND THAT HELMETS AND OTHER SAFETY EQUIPMENT CAN PREVENT SERIOUS INJURY AND I AGREE TO WEAR A HELMET AND OTHER APPROPRIATE SAFETY EQUIPMENT WHILE PARTICIPATING IN THIS EVENT. Participants (and parent's of minors) take responsibility for having appropriate skills, physical conditioning, equipment and supplies for these activities.

These activities include inherent and other risks, hazards and dangers that can cause or lead to injury, property damage, illness, mental or emotional trauma, paralysis, disability or death to participant or others. Some, but not all of these risks include: falling, collisions with other bicyclists, motor vehicles or stationary objects; weather conditions, the condition of roads or trails; misjudgments made by leaders, co-leaders, participants or others; the potential that the participant or others may act carelessly or recklessly. I understand that FVTC cannot assure my safety or eliminate any of these risks. I am voluntarily participating with knowledge of the risks. I agree to abide by the rules of the event as established by the promoting organizations and to obey the rules of the road. Therefore, participant (and parents of minors) assume and accept full responsibility for the inherent and other risks (both known and unknown) of these activities, and for any injury, damage, death or other loss suffered by participant, resulting from those risks, and/or resulting from participant's negligence or other misconduct.

I (adult participant, and/or parents for themselves and for and on behalf of their participating minor child) agree to release and not to sue FVTC (as FVTC is defined above) in regard to any and all claims, liabilities, suits, or expenses (including reasonable costs and attorneys' fees) (hereafter collectively 'claim' or 'claim/s'), including claim/s resulting from FVTC's negligence (but not its intentional or reckless misconduct), for any injury, damage, death or other loss to me or my child, in any way connected with my or my child's enrollment or participation in these activities. I understand I agree here to waive all claim/s I or my child I may have against FVTC, and agree that neither I, my child, or anyone acting on my or my child's behalf, will make a claim against FVTC.

PARTICIPANT AND PARENT/S OF A MINOR PARTICIPANT AGREE: I HAVE CAREFULLY READ, UNDERSTAND AND VOLUNTARILY SIGN THIS DOCUMENT AND ACKNOWLEDGE THAT IT SHALL BE EFFECTIVE AND BINDING UPON ME, MY MINOR CHILDREN AND OTHER FAMILY MEMBERS, AND MY HEIRS, EXECUTORS, REPRESENTATIVES AND ESTATE. Parents must sign below, both in their capacity as a participant, and as Parents of any minor child identified below.

Check If Under 18	Participant Name	Signature/Date (Guardians/Parents if Minor)	Emergency Contact (Name & Phone Number)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____