



HESTER STANDER



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INDEMNITY FORM

Please read and sign that you have understand and accepted the following

The activities described herein are undertaken in environments that present a multitude of risks. These risks may be associated with hazards inherent to terrain, water, wildlife, weather, equipment and personal health conditions.

During the activity to come the following may occur, although some situations may involve additional risks and challenges. In order to participate you need to accept and give permission for the guide/s to proceed.

In each situation, please evaluate the risks and make your own decision

LAND BASED ACTIVITIES

You may be inconvenienced, injured or suffer from dehydration, heat exhaustion, heart stroke or exposure.

You may have injury, permanent disability and even death from the activity or equipment utilized.

You may slip and fall on rugged terrain and injure yourself or others.

You may be stung, bitten or infected by substances in plants, water or soil.

You may lose your way and need to be rescued or survive in the outdoors.

You may have to be evacuated or transported to safety

On trails anywhere in the world groups and individuals may be attacked and mugged.

WATER BASED ACTIVITIES – THE ABOVE, PLUS:

You will be asked to wear personal safety gear and must wear it or assume the risk of not doing so.

You may have to swim in the river.

You may hit rocks or other obstacles.

You may slip and fall on the riverbanks or crossing the river.

You may become foot- or body-entrapped in rocks or trees.

ALL ACTIVITIES

Not every eventuality can be anticipated here. By giving informed consent you agree to undertake the peril of the trip including those that are not mentioned.

Although every effort has been made to ensure your safety in the activities the following statement must be signed by every trip member. Indemnifying Hiking Adventures Guided Tours and its owner, Hester Stander, helpers and guides. If the participant is a minor under 18, both the person and his/her parent or guardian must sign.

LEAVE NO TRACE PRICIPLES APPLY

By signing this form, you acknowledge and agree to adhere to the Leave No Trace principles. All items brought into the area must be removed upon departure. The defacement of natural or man-made features, including graffiti, is strictly prohibited. You further agree to conduct yourself in a manner that preserves and enhances the environment, ensuring it is left in equal or better condition than it was found.

INDEMNITY & WAIVER STATEMENT

I, the undersigned do hereby state that I know and understand the risks of the excursion. I warrant that I am in good health and that I will obey the lawful commands of guides, always take care and act responsibly. I voluntarily undertake the trip at my own risk and will bring no action, claim or charge for liability or damages for any inconvenience, accident, injury, death or disfigurement to my person, or damage or loss of property, of whatever nature and howsoever arising against the Owner or any other person engaged in providing or facilitating the activities.

Specify if you have any medical conditions such as allergies, asthma, diabetes, epilepsy, heart disease, high blood pressure or any other conditions.

I am a first aider not a doctor. If you know of dangers to your health, it is your responsibility to provide own medication (including painkiller).

BY SIGNING THIS FORM, YOU DISCLOSE ANY MEDICAL CONDITIONS AND AGREE TO CARRY THE MEDICATIONS WITH YOU.

By signing this form, you agree to draw the attention of the Lead Guide or guides/helpers to any problems or difficulties you may be experiencing. Note that the Lead Guide is authorized to refuse participation to anyone who is under the influence or is incapacitated or a danger to themselves or the group.

Name and Surname

Date

Place

“ To walk in nature is to witness a thousand miracles”