



Seattle Inner City Outings Trip Information and Release Form

Instructions: Please print clearly. This page will be taken on the outing.

1. Fill out page 1. Be sure to include contact phone numbers.
2. Sign the release on page 2. Youth cannot participate without your signature.
3. Keep page 3. This page has important information about the trip.

This sheet and page two (the Sierra Club Release of Liability form) needs to be signed and returned to: Miss Balint by: Wed. Nov. 11, 2009
 (contact person) (date)

Outing Destination/Description: Lake Wenatchee – Overnight Trip

Outing Date: Sat. Nov. 14 – Sun. Nov. 15

Name of youth going on outing: _____

First Name

Last Name

Home Address: _____

Emergency Contact: _____ Phone: _____

Name of the Adult who is picking up youth after the outing: _____

Phone: _____

Shoe size: Mens: _____ Womens: _____ Youth: _____

Coat size: Youth: M Lg X-Lg **Pants size:** Youth: M Lg X-Lg
 (circle) (circle)
 Adult: S M Lg X-Lg Adult: S M Lg X-Lg

Please list ALL health problems, medications, allergies, or dietary information.
Medications: Send the medications with the youth participant, along with instructions.

Food considerations: Vegetarian Peanut Allergy other: _____



**Acknowledgment of Outing Member Responsibility,
Express Assumption of Risk, and Release of Liability
and Permission to Participate**

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death (“Injuries and Damages”) from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from **any and all liability** on account of, or in any way resulting from Injuries and Damages, even if caused by **negligence** of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

I, the parent or guardian of the minor named below, agree and consent to the foregoing Agreement and give my permission for him/her to go on the Outing. I further consent and allow the Outing leader or bearer of this document to administer first aid and/or secure medical attention for the minor as the Outing leader or document bearer deems proper. I understand that efforts will be made to contact me if medical treatment should be needed. I will ensure that the minor will bring any necessary medications with him/her on the trip. I give my permission to have Inner City Outings (ICO) photograph the minor during this outing and understand that these images become ICO property.

Name of Minor: _____ Age: _____

Signature of Parent or Guardian: **X** _____ Date: _____



Seattle Inner City Outings **Trip Information**

Parents/Guardians Should Keep This Page Only What you need to know about the trip...

Date of Outing:

Saturday, Nov. 14th 2009 – Sunday, Nov. 15th 2009

ICO/Nathan Hale Contacts:

ICO Trip Leader: Amanda Bennett (206) 595-1604
Nathan Hale Teacher: Mami Balint (206) 790-2399

What/Where:

Overnight trip to Lake Wenatchee near Leavenworth.

We'll do a fall hike or snowshoe on Saturday and Sunday at Lake Wenatchee State Park with possible side trip to Leavenworth. We'll enjoy an evening campfire if weather permits.

We will stay in cabins and cook meals at Camp Zanika on Lake Wenatchee.

Drop off & Pick up Location & Times:

Place: Nathan Hale High School – northwest parking lot
Drop off: 9:00 AM Saturday
Pick up: 4:00 PM Sunday *Please be on time!*

Food:

ICO will provide all meals while on the trip – lunch, dinner, breakfast and snacks
Please make sure to note any food restrictions on the permission slip

What to Wear:

ICO will provide rain coats, pants, fleece, boots, mittens, gloves, hats, socks, backpacks, as well as sleeping bags. Please bring your own toiletries and change of clothes as desired. Warm layers are recommended as it will be cool at night.

What NOT to Bring:

Money/Valuables: Students should NOT bring CD/MP3 players, iPods, electronic games, money, or valuables with them.

