



MEDICAL INFORMATION

Student Name: _____

EMERGENCY CONTACT: _____ **RELATIONSHIP:** _____

PHONE: _____ **Student DOB:** _____

- Any medical conditions which will restrict participation in vigorous physical activity? Yes No
- Other conditions? Yes No
- Allergies to plants, medications, or foods? Yes No
- Taking any regular medication? Yes No
- Recent surgery, dietary restrictions, or other pertinent medical information? Yes No

Please provide details of any items to which you have answered "yes" to above: _____

MEDICATION	SYMPTOMS REQUIRING MEDICATION	DOSAGE	FREQUENCY/SPECIAL INSTRUCTIONS

Side effects (reactions to food, dehydration, sun, stress, iodine, other medications, decreased balance, or ability to concentrate, decreased motor function, etc.) _____

Describe your kayak/swimming experience and regular physical activity: _____

Organization: Tahoe Adventure Company, LLC and Nevada Adventures, LLC, Po Box 3951, Truckee, CA. 96160

Participant(s) Name _____ Email: _____
Cell Phone #: _____ Emergency Cell #: _____
Address: _____ City: _____ State: _____ Zip: _____

I have voluntarily agreed to participate in a variety of recreational activities offered by Tahoe Adventure Company, LLC and/or Nevada Adventures, LLC, including, but not limited to, kayaking, paddle boarding, kayak and paddleboard rentals, mountain biking and cycling, hiking, team building programs and events, backpacking, rock climbing, multi-sport trips, snowshoeing and historical tours and transportation to and from the locations where I will participate in the activities (hereinafter "Activities"). In consideration of being allowed to participate in any way in the Activities, I the undersigned, acknowledge and agree that:

1. I UNDERSTAND that my participation in the Activities involves the risk of injury including serious injury and death. The risks include, but are not limited to, loss of balance, falling, collisions with obstacles or other participants, drowning, hypothermia, and all weather-related risks including being struck by lightning.
2. Despite the risks involved in the Activities, **I KNOWINGLY, FREELY AND EXPRESSLY ASSUME ALL RISKS** (both known and unknown) **ASSOCIATED WITH MY PARTICIPATION IN THE ACTIVITIES** . This includes any injuries arising from the actual or alleged negligence or misjudgments of Tahoe Adventure Company, its guides and its guests or any other individuals. Nevertheless, I agree to assume all risks of injury or death and assume full responsibility for any injury or death arising from my participation in the Activities.
3. For myself and on behalf of my heirs, assigns, personal representatives and next of kin, **I HEREBY RELEASE FROM LIABILITY AND AGREE TO NEVER SUE Tahoe Adventure Company, LLC, Nevada Adventures, LLC dba Tahoe Adventure Company**, its officers, owners, officials, guides, agents and/or employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the Activities (herein "Tahoe Adventure Company"). Furthermore, I AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS Tahoe Adventure Company from any and all claims, demands, losses, and liability arising out of or related to any **INJURY OR DEATH** I may suffer while participating in the Activities. If I or my heirs or legal representative files a claim or a lawsuit arising out of my participation in the Activities, **I OR MY ESTATE AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS TAHOE ADVENTURE COMPANY** for any damages, attorney's fees or costs arising out of such a claim or a lawsuit.
4. I willingly agree to comply with the instructions of my guides regarding my participation in the Activities. If I observe any potential hazard during my participation in the Activities, I will cease my participation and raise my concerns with the nearest employee or guide immediately. Participation in the Activities also includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline and awareness may reduce this risk, the risk of serious illness and death does exist.
5. By participating in any of the Activities in connection with this program, I consent to the use of any photographs, pictures, film or videotape taken of me or provided by me for publicity, promotion, television, websites or any other use, and expressly waive any right of privacy, compensation, copyright or other ownership right connected to same.
6. Venue and Choice of Law: I agree to never file a lawsuit or claim arising out of injury or death arising out of my participation in the Activities. Any legal action arising out of participation in the activities or otherwise under this agreement will be filed in Nevada County Superior Court, Truckee Division. This agreement shall be subject to and interpreted under the laws of the State of California. If any provision is found to be unenforceable, the offending provisions shall be stricken, and the balance of the agreement shall remain in force and effect.

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