

**Agreement to Participate and Liability Waiver
For Individuals Participating in *The Kinder Sprint* Division of *The Patch Sprint*
(For Use with Minor Participants & Their Chaperones)**

All physical activities involve certain inherent risks. The *Kinder Sprint* is a vigorous, cardiovascular activity requiring *sustained hiking endurance, coordination, and hiking skill*. The *Kinder Sprint* is a part of the *Patch Sprint* event and is open only to participants 10 years of age or younger and their chaperones. The course is a 1.2-mile public hiking trail on Pok-O-Moonshine mountain, and contains several steep and strenuous portions of trail. While the *Patch Sprint* organizers use care in conducting the event, it is unable to eliminate all risk from the activity.

It is possible for hikers to suffer common injuries such as cramps, muscle strains, sprains, cuts, blisters, and bruises. More serious, but less frequent injuries such as broken bones, concussions, heart attacks, strokes, hypothermia, paralysis, and death may also occur. These injuries, and others, may result from such incidents as (but not limited to) slips and falls, tripping, colliding with another hiker, loose rocks along the trail, heat-related illnesses, and stress placed on the cardiovascular system.

Participation in the *Kinder Sprint* is entirely voluntary. Because much of the event takes place in wilderness areas that are difficult to access, immediate medical care (defined as care provided within 3 hours) may not be possible. Local Willsboro or Keeseville EMS services will be summoned for all emergency medical situations.

Patch Sprint organizers recommend all participants follow these safety guidelines:

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| 1. Know the course prior to participation | 2. Travel with a partner |
| 3. Be alert for unanticipated hazards on the course | 4. Wear proper footwear |
| 5. Consume adequate liquids and energy during the event. | |

I agree to follow the preceding safety rules, all posted safety rules, and all rules common to *trail hiking*. Further, I agree to report any unsafe practices, conditions, or equipment to the *event* organizers.

I certify that 1) I possess a sufficient degree of physical fitness to safely participate in the *Kinder Sprint*, 2) I understand that I am to discontinue hiking at any time I feel undue discomfort or stress, and 3) I will indicate below any health-related conditions that might affect my ability to safely complete the *Kinder Sprint* and I will verbally inform activity organizers prior to participating.

Circle: Diabetes Heart Problems Seizures Asthma Other _____

I have read the preceding information and my questions have been answered. **I know, understand, and appreciate the risks associated with hiking and I am voluntarily participating in the activity. In doing so, I am assuming all of the inherent risks of the sport.** I understand that in the event of a medical emergency, immediate emergency medical care may not be possible due to the difficulty in accessing some remote wilderness areas of the *Kinder Sprint* course. I further understand that when made aware of a medical emergency on the course, *event organizers will call EMS to render assistance and that I will be financially responsible for expenses involved.*

Signature of Participant	Date	Name of Participant (Please Print)
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Signature of Parent or Guardian (for minors)	Date	Name of Parent or Guardian (Please Print)
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WAIVER OF LIABILITY: In consideration of being permitted to participate in the *Kinder Sprint*, **the undersigned Participant and Parent or Guardian hereby releases the *Patch Sprint* and Pok-O-MacCready Camps from liability for injury, loss, or death**, while *participating in the race or while in any way associated with participating in the event now or in the future*, resulting from the ordinary negligence of the *Patch Sprint* organizers and its agents, or Pok-O-MacCready Camps, its agents, or employees.

Signature of Participant	Date	Name of Participant (Please Print)
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Signature of Parent or Guardian (for minors)	Date	Name of Parent or Guardian (Please Print)
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