

**Assumption of Risk:** I understand that the Activities<sup>1</sup> in which I will engage at or near the USNWC<sup>2</sup> will expose me to many hazards and involve inherent risks of property damage and loss, and of personal injury, illness and death. I choose to participate in and observe the Activities despite all hazards and risks. I assume all hazards and risks and accept responsibility for any property damage and loss, and for any personal injury, illness and death that I may suffer from the Activities.

**Waiver and Release:** In consideration of USNWC providing services and facilities to allow me to participate in and observe the Activities, and on behalf of myself and my family, heirs and personal representatives:

- I waive my right to sue USNWC for any property damage and loss, and any personal injury, emotional distress, illness and death, which I may suffer while participating in or observing the Activities, whether caused by the acts or omissions of USNWC or otherwise.
- I release USNWC from all liabilities and claims arising from the Activities.
- I understand that I should be in good physical health to participate in the Activities.
- I promise USNWC that I will not participate in the Activities if I am under the influence of alcohol or drugs.
- USNWC may take and use photographs, video, film and other images of me participating in or observing the Activities. I waive any right of privacy, publicity, compensation, copyright or other rights to those images and I consent to UNSWC using those images for any purposes.

**Indemnify and Defend**: I also agree to indemnify and hold USNWC harmless from any and all claims, causes of action, suits, liability, losses, or damages for any property damage, property loss or theft, personal injury, death or other loss arising from or relating to my use of the property, facilities, and/or services of the USNWC.

**Acknowledgement of Policies and Procedures:** I acknowledge reading and knowing all rules and regulations relating to the activities, facilities of the USNWC, and/or equipment and understand that the safe and proper use of facilities, equipment or participation in the activity is dependent upon carefully following such rules and regulations. I agree to comply with and abide by all rules and regulations of the USNWC.

Acknowledgement of Skills, Training and Physical Condition: I acknowledge that the Activities are strenuous and dangerous and require a certain degree of physical condition, ability, maturity and skill. I acknowledge that I (or my child) have the requisite skills, qualifications, physical and mental ability and training necessary to properly and safely participate in the Activities. I agree that if I have any questions as to what skills, maturity, qualifications, training or physical or mental requirements are necessary to properly participate in the Activities, I will direct such questions to the appropriate staff member on site.

Acknowledgement of Understanding: I have read this Agreement, I understand its contents and I sign it voluntarily. I intend by this Agreement to assume all hazards and risks, waive all rights to sue and release all liabilities and claims in respect to my participation in the Activities. I understand that this Agreement has no expiration date and remains in effect at all times that I am observing or participating in the Activities.

Name of Participant	Participant's Signatur	re	Date	
Address:	City:	State:	Zip:	
Phone No.:	E-mail:	Date	Date of Birth:	
Emergency Contact:	Contact's Phone No			

#### Consent of Parent or Legal Guardian (if participant is under 18 years of age)

I certify that I am the parent or legal guardian of the above named participant, that I have read and understood the rules and regulations for the USNWC and that the participant is of adequate physical health, maturity, ability and skill and voluntarily participates in the Activities. I give my permission for the child to participate in the activities and I hereby execute the Waiver and Release and Assumption of Risk on his/her behalf.

Name of Parent/Guardian of Participant if Minor

Parent/Guardian's Signature

Date

Please exclude me from all correspondence from the USNWC such as newsletters, notices and offers.
Activities are defined as all activities/programs associated with or occurring at or near the U.S. National Whitewater Center, including, without limitation, rafting, kayaking, canoeing, climbing, biking, hiking, running, utilizing the challenge course, spectating, walking and special events.

2 U.S. National Whitewater Center, Inc., its directors, officers, employees, agents, volunteers, sponsors, advertisers and land lessors.

# **Rules & Regulations**



### **River Rules and Etiquette**

- All participants must have a whitewater certified PFD and helmet while on the river.
- All persons engaging in any activity on the water must be able to swim
- All rafting participants must be at least 12 years of age.
- No swimming in the whitewater channels.
- Downstream boaters ALWAYS have the right-of-way!
- Standard river etiquette applies at all times .
- Keep your hands on your paddle when riding the conveyor belt.
- Stay 50 feet away from the intake and outtake of the pumps .
- Assumption of risk form must be signed for ANY guest to participate in any whitewater activity.
- If you see another boater struggling, please help or notify someone who can help.
- The staff at USNWC reserves the right to ask any participant to leave the premises .

#### **Hardboating Rules**

- All boats are subject to approval by USNWC. Whitewater specific boats only. No Inflatables.
- Proper floatation is required in all kayaks and canoes.
- All boaters should arrive at kayak check-in building 30 minutes before scheduled time slot.
- Bibs must be worn to paddle the whitewater.
- A license or credit card is required to receive bib.
- Boaters must return bibs to kayak check-in building within 10 minutes of completion of time slot or \$30 late fee applies .
- If paddling more than one session, boater MUST receive a new bib.
- If you do not return the bib the unreturned bib fee is \$100.
- USNWC staff will require any boater without appropriate bib color to get off the water.

## **Climbing Facility**

- All climbers must check in prior to climbing.
- Do not climb without shoes. Socks must be worn with rental shoes and rental shoes are only to be worn in mulched areas.
- Always remain in control.
- No food or beverage is allowed inside mulched areas.
- Children under 14 must be accompanied by an adult at all times.
- Standing underneath climbers is dangerous. Avoid walking or standing between climbers and belayers.
- Do not swing on ropes.
- Be polite and friendly and support your fellow climbers.
- Please notify staff of loose holds. Only USNWC staff may add, tighten, or move climbing holds and bolts.
- Personal gear is subject to approval from USNWC climbing staff.
- Climber's check-in tags or wrist band must be visible to staff at all times.
- Remove rings, jewelry and objects from pockets and belts when climbing.
- Do not use steel bolt hangers as climbing holds.
- For the safety of pets, they are not allowed in the mulched climbing areas.
- Avoid climbing with head below waist.

## **Climbing Policies**

- All belayers must be checked out by USNWC Climbing staff.
- Belayers must be must be anchored to the ground chains, and keep their brake hand on the rope at all times.
- Audible climbing commands must be used before each climb.
- Climbers and belayers must check each other's set-up before each climb.
- Climbers must stay within route to prevent pendulums.
- Un-roped climbers must yield to roped climbers at all times.
- Topping out is not allowed when bouldering.
- Spotters are strongly encouraged while bouldering.
- Climbing higher than your own height is prohibited when bouldering outside the designated bouldering area.

## Participation in any Activity is prohibited after the consumption of alcoholic beverages.