

# OUTDOOR CLUB of SOUTH JERSEY

## ACTIVITY SIGN IN SHEET

In consideration of my being able to participate in this activity, I hereby for myself, my heirs, and their personal representatives assume any and all risks which might be associated with the activity. I further waive, release, discharge and covenant not to sue the Outdoor Club of South Jersey, its officers, leaders, sponsors, volunteers, or any other representatives, or their successors and assignees, in conjunction with any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the activity. I certify that I am in proper condition to participate in this activity. I understand that members organizing activities are volunteers and not trained leaders; they may not possess first aid or emergency skills; there may not be medical assistance available on the activity. All activities present certain inherent risks and hazards, which I must consider and assume. Bicycle helmets are mandatory on all rides; life jackets are mandatory on all water activities. Parents or guardians are responsible for minor children (under 18) and must sign for them.

| Date                       | Trip      | Pace  | Miles              | Hours  | Conditions |
|----------------------------|-----------|---|--------------------|--------|------------|
|                            |           |   |                    |        |            |
| <b>Lead position:</b>      |           | <b>Sweep or Tail position:</b>  |                    |        |            |
| <b>Activity Leader(s):</b> |           | <b>Initial to indicate Safety Talk held:</b> <input type="checkbox"/> |                    |        |            |
| Print your name<br>clearly | Signature | Mem.<br>Y / N   | Emergency<br>Phone | E-mail |            |
| 1.                         |           |   |                    |        |            |
| 2.                         |           |   |                    |        |            |
| 3.                         |           |   |                    |        |            |
| 4.                         |           |   |                    |        |            |
| 5.                         |           |   |                    |        |            |
| 6.                         |           |   |                    |        |            |
| 7.                         |           |   |                    |        |            |
| 8.                         |           |   |                    |        |            |
| 9.                         |           |   |                    |        |            |
| 10.                        |           |   |                    |        |            |
| 11.                        |           |   |                    |        |            |
| 12.                        |           |   |                    |        |            |
| 13.                        |           |   |                    |        |            |
| 14.                        |           |   |                    |        |            |
| 15.                        |           |   |                    |        |            |
| 16.                        |           |   |                    |        |            |
| 17.                        |           |   |                    |        |            |
| 18.                        |           |   |                    |        |            |
| 19.                        |           |   |                    |        |            |
| 20.                        |           |   |                    |        |            |
| 21.                        |           |   |                    |        |            |
| 22.                        |           |   |                    |        |            |

**NOTE: This sign-in sheet must be forwarded to the Activity Chairperson (or designate)**