

Release and Waiver of All Claims

I understand that *Ontario Footprints* experiences are designed for active and reasonably fit participants and that my participation will expose me to above normal risks of injury or harm. For example, these risks may include the use of equipment such as cooking stoves, snowshoes and skis, and activities such as hikes of several kilometers over rough and uneven terrain.

I represent that I have no health or physical problems that will interfere with my participation in *Ontario Footprints* experiences.

I agree that I am responsible for my own safety.

I, for myself, and on behalf of my heirs, personal representatives and next of kin hereby release, indemnify and hold harmless *Ontario Footprints*, its agents or representatives from any and all claims, demands, losses, and liability rising out of or related to any injury, disability or death I may suffer, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise.

I agree that my likeness may be photographed or videotaped and that such image may be used to promote or publicize the program.

I have read and I understand this Release and Waiver and agree to abide by it.

Signed: _____

Date: _____