Oregon Nordic Club

Assumption of Risk and Liability Waiver

Outdoor adventures by their very nature are inherently dangerous and involve some degree of risk. I am aware that participating in the Oregon Nordic Club's outings may expose me to certain risks and dangers including, but not limited to the hazards of mountainous, aquatic, or wilderness terrain, accident, illness, the forces of nature, and travel to and from the trailhead or point of departure. I am aware that it is not possible to foresee all of the potential hazards of outdoor activities. Each participant in a Nordic activity is responsible for his or her decisions.

To the best of my knowledge, I feel physically and mentally able to assume full participation in the outings of activities in which I will participate. I understand that the Oregon Nordic Club is a volunteer organization. In consideration of voluntarily participating in this outing, trip, or activity, I have and do hereby assume all the risks inherent in these activities and agree to hold harmless, from and against any and all liability, claims, and demands of any nature, including but not limited to liability for negligence, the Oregon Nordic Club, and any of their agents, tour leaders, officers, assistant leaders, instructors, and other participants.

I HAVE READ AND UNDERSTAND THE ABOVE STATEMENTS CONCERNING THE OREGON NORDIC CLUB'S OUTING PROGRAM.

Non Members pay a trip fee of $3 to cover insurance and related costs.

ACTIVITY:_____ Date:_____

Participant (Print)	Signature	Phone	Auto License No.	Member Yes/No	$3 Paid?

Tour Leader: Please return this completed form to: Oregon Nordic Club, PO Box 3906, Portland, OR 97208. Thank you!