

2024 Aggie Adventure Camp Parent Manual

This manual is designed to serve as a guide to answer all questions, and ensure that each parent/guardian, as well as the Aggie Adventure Camp staff, have all the necessary information to guarantee that Aggie Adventure Camp is a fun, safe, and successful experience for all. Included in this manual are important policies and procedures for you to review.



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Welcome

We are extremely excited to have you and your child join us for the first year of Aggie Adventure Camp. We can guarantee a month filled with outdoor adventure, discovery, connection, and learning. Thank you for registering your camper with us!

At our Youth Camp, we are committed to facilitating meaningful outdoor experiences for the campers. Aggie Adventure Camp will consist of 20 campers each week, between the ages of 10-13 years old. Campers will be split into groups of 10 each morning, with a camper-to-staff ratio of 5:1. Depending on the day of the week, campers will experience hiking, mountain biking, rock climbing, and water sports. In the event of bad weather, campers will opt for active indoor activities, including swimming and rock climbing. Educational field trips, such as visiting Stokes Nature Center, will take place each week. Every week campers are guaranteed to participate in outdoor sports, but their educational activities will change week-to-week. More detailed descriptions of each activity will be outlined later in this document and will be updated online if anything changes.

Aggie Adventure Camp Mission Statement

Outdoor Programs Aggie Adventure Camp is designed to give each camper the opportunity to learn about nature, and outdoor sports and skills while having fun in a safe and engaging environment. This camp is for children ages **10-13 years old** and promotes outdoor activity, cooperation, skill development and outdoor education.

Camp Contacts

Camp Director: Ashley Brown (Camp name: Waffles)

Phone: (435)-797-0399

Email: Ashley.brown@usu.edu

Student Supervisor: Clayton Shaw (Camp name: Tarzan)

Phone: (208)-421-5530

Email: Clayton.shaw@usu.edu

Weekly Schedule

Every week, weather permitting, campers will enjoy time in nature while hiking, rock climbing, mountain biking, and water activities. On Mondays and Fridays, they will go on field trips and have lessons on the outdoors. If the weather is bad, campers will opt for indoor activities, which could include pickleball, rock climbing, swimming, or crafts.

Session 1: June 3rd – June 7th

Session 2: June 10th – June 14th

*Session 3: June 18th – June 21st

Session 4: June 24th – June 28th

*Session 3 shortened due to Juneteenth holiday

General Camp Schedule

This is a generic schedule for a day of camp. Changes will be communicated via email.

Mountain Bike/Activities Day

8:00am Start of drop off/free play

9:00am – 9:15am Assign bikes and helmets

9:15am – 10:00am Learn about mountain bikes, practice skills, take a practice lap

10:00am – 10:15am Prep vehicles and bikes, fill up waters and go to trails

10:15am – 11:45am Mountain biking, with snack and water breaks

11:45am – 12:00pm Transition back to campus for lunch

12:00pm – 1:00pm Group lunchtime

1:00pm – 2:00pm Organized activity

2:00pm – 2:30pm Afternoon snack

2:30pm – 4:00pm Organized activity

4:00pm – 5:00pm Free Play/Pick-Up

Outdoor Activities

Campers will get the opportunity to try mountain biking, rock climbing, water sports, and hiking. Camp counselors have been trained in each sport, with lead counselors who are considered experts in their sport, and have wilderness medicine certifications. No experience is required for any activity. All activities will be at the beginner level, and difficulty will be increased if the campers, as a group, would appreciate a challenge. Campers will receive multiple breaks for food, water, the restroom, and shade. **If a camper has their own equipment for an activity, they may bring it BUT there is no guarantee they can use it. Counselors will inspect their gear and may decide to have the camper use Outdoor Programs equipment instead.** Campers will not be permitted to assist counselors in anything that is considered a high-risk skill, including belaying.

Hiking

What to expect: Approximately half a day of exploring hiking trails in and around Logan Canyon. Trails may be rough, dusty, or muddy. Expect to be outside under the sun or clouds for the duration of the hike.

What to bring:

- Water—reusable bottle (or bottles) that can carry at least 1.5 liters of water total
- Hiking shoes—closed-toe shoes with good traction that are comfortable to walk in for multiple miles
- Sun protection—sunscreen and a hat with a visor or brim. Sunglasses optional
- Extra layer—lightweight jacket to keep in backpack in case of a change in weather
- Small backpack that can hold water bottle, sunscreen, and extra layer
- Snacks will be provided by the camp

What to wear:

- Breathable shirt (synthetic material recommended)
- Breathable pants or shorts (weather dependent, synthetic material recommended)
- Hat with visor or brim
- Lightweight breathable jacket (weather dependent)

Synthetic material is breathable clothing that will not take long to dry if the camper gets sweaty. Nylon, spandex, polyester, etc. Cotton is not considered a breathable fabric

Water Activities

What to expect: Flatwater kayaking, stand-up paddleboarding, and canoeing in and around Cache Valley. Campers will be fitted for PFDs and taught basic paddling strokes, and supervised by staff with current lifeguard certifications. Expect to be outside under the sun or clouds for the duration of the activity.

What to bring:

- Water—reusable bottle (or bottles) that can carry at least 1.5 liters of water total
- Sun protection—sunscreen and a hat with a visor or brim. Sunglasses optional
- Shoes that are comfortable to get wet
- **An extra set of clothes and towel to keep dry**
- Snacks will be provided by the camp

What to wear:

- Arrive to camp with a bathing suit on, and a t-shirt and shorts overtop

Rock Climbing

What to expect: Single-pitch top-rope rock climbing in and around Logan Canyon and Green Canyon. Campers will be fitted for a helmet, harness and climbing shoes and taught basic climbing techniques. Campers will be belayed and checked by certified staff. Approach trails to the climbing routes may be uneven, dusty, or muddy. Expect to be outside under the sun or clouds for the duration of the activity.

What to bring:

- Water—reusable bottle (or bottles) that can carry at least 1.5 liters of water total
- Hiking shoes—closed-toe shoes with good traction that are comfortable to walk in
- Sun protection—sunscreen and a hat with a visor or brim. Sunglasses optional
- Extra layer—lightweight jacket to keep in backpack in case of a change in weather
- Small backpack that can hold water bottle, sunscreen, and extra layer
- Snacks will be provided by the camp

What to wear:

- Breathable clothing that does not restrict movement (pants recommended)
- Closed-toe shoes required
- Lightweight breathable jacket (weather dependent)

Mountain Biking

What to expect: Mountain biking trails in and around Logan Canyon and Cache Valley. Children will be fitted for helmet and mountain bike, and taught basic riding technique before they go on challenging terrain. Expect to be outside under the sun or clouds for the duration of the activity.

What to bring:

- Water—reusable bottle (or bottles) that can carry at least 1.5 liters of water total
- Closed-toe shoes with good traction
- Sun protection—sunscreen and a hat with a visor or brim. Sunglasses optional
- Extra layer—lightweight jacket to keep in backpack in case of a change in weather
- Small backpack that can hold water bottle, sunscreen, and extra layer
- Snacks will be provided by the camp

What to wear:

- Breathable clothing that does not restrict movement
- Closed-toe shoes required
- Lightweight breathable jacket (weather dependent)

Check-In and Check-Out Policy and Procedure

A check-in and check-out sheet will remain with the Counselors at all times. This sheet will list each child's name, age, allergies, parent phone numbers, and who is allowed to pick them up. We will require an initial from this individual for both check-in and check-out. All parents/guardians/approved persons will be required to show proof of identity via a driver's license or other state/federal ID, when they sign a camper out. No one under the age of 18 may sign a camper in or out. Campers may not sign themselves in or out.

Aggie Adventure Camp Roster & Check-in/Check-out

Name and Age	Approved Pick-up	Allergies	Contact #	Monday		Tuesday		Wednesday	
Abby Brown 10	John Brown Sarah Brown	Peanuts	435-111-2222	In	Out	In	Out	In	Out

Drop Off & Pick Up Details

Drop Off

Drop-Off Time: Between 8:00am – 9:00am in front of the Recreation Annex, or at the Outdoor Programs Rental Shop

Check-In Procedure: If the individual dropping off each child does not possess a USU parking pass, they must drive up to the curb and drop their child off at the Recreation Annex and be out before 10 minutes, or they may risk a parking ticket. The Recreation Annex will be the main drop-off/pick-up location. If a child needs to be dropped off at the OP Rental Shop, parents must be in and out of the parking lot before 9:00am, so the rental shop can open and have space for their customers.

Late Drop-Off: We highly discourage dropping a child off late unless it is an emergency. If a child needs to come in late, it must be arranged in advance with the Camp Director. If a child accidentally gets dropped off late, please call the Camp Director and she will locate that child's group and take them to join their activities.

Pick-Up

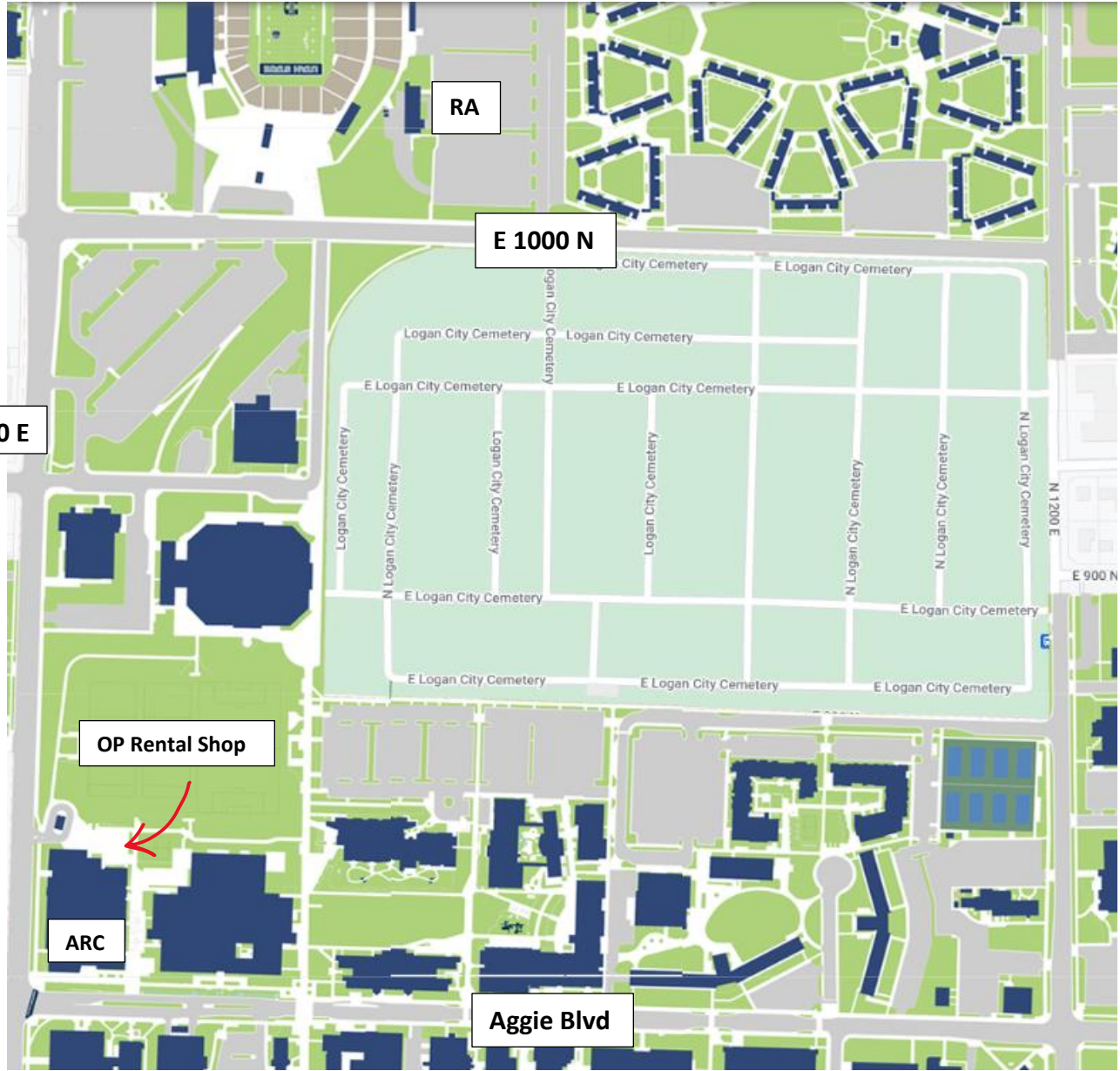
Pick-Up Time: Between 4:00pm – 5:15pm at the Recreation Annex. Parents will be contacted in advance if the pick-up location changes.

Check-Out Procedure: All parents/guardians/approved persons will be required to show proof of identity via a driver's license of other state/federal ID, when they sign the camper out. No one under the age of 18 may sign a camper out. Campers may not sign themselves out.

Late Pick-Up: Children not picked-up by 5:15pm will be charged for After Camp Hours, which is \$15 per 15-minute increments. If a camper is picked up 30 min late or more, a late fee of \$30 will be assessed and Counselors will fill out a late pick-up form and submit it to the Camp Director that will be due by the last day of that particular session.

Campus Maps

North



ARC: Aggie Recreation Center

RA: Recreation Annex

OP Rental Shop: Outdoor Programs Rental Shop

Recreation Annex

The Recreation Annex is a Campus Rec building located on the north side of campus right in between the football stadium, and student housing apartments. The top level of the RA is the E-Sports Center, and the bottom floor is apart of Outdoor Programs. Campers will be dropped off and picked up in front of this building every day.



Outdoor Programs Rental Shop

The Outdoor Programs Rental Shop is located on the north side of the ARC, right next to the Aggie Legacy fields.



Transportation during Camp Hours

Some days campers will be on USU's campus, but for field trips and outdoor adventures, campers will be transported as a group in USU vehicles that will be driven by staff who have completed the appropriate trainings. All field trips costs are covered by your registration.

What to Bring to Camp

What campers bring to camp may differ based on their activity for the day. Parents will be informed ahead of time when these circumstances occur. In general, campers should also show up to camp with the following:

- Brown bag lunch – something that does not need to be refrigerated or microwaved
- Water bottle
- Light jacket – even on the hottest days, it could be cooler in the mountains
- Athletic clothing and close-toed shoes

What Not to Bring to Camp

Campers must leave all cellphones, toys, money and electronics at home so that they do not risk losing them while in attendance at camp or distract from daily activities.

General Camp Policies

Free Play

At times, Aggie Rec Camp provides campers the opportunity to engage in free play. During these times, we provide equipment and supervision. This gives campers the opportunity to engage in freely chosen and camper directed activities. Counselors can jump in and play if asked by campers, otherwise they will supervise. We will limit free play time and provide campers with guided activities most of the time, however, we want to make you aware of this commitment at our camp. Specific times you may see free play is during drop-off and pick-up time.

Restroom Use

When we are on Aggie Legacy Fields, the campers have access to the outdoor restrooms as well as the restrooms inside of the ARC. If we are in the ARC, HPER Pool, or Fieldhouse, we are able to use a regular restroom facility.

When outside, we will do our best to never recreate in a place that is more than 10 minutes away from a restroom. There are many outdoor restrooms lining Logan Canyon, and there will also be multiple camp counselors, so 1-2 can leave to take campers to the restroom. All vehicles will contain hand sanitizer and extra toilet paper. Restroom breaks will be offered multiple times while recreating outside.

Counselor Safety Training

At Aggie Rec Camp, we are committed to doing everything we can to keep your child safe while in our care. Each of our counselors and staff members are trained in the following ways:

- American Red Cross - Adult and Child CPR/AED Training and First Aid.
- Aggie Rec Camp Emergency Action Plan and Staff policies and procedures.
- Sexual Assault Training.
- State Protection of Minors training
- In addition to the above training, a background check will be done on each staff member.

Camp Staff

One of our goals in creating camp, is to provide quality professional experience for students at Utah State University. The Camp Director, and professional staff who may assist from time to time, are a part of the Campus Recreation Department and the counselors are all students at Utah State University. Multiple counselors have worked for the Outdoor Programs Department in other capacities, and they bring with them previous risk management experience.

Our camps create an environment for the counselors to apply skills, abilities and knowledge they learn in the classroom out in the field. All counselors are encouraged to take on leadership roles in creating curriculum, adapting it to each age group, and executing it in the field.

Camp Director

The Camp Director is responsible for ensuring a safe, fun, and rewarding summer camp experience for the youth of our USU and surrounding community. They oversee all curriculum, risk management, personnel, and budgeting operations. The Camp Director will be heavily involved in the day-to-day operations as well.

Ashley Brown

- Masters in Sports Management
- B.S. in Recreation Administration and Minor in Outdoor Adventure Leadership
- 8+ years' experience working with children as a babysitter and at the USU Challenge Course

Student Supervisor

The Student Supervisor is responsible for ensuring camp policies and risk management procedures are properly followed. They are also responsible for general gear management and keeping all campers and counselors on schedule throughout the day.

Clayton Shaw

- Currently obtaining a B.S. in Recreation Administration and Emphasis in Outdoor Adventure Leadership
- 2+ years of experience with children and teenagers, as well as one of USU's Outdoor Programs lead student trip leaders and expert knowledge in outdoor activities

Counselors

Camp Counselors are responsible for executing the camp curriculum and mentoring, coaching, and providing a safe environment for all campers. Counselors will educate the campers as they go through each outdoor activity.

Parent/Guardian Registration

After the registration process, parents will be emailed a questionnaire via Qualtrics survey to fill out. This questionnaire will address the aspects listed below. Please be aware of these and know any information which will help the counselors provide a successful camp experience for each camper will be discussed in our weekly meetings and/or daily huddles.

1. Medical Information
 - a. Insurance Information
 - b. Medical Information and concerns (allergies, activity restrictions, prescription medications, etc.)
 - c. Mental, Emotional, Learning, and Social Health
 - i. Impacts Learning
 - ii. Psychiatric Diagnosis
 - iii. Emotional Health
 - iv. Professional Counseling
 - v. Significant Life Event(s)
2. Emergency Contact Information
3. Authorized Pick-Up Individuals
4. Photos and/or Video – Promotional Use
5. Permission to Receive First Aid
6. Consent for Emergency Medical Treatment
7. Acknowledgement of Risk Consent
8. Camper Conduct
9. Cancellation Policy
10. Payment and Refunds

Parental Acknowledgement of Risk

I, the undersigned, affirm that Utah State University Campus Recreation is providing my child/ward with access to, and use of, certain programs and facilities at Utah State University (“USU”). I understand that participation in camp programs and facilities require physical exertion and that, as with any activity or program involving physical exertion, there are certain inherent risks to personal health, safety, and/or property.

I understand that my child should not participate in any said programs unless I am willing to accept the associated risks. I understand that USU cannot guarantee my child’s health and safety while participating in these programs. I understand that my failure to acknowledge and accept these risks will disqualify my child from gaining access to, and use, the programs. By accepting this I acknowledge and accept the inherent risks provided with this program.

I hereby acknowledge that certain risks of injury are inherent to participation in camp recreational and classroom activities. These types of injuries may be minor or serious and may result from the camper’s actions, or the actions or interactions of others, or a combination of both. I understand that certain activities require a minimum level of fitness and health (physical, mental, and emotional) and that each person has a different capacity for participating in these activities.

I agree that as the parent/guardian of a participant in the above program(s), I am responsible for my child’s behavior and well-being. I understand that in the event of an accident or injury, personal judgment may be required by program personnel regarding what actions should or must be taken on my child/ward’s behalf.

I also understand that it is my responsibility to secure personal health insurance in advance, if desired, and to take into account my child’s personal health and physical condition. My child has no serious health issues or problems that would preclude them from participating in the program(s) or that present an abnormal, unusual, or unreasonable risk of, or susceptibility to, injury. I further agree to abide by any and all Campus Recreation rules and policies applicable to this program; and, I will take responsibility for abiding by specific requests made of me for my child’s safety, the safety of others, or the welfare of any general interest concerning the program. I understand that USU reserves the right to exclude my child’s participation in the program(s) if at any time my child’s participation or behavior is deemed detrimental to the safety and welfare of others.

I acknowledge that engaging in the program(s) may require a degree of skill and knowledge different from other activities and that I have responsibilities as the parent/guardian of a participant. I acknowledge that Campus Recreation has been available to fully explain to me the nature and physical demands of the program(s) and the inherent risks, hazards, and dangers associated with this activity. I acknowledge that my child’s participation in the program(s) is purely voluntary, and I elect to have them participate with full knowledge of the inherent risks.

FITNESS TO PARTICIPATE

I have fully informed myself of the contents of this affirmation by reading it before I signed it. I am of lawful age and legally competent to sign this affirmation and acknowledgement of risk. I assume responsibility of physical fitness and capability of my child to perform the activities involved in the program(s). I understand if I have any question as to whether a physical or medical condition would prevent my child’s full participation in the program(s), I will immediately notify a Campus Recreation employee.

Consent for Emergency Medical Treatment

Utah State University does not provide medical insurance. To assure that medical treatment may be made available to participants in a timely manner, should the need arise, the University requests that the treatment authorization below is signed by the appropriate parent or guardian.

TREATMENT AUTHORIZATION STATEMENT: I hereby authorize any appropriate medical treatment services which may be necessary to assure physical health and well-being during the period of my child’s participation at Utah State University Aggie Rec Camp and Aggie Rec Sport Camp. It is fully understood and agreed that I shall be responsible

for payment of any expense incurred for medical attention and Utah State University or medical services shall make a sincere effort to contact me to obtain verbal authorization prior to relying on this written authorization.

Permission to Receive First Aid

My child is sufficiently fit to participate in this program. The health history information I provided is accurate, complete, and true to the best of my knowledge. I agree to notify the program facilitators of any changes to my child's health and fitness, which may occur before or during the program. Should my child become ill or injured, I give my permission for any representatives of Campus Recreation or Utah State University to render first aid.

Medication

All medications, prescription or over the counter must be checked in with counselors. Campers are not permitted to hold onto medications or to self-administer without supervision. Medications must be in the original container.

Photographic and Video Image Release

I agree that camp may utilize my photograph, or video of me participating in the Activity for any purpose, including but not limited to printed and electronic marketing material, and printed or electronic educational material, and that any such image is the sole property of USU Campus Recreation.

Camper Conduct Agreement

Aggie Adventure Camp reserves the right to dismiss a camper if their behavior jeopardizes their safety or another camper's safety and well-being, in these situations' guardians will be called immediately. For minor issues regarding camper conduct guardians will be notified in person, by phone, or by email.

Cancellation Policy

Aggie Adventure Camp reserves the right to cancel any session or modify activities due to enrollment numbers, facility problems, staff concerns, or circumstances beyond its control. Guardians will be notified immediately if a session is altered in any way.

Payment and Refunds

Aggie Adventure Camp is a single payment. Below are the price breakdowns for each week of camp:

- Session 1- June 3 – 7: Faculty/Staff \$275; Community \$300
- Session 2 – June 10 – 14: Faculty/Staff \$275; Community \$300
- Session 3** - June 18 – 21 Faculty/Staff \$275; Community \$300
- Session 4 – June 24 – 28: Faculty/Staff \$275; Community \$300

A refund of 50% will be given if the cancellation is done two weeks prior to the first day of the camp season by 5pm. A refund of up to 75% may be given if a family cancels their child's session with three weeks or more notice of their child's expected start date at camp. ****Any cancellations less than two weeks of camp will not receive any refunds.****

Below is the waiver signed online during registration.



**CAMPUS RECREATION - GUESTS
WAIVER AND RELEASE AGREEMENT**

The person participating in the Activity (defined below) is referred to as "Participant." I, the undersigned, am a Participant or, if Participant is under 18, I am the minor Participant's parent or legal guardian. I, in consideration for Participant's opportunity to (check one):

- use Utah State University Campus Recreation Facilities (HPER, Fieldhouse, Aggie Recreation Center, Aggie Legacy Fields)
- participate in Utah State University Campus Recreation Programs (Fitness Programs, Intramural Sports, Open Recreation

(the "Activity"), do hereby agree on behalf of myself, my heirs, assigns, personal representative, and estate as follows:

ACCEPTANCE OF RISKS AND RESPONSIBILITY: I acknowledge that the Activity is inherently hazardous and that participation in the Activity necessarily includes certain risks, which risks may result in loss or damage to property or injury, illness, or death to myself or others. I understand that these risks may be known or unknown, identified or unidentified, and anticipated or unanticipated. Specific risks associated with the Activity include, but are not limited to: temporary or permanent muscle soreness, sprains, or strains; lacerations; abrasions; contusions; concussions; loss of consciousness caused by external or internal circumstances; ligament, cartilage, joint, or bone damage; head, neck, or spinal injuries; loss of use of arms and/or legs; eye, ear, nose, mouth, or dental damage; disfigurement; nausea; hypothermia; skin irritations; other physical injuries or risks associated with the Activity; or even death. I also acknowledge that loss or damage to property or injury, illness, or death to Participant or others may result from the negligent acts of Activity participants or organizers (including Utah State University, its agents, officers, employees, devisees and assigns and the Board of Regents of the State of Utah (hereafter collectively, "USU")). I voluntarily accept the risks and dangers associated with the Activity. I agree that I will be personally liable for any damages that occur as a result of Participant's participation in the Activity. I agree to adhere, or cause Participant if a minor to adhere, to appropriate safety standards to ensure the safety of Participant, others, and associated property during participation in the Activity.

RELEASE: I hereby voluntarily release and forever discharge USU from any and all liability, claims, demands, attorney fees, actions, or rights of action which are related to, arise out of, or are in any way connected with Participant's participation in the Activity, including specifically, but not limited to, the negligent acts or omissions of USU for any and all bodily injury, death, illness, disability, or damage to myself or to my property. I agree that USU is not liable for risks, negligent acts, or any other liability that may arise in connection with Participant's participation in the Activity.

INDEMNIFICATION: I hereby agree to hold harmless and indemnify USU against any and all losses, liabilities, or claims arising out of or connected to Participant's participation in the Activity. The indemnification obligations outlined herein extend to any and all costs and expenses, including attorney fees, incurred by USU in connection with any such loss, liability, or claim.

GOVERNING LAW AND JURISDICTION: The laws of the state of Utah shall govern the validity, construction, and enforceability of this Agreement, without giving effect to its conflict of laws principles. All suits, action, claims and causes of action relating to the validity, construction, and enforcement of this Agreement.

ACKNOWLEDGEMENT OF EFFECT OF THIS AGREEMENT: I understand and acknowledge that by signing this Agreement, I am agreeing to be bound by its terms and conditions. I acknowledge that by this Agreement, I have freely and voluntarily (a) given up certain legal rights and/or possible claims that I might otherwise assert or maintain against USU, including specifically, but not limited to, rights arising from or claims for the negligent acts or omissions of USU; and (b) assumed responsibility and legal liability for the claims or other legal demands, including defense costs, which may be asserted by third parties against me/Participant as a result of Participant's participation in this Activity. MY SIGNATURE BELOW INDICATES THAT I HAVE READ THIS ENTIRE AGREEMENT, UNDERSTAND THAT IT AFFECTS MY LEGAL RIGHTS, AND UNDERSTAND THAT IT WAIVES MY RIGHT TO SUE USU.

MINOR PARTICIPANT (UNDER 18) INFORMATION

Requires signature of Parent or Legal Guardian

Minor Participant Name (please print)

Age

ADULT PARTICIPANT OR SIGNATURE OF PARENT OR LEGAL GUARDIAN

By signing below, I represent that I am at least 18 years old, or if signing for a minor to participate in the Activity, that I am the parent or legal guardian of the minor Participant.

Adult Participant or Parent/Legal Guardian Name

Signature

Date

Phone Number

Address (Street, City, State, Zip Code)

Email



Campus Recreation
7005 Old Main Hill
Logan, UT 84322
435-797-0453

OUTDOOR PROGRAMS
TRIP/COURSE/ACTIVITY PARTICIPATION, WAIVER, AND RELEASE AGREEMENT

I, in consideration for the opportunity to participate in the following Utah State University Outdoor Programs trip/course/activity: _____ Date: _____ (the "Activity"), on behalf of myself, my heirs, assigns, personal representative, and estate, hereby agree as follows:

OUTDOOR PROGRAMS: I understand that the employees and volunteers of Utah State University and its Outdoor Programs are not necessarily certified guides (unless required under specific permit stipulations). I am also aware that the Activity is a common adventure where all participants share responsibility for understanding and managing the risks associated with the Activity.

PHYSICAL ABILITY: I certify that I am physically capable of participating in the Activity without undue risk to myself or others. I understand that if there is any question as to my physical or mental fitness to participate in the Activity that I should consult a physician to determine if the Activity is appropriate for my condition. I agree that if Outdoor Programs has any reason to question my physical or mental ability to participate in the Activity, that I will acquire a physician's opinion at my own expense prior to the Activity and make this information available to Outdoor Programs for review. I understand that Outdoor Programs may deny my participation in the Activity for any reason whatsoever.

MEDICAL COVERAGE: I understand that neither Utah State University nor the State of Utah will provide medical insurance coverage for Activity participants and therefore I agree to be responsible for any personal medical costs that may arise as a result of my participation in the Activity. I certify that I have health insurance.

PHOTOGRAPHY: For the purpose of publicizing university programs or for any other lawful purpose, I hereby grant to Utah State University and its photographers, videographers, editors, contractors, agents, representatives, employees, and assigns (collectively, "USU"), the irrevocable and unrestricted right to (i) take, record, use, and publish photograph(s)/video(s) of or including myself in any manner and medium during the Activity; (ii) to use or publish any photographs/videos that I create and share with Outdoor Programs during or after the Activity; and (iii) to alter, edit, or manipulate the same photograph(s)/video(s) without restriction, my inspection, or my approval. I hereby voluntarily release and forever discharge USU from all claims and liability relating to said photograph(s)/video(s).

DRUGS, ALCOHOL, WEAPONS, AND PERSONAL PROPERTY: I agree to refrain from possession or use of illegal drugs and alcohol during the Activity. I agree that I will not possess or use any weapons during the Activity. I agree to be solely responsible for my own equipment, supplies, and personal property during the Activity.

ACCEPTANCE OF RISKS AND RESPONSIBILITY: I acknowledge that the Activity is inherently hazardous and my participation in the Activity necessarily includes certain risks which may result in loss or damage to property or injury, illness, or death to myself or others. I understand that these risks may be known or unknown, identified or unidentified, and anticipated or unanticipated. Specific risks associated with the Activity include, but are not limited to: blisters; sunburn; hypothermia; frostbite; fatigue; dehydration; drowning; injuries related to or arising from harsh weather, snow/avalanche hazards, rock fall/slides, river and waterway hazards, or equipment failure; physical injuries such as temporary or permanent muscle soreness, sprains, or strains; lacerations; abrasions; contusions; concussions; loss of consciousness caused by external or internal circumstances; ligament, cartilage, joint, or bone damage; head, neck, or spinal injuries; loss of use of arms and/or legs; eye, ear, nose, mouth, or dental damage; disfigurement; nausea; skin irritations; or even death. I agree and acknowledge that the above list is not inclusive of all possible risks associated with the Activity. I also acknowledge that loss or damage to property or injury, illness, or death to myself or others may result from the negligent acts of Activity participants or organizers (including Utah State University, its agents, officers, employees, devisees and assigns and the Board of Regents of the State of Utah (hereafter collectively, "USU")). I voluntarily accept the risks and dangers associated with the Activity. I agree that I will be personally liable for any damages that occur as a result of my participation in the Activity. During my participation in the Activity, I agree to adhere to appropriate safety standards to ensure the safety of myself, others, and associated property.

TRANSPORTATION: I understand that the use of personal vehicles is not permitted during the Activity without the express permission of Outdoor Programs. I understand and agree that I am solely responsible for my own acts or omissions and any costs associated with the use of my personal vehicle (i) in traveling to or from the Activity or (ii) during the Activity (if express permission is granted). In participating in the Activity, I agree to abide by all Utah State University and Outdoor Programs vehicle and transportation policies.

RELEASE: I hereby voluntarily release and forever discharge USU from any and all liability, claims, demands, attorney fees, actions, or rights of action which are related to, arise out of, or are in any way connected with my participation in the Activity, including specifically, but not limited to, the negligent acts or omissions of USU for any and all bodily injury, death, illness, disability, or damage to myself or to my property. I agree that USU is not liable for risks, negligent acts, or any other liability that may arise in connection with my participation in the Activity.

INDEMNIFICATION: I hereby agree to hold harmless and indemnify USU against any and all losses, liabilities, or claims arising out of or connected to my participation in the Activity. The indemnification obligations outlined herein extend to any and all costs and expenses, including attorney fees, incurred by USU in connection with any such loss, liability, or claim.

If Participant is under the age of 18, a release form for minors must be used.



Campus Recreation
7005 Old Main Hill
Logan, UT 84322
435-797-0453

GOVERNING LAW AND JURISDICTION: The laws of the state of Utah shall govern the validity, construction, and enforceability of this Agreement, without giving effect to its conflict of laws principles. All suits, action, claims and causes of action relating to the validity, construction and enforcement of this Agreement.

ACKNOWLEDGEMENT OF EFFECT OF THIS AGREEMENT: I understand and acknowledge that by signing this Agreement, I am agreeing to be bound by its terms and conditions and hereby warrant that I am at least eighteen (18) years of age. I acknowledge that by this Agreement, I have freely and voluntarily (a) given up certain legal rights and/or possible claims that I might otherwise assert or maintain against USU, including specifically, but not limited to, rights arising from or claims for the negligent acts or omissions of USU; and (b) assumed responsibility and legal liability for the claims or other legal demands, including defense costs, which may be asserted by third parties against me as a result of my participation in this Activity. MY SIGNATURE BELOW INDICATES THAT I HAVE READ THIS ENTIRE AGREEMENT, UNDERSTAND THAT IT AFFECTS MY LEGAL RIGHTS, AND UNDERSTAND THAT IT WAIVES MY RIGHT TO SUE USU.

Participant Name	Signature	Date
Address (Street, City, State, Zip Code)		Age
Phone Number	Email	A-Number

For participants under the age of 18:

Parent/Guardian Name	Signature	Date
Address (Street, City, State, Zip Code)		
Phone Number	Email	