

# **One Step At A Time (OSAT) Outdoor Activities and Climbing Courses**

## **Acknowledgement Of Risks And Hazards And Agreement Not To Sue**

I agree and acknowledge by signing this agreement and participating in any One Step At A Time (hereinafter “OSAT”) outdoor activities and/or climbing course activities the following rules and conditions of use by OSAT apply and I agree to the following terms:

1. I understand that outdoor activities associated with the OSAT outdoor activities and climbing courses are dangerous and I understand my safety is not guaranteed.
2. I understand that it is my responsibility to be always safety conscious, to use common sense and act responsibly in furtherance of my safety and the safety of others while engaged in OSAT outdoor activities and climbing course activities.
3. I understand that I may be seriously hurt, paralyzed, or fatally injured while participating in OSAT outdoor activities and climbing course activities and by signing this agreement I am agreeing to assume all risks associated with OSAT outdoor activities and climbing course activities and I am agreeing to waive my right to sue OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT for any such injuries incurred.
4. I understand that OSAT outdoor activities and climbing course activities occur in a dangerous outdoor environments with ever-changing conditions which pose a serious danger to my safety, and I assume all risks associated with participating in the OSAT outdoor activities in such hazardous environments.
5. I understand that OSAT outdoor activities, like hiking, climbing, kayaking, biking, and mountaineering are dangerous activities that can cause serious injury, paralysis or death and I assume all risks associated with such activities and agree not to sue for any injuries incurred from such activity.
6. I acknowledge that risks associated with OSAT outdoor activities include, but are not limited to, weather-related hazards such as lightning strikes, frostbite and exposure, injury or death from water hazards such as fast-moving streams and rivers, crevasse falls and other glacier-travel related hazards, rockfall, avalanches, forest fires, and other hazards arising from movement and travel in outdoor environments. I agree to assume all such risks and waive my right to sue OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT for any such injuries or risks incurred while participating in the OSAT outdoor activities or climbing course activities.
7. I understand gear failures such as failure of a rope, climbing harness, webbing, helmets, ice axes and climbing protection failures such as failures of slings, failure of fall protection such as cam, nut or hex failures and failure of rappel and belay anchors are inherent risks associated with OSAT outdoor activities and I agree to assume all risks associated with those failures and

waive my right to sue OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT for any such injuries incurred while participating in the OSAT outdoor activities or climbing course activities.

8. I understand that human failures are also an inherent risk of OSAT outdoor activities and those failures include, but are not limited to, improper or negligent placement of fall protection, improper or negligent use, construction or placement of belay and rappel anchors, improper or negligent route-finding or glacier travel, and improper or negligent rope-handling and belaying.

9. I agree to assume all risks associated with human failures inherent in climbing and mountaineering and waive my right to sue OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT for any such injuries incurred due to human failures while participating in OSAT outdoor activities or climbing course activities.

10. I agree that this acknowledgement of risks and hazards and agreement not to sue and to release, hold harmless and indemnify OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT shall be construed broadly to provide indemnity, release of liability and waiver of the right to sue to the maximum extent permissible under applicable law.

11. I, or WE if I am signing on behalf of a minor, hereby certify that I have read and understood the above provisions and agree to release, indemnify, and hold harmless OSAT, its volunteer instructors/trip leaders, board members, or any other member of OSAT from any and all claims arising from the risks inherent in and associated with OSAT outdoor activities or climbing course activities including any claims for death, paralysis or personal injury of any kind whether caused by negligence or otherwise. By clicking "I have read and agree..." on the OSAT.org web site, I am agreeing to the above terms.

Dated: \_\_\_\_\_

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Printed Name