



INFORMED CONSENT FORM

Dear Parent or Legal Guardian:

Welcome to our program, **Women and Girls Mountain Biking!** Please read this page carefully and ask us if you have any questions.

Our activities for the weekend will be:

- Introduction to basics of mountain bike riding
- Riding bike on some of the easier terrain features at the Hope Bike Park
- Riding bike on local forested trails with a variety of moderate terrain.

Please note that:

- all children are required to have an **accompanying parent**, legal guardian or designated guardian with them who are responsible for their supervision and safety
- this form **must be signed** on the reverse side in order for children to participate in this program
- a separate **medical form** must be completed for any child that has (a) medical condition(s) that emergency personnel would need to know if you are not available. Hope Mountain Centre staff must be provided the completed medical form at check-in.

There are **inherent risks** involved in this program. They include, but are not limited to:

- accidents which occur during transportation or travel to and from events
- injury from falling off a bike, falling off a bike skills structure, collision with other bikes and any other bike-related accident
- slips and falls, vehicular impact, repetitive strain injuries, dislocated shoulders
- sunstroke, heatstroke, sunburn
- changing and inclement weather conditions, high wind and lightning
- landslides and falling objects
- encounters with domestic or wild animals, bites from insects or other organisms, including ticks with the possibility of leading to disease
- poisonous plant contact, exposure to fungi and fungal spores
- negligence on the part of other participants
- negligence on the part of the releasees, including failure on the part of the releasees to safeguard or protect my child/children from the risks, dangers and hazards of participating in the activities

Please complete the reverse side.



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Please read the information on the reverse side.

By signing below, you acknowledge that:

- you have read and understood all of the information on the reverse, including the inherent risks
- you hold harmless the Hope Mountain Centre for Outdoor Learning, its staff, directors and volunteers

As the parent or legal guardian of:

Child's First and Last Name

Child's First and Last Name

Child's First and Last Name

Child's First and Last Name

I request that my child/children participate in this Hope Mountain Centre program and I have read and understood all of the above.

Dated: _____

Signature of **Witness**

Signature of **Parent or Legal Guardian**

Please print name clearly

Please print name clearly