

AGREEMENT AND RELEASE FROM LIABILITY

1. Voluntary Participation.

A. I _____, acknowledge that I have voluntarily applied to participate in hiking and trekking activities organized by Los Caballeros Racquet & Sports Club ("Los Caballeros"), 17272 Newhope Street, Fountain Valley, California 92708.

B. I further acknowledge that the locations of the trails for the hiking and trekking activities that are the subject of this release may be in undeveloped wilderness areas throughout Central and/or Southern California, including but not limited to remote or isolated areas accessible only by foot traffic. I further acknowledge that the locations of the trails for the hiking and trekking activities that are the subject of this release are known to contain wildlife indigenous to the area, including mammals and reptiles.

C. I further acknowledge that hiking and trekking is a physical activity that at times may require exertion of strenuous physical exercise. By signing where indicated below, I represent that I am in adequate physical condition to participate in this activity and am free of any physical limitations or medical conditions or restrictions that would prevent me from participating in this activity.

2. Assumption of Risk.

I AM AWARE THAT HIKING AND TREKKING IS A HAZARDOUS ACTIVITY. I AM VOLUNTARILY PARTICIPATING IN THESE ACTIVITIES WITH KNOWLEDGE OF THE DANGERS INVOLVED, AND HEREBY AGREE TO ACCEPT ANY AND ALL RISKS OF INJURY OR DEATH, AND VERIFY THIS STATEMENT BY PLACING MY INITIALS HERE: _____

3. Release.

A. As consideration for being permitted by Los Caballeros and/or its owners, shareholders, employees or other representatives to participate in the activities that are the subject of this Agreement and Release, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue, or attach the property of Los Caballeros or any of its owners, shareholders, employees or other representatives or any person responsible for organizing, planning or supervising the hiking or trekking activities that are the subject of this Agreement and Release for any injury or damage resulting from the negligence or other acts, howsoever caused, by any employee, agent, or contractor of Los Caballeros or any of its owners, shareholders, employees or other representatives as a result of my participation in the hiking or trekking activities.

B. I hereby release Los Caballeros and its owners, shareholders, employees or other representatives and any other person responsible for organizing, planning or supervising the hiking or trekking activities that are the subject of this Agreement and Release from any and all actions, claims, or demands that I, my assignees, heirs, distributees, guardians, and legal representatives now have or may hereafter have, known or unknown, for injury or damage resulting from my participation in the hiking and trekking activities.

4. Knowing and Voluntary Execution

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND LOS CABALLEROS RACQUET & SPORTS CLUB AND/OR ITS OWNERS, SHAREHOLDERS, EMPLOYEES OR OTHER REPRESENTATIVES AND ANY OTHER PERSON RESPONSIBLE FOR ORGANIZING, PLANNING OR SUPERVISING THE HIKING OR TREKKING ACTIVITIES THAT ARE THE SUBJECT OF THIS AGREEMENT AND RELEASE AND SIGN IT OF MY OWN FREE WILL.

Executed this ___ day of _____, 2010 at _____ California

RELEASOR

PRINT NAME: _____

I certify that _____ acknowledged in my presence that he/she had read and fully understood the meaning and consequences of the foregoing release, and signed it in my presence.

Executed this ___ day of _____, 2010 at _____ California

PRINT NAME: _____

Health Inventory

Emergency Contacts

1: Name: _____ Phone: _____

2: Name: _____ Phone: _____

List any medical conditions that might limit your activity:

Do you have life-threatening allergic reactions? Y/ N

Do you have an epi-pen with you? Y/N

Do you have asthma? Y/N

Do you have an inhaler with you? Y/ N

Do you have a history of heart disease ? Y/N

If so, do you carry nitro glycerin? Y/N

Do you have Diabetes? Y/N

Being honest about your health protects you, other participants, and the hike leaders! Thank you