

## Welcome to Your All-Outdoors Rafting Trip!



We're so glad to have the opportunity to take you rafting with us today! But before we get on our way, we've got to take care of some essential paperwork. Fill out this form in its entirety and be sure to read and sign the liability release section on the back. If you're under 18 years of age, have your parent or guardian sign for you. **PLEASE WRITE LEGIBLY. THANK YOU!** 

Have you ever rafted with	$All ext{-}Outdoors$ before	?	YES	NO	UNSURI	E		
Sign in with the name you prefer the records reflect and note any other AKA* name (maiden name, nickname) we may currently have on record for you.								
First Name					*AKA:			
					_			
Last Name								
						Apt Number		
Home Address								
Zip	City							
State Country (if r	Date o	of Birth						
					MM DD	YY		
E-mail								
Cell #		Alt						
provides helpful information about up-to-date river news, events, specials, and more. We promise that we will never sell, trade, or share your personal information with anyone! You can easily unsubscribe at any time.  Yes, I want to be entered into the AO monthly contest to win a FREE 1-Day trip for two persons and sign up for the AO eNews.  (Please check your spam folder from time-to-time if you don't receive your eNews.)  No, I am not interested in a free trip and the AO eNews.  PRE - RIVER ORIENTATION								
<ol> <li>Introductions- guides &amp; guests</li> <li>Any non-English? Assign interpreter</li> <li>Questions? Ask at any time</li> <li>Unique items for today's trip</li> <li>Items for the "dry bag"</li> <li>Avoid sunscreen on backs of legs or forehead</li> <li>Plan for the day and trip</li> <li>River etiquette - quiet zone, low impact</li> <li>Potty rules</li> <li>No smoking or chewing gum on raft</li> <li>Smoke only in clear areas</li> <li>Shoe concerns, must wear, rinse</li> <li>Keep feet inside raft</li> <li>No swimming without guide's OK</li> <li>Don't drink river water</li> </ol>	<ul> <li>17. Step below slippery rocks</li> <li>18. Caution: snakes, poison oak, tick</li> <li>19. Medical concerns?</li> <li>Tell your guide if you have: <ul> <li>a) Neck or back problems, if yes, do not lift rafts or heavy objects</li> <li>b) Severe allergic reactions to things such as bee stings, food, etc. (carry epi-pen?)</li> <li>c) Low blood sugar, asthma, or any other condition that could affect y trip and require medical attention</li> <li>20. Water fighting: no paddles or bod contact. Care w/ buckets / water</li> <li>21. Rafting position: weight on feet, lean forward</li> <li>22. Paddle grip for power &amp; control</li> <li>23. Commands &amp; paddling together</li> <li>24. Listen to your guide's instructions</li> </ul> </li> </ul>	ss a) OK b) Point 26. If raft 27. If raft 28. If you a) Look b) LISTI c) Avoic d) Unde your e) Back f) Take dy g) Hold guns h) In a r or pu i) Avoic j) Swim upstr	Positive gets stuck on smal gets sideways to b fall out of raft: downstream, feet u EN for directions downstream of raf r raft? Go in one di stroke / ferry angle breath in trough of nose, turn face to w eversal? Swim to s sh down brush on side of ri to side if clear, eam angle on belly	I rock 2 ig rock 2 ig rock 2 ig rock 3 it 2 ide 2 ide 3 ide	<ul> <li>k) Don't try to stand in r.</li> <li>I) Catch a throw line! P shoulder &amp; float on y.</li> <li>9. Getting back in raft: I helpers lift by armpits not by arms or wrists</li> <li>0. Life jacket buckled &amp; Off OK only at lunch No knots in straps.</li> <li>1. Make sure your life jabeen checked by AO</li> <li>2. Questions? Anyone r.</li> <li>3. Please return your signer to AO guide.</li> <li>4. Assign guest crews to sow, go to raft for poand further oriention.</li> </ul>	our over our back Make contact, s or lifejacket, tight at all times and camp.  acket fitting has guide. not want to go? gned release o guides. ssitions and		
	0.11		<b>5</b>					
Itinerary  Meet Time	Guide         Day         Day	ate	Res. N Reserv		of			

## PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of All-Outdoors, Inc., DBA All-Outdoors California Whitewater Rafting, the State of California, Department of Parks and Recreation, US Bureau of Reclamation, any other governmental agency, Pacific Gas & Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, other water resource entities, and their agents, owners, officers, volunteers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "AO"), I hereby agree to release, indemnify, and discharge AO, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in Guided River Trips – Class 1-5 Whitewater Rafting Activities entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: slipping and falling; accidental drowning; whitewater rapids will be encountered; collision with fixed or moveable objects or other watercraft; being jolted, jarred, bounced, and shaken during rides; contact with food boxes, other storage containers, or other fixed equipment necessary to the operation of the expedition and the outfitting of the raft; "washed" overboard resulting in having to swim rapids risking collision with rocks and entanglement in trees; damage to equipment or personal injury; exposure to temperature and weather extremes which could cause cold water shock, hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; exposure to sun, strong wind, cold, storms, large waves, eddies, whirlpools, and lightning; exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; transmissible pathogen or disease; equipment failure; improper lifting or carrying; travel in remote areas with poor or no access to emergency and/or medical services; my own physical condition, and the physical exertion associated with this activity.

Furthermore, AO personnel have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

- 2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks. Additionally, I agree to wear a U.S. Coast Guard approved personal flotation device (life jacket) while participating in this activity.
- 3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless AO from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of AO's equipment or facilities, **including** any such claims which allege negligent acts or omissions of AO.
- 4. Should AO or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
- 5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
- 6. In the event that I file a lawsuit against AO, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining document shall remain in full force and effect.
- 7. The undersigned waives the protection afforded by any statue or law in jurisdiction whose purpose, substance, cause and/or effect is to provide that a general release shall not extend to claims, material or otherwise, which the person giving the release does not know or suspect to exist at the time of executing this release. This means, in part, that the undersigned is releasing unknown future claims and specifically waives the provisions of California Civil Code Section 1542 which provides: A general release does not extend to claims that the creditor or releasing party does not know or suspect exist in his or her favor at the time of the executing the release and that, if know by him or her, would have materially affected his or her settlement with the debtor or released party.

by him or her, would have materially affected his	or her settlement with the debtor or rele	eased party.		
By signing this document, I acknowledge that if ar be found by a court of law to have waived my right which I have released them herein. I also agree tha sufficient opportunity to read this entire document	t to maintain a lawsuit against AO an at this document is valid for subsequ	d agencies on the basis of any claim from lent visits and participation at AO. I have had		
Signature of Participant	Date _			
	JARDIAN'S ADDITIONAL INDE pleted for participants under the			
In consideration of the following minor: (print name) _		being permitted by AO to participate in its		
activities and to use its equipment and facilities, I furth	er agree to indemnify and hold harmles	ss AO from any and all claims which are brought		
by, or on behalf of minor, and which are in any way co	nnected with such use or participation	by minor. Minor DOB		
Parent or Guardian:	Print Name:	Date:		