



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-Outdoors* before?

YES

NO

UNSURE

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

Home Address

Apt Number

Zip

City

State

Country (if not U.S.)

Date of Birth

MM

DD

YY

E-mail

Cell #

Alt

WIN A FREE TRIP FOR TWO and Receive AO eNews!!!

When you subscribe to the AO eNews, you are automatically entered into our free trip monthly drawing April through October. Our periodic eNews 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

- | | | | |
|--|---|---------------------------------------|---|
| 1. Introductions- guides & guests | 17. Step below slippery rocks | 25. Follow your guides hand signals: | k) Don't try to stand in moving water |
| 2. Any non-English? Assign interpreter | 18. Caution: snakes, poison oak, ticks | a) OK | l) Catch a throw line! Put over |
| 3. Questions? Ask at any time | 19. Medical concerns? | b) Point Positive | shoulder & float on your back |
| 4. Unique items for today's trip | Tell your guide if you have: | 26. If raft gets stuck on small rock | 29. Getting back in raft: Make contact, |
| 5. Items for the "dry bag" | a) Neck or back problems, if yes, | 27. If raft gets sideways to big rock | helpers lift by armpits, not by arm, |
| 6. Avoid sunscreen on backs of | do not lift rafts or heavy objects | 28. If you fall out of raft: | wrists or jacket. |
| legs or forehead | b) Severe allergic reactions to | a) Look downstream, feet up | 30. Life jacket buckled & tight at all times. |
| 7. Plan for the day and trip | things such as bee stings, | b) LISTEN for directions | Off OK only at lunch and camp. |
| 8. River etiquette - quiet zone, | food, etc. (carry epi-pen?) | c) Avoid downstream of raft | No knots in straps. Tuck in straps. |
| low impact | c) Low blood sugar, asthma, or any | d) Under raft? Go in one direction | Sizes: Universal or Large (125lb +) |
| 9. Potty rules | other condition that could affect your | e) Backstroke / ferry angle | Small (up to 140lb) |
| 10. No smoking or chewing gum on raft | trip and require medical attention | f) Take breath in trough of wave | 31. Questions? Anyone not want to go? |
| 11. Smoke only in clear areas | 20. Water fighting: no paddles or body | g) Hold nose, turn face to wave | 32. Your guide will help fit your lifejacket, |
| 12. Shoe concerns, must wear, rinse | contact. Care w/ buckets / water guns | h) In a reversal? Swim to side | get paddles, and collect your forms |
| 13. Keep feet inside raft | 21. Rafting position: weight on feet, | or push down | 33. Assign crews to guides |
| 14. No diving from raft or shore | lean forward | i) Avoid brush on side of river | 34. Each guide check & count forms |
| 15. No swimming without guide's OK | 22. Paddle grip for power & control | j) Swim to side if clear, | 35. Last potty call! |
| 16. Don't drink river water | 23. Commands & paddling together | upstream angle on belly | 36. To raft for positions and further |
| | 24. Listen to your guide's instructions | | orientation |

ALL-OUTDOORS USE:

Itinerary _____ Guide _____ Res. Name _____
 Meet Time _____ Day _____ Date _____ Reserved # _____ of _____

The State of California, other government agencies, Pacific Gas & Electric Company, Placer County Water Agency, Sacramento Municipal Utility District, and All-Outdoors require the following to be signed for you to participate.

Please read, sign below, and provide requested information on the other side.

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of All-Outdoors, Inc., dba All-Outdoors Whitewater Rafting, their agents, owners, officers, volunteers, participants, 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, as well as the State of California and any other governmental agency, Pacific Gas & Electric Company, Placer County Water Agency, Sacramento Municipal Utility District or other water resource entity, and their agents, employees and representatives (hereinafter collectively referred to as "Agencies") on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in whitewater river rafting 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.

2. I acknowledge that I have read and understood the current AO materials, its policies stated and its description of the degree of difficulty of the river I have selected. I acknowledge that in abnormally high or low flows the river may be more or less difficult than described in the AO materials under normal conditions. I acknowledge that I am familiar with the skills required to participate in a raft trip on the river I have selected and given its degree of difficulty at present river flow. I recognize the strenuous aspects of this activity and that it may involve swimming through swift currents and dangerous rapids. I hereby attest that I am capable of participating in this activity and have no physical limitations that would affect my participation. I acknowledge I should be able to swim.

The risks include the following, among other risks: When encountering whitewater rapids, I can be jolted, jarred, bounced, thrown to and fro and shaken about during rides through some of these rapids. It is possible that I could be injured if I come in contact with food boxes, other storage containers, or other fixed equipment necessary to the operation of the expedition and the outfitting of the raft. Rafts could turn over or I could be "washed" overboard. I can slip or fall during a hike, resulting in damage to equipment or personal injury. Accidents can occur while getting on and off the raft. Rafts are slippery when wet. Exposure to the natural elements can be uncomfortable and/or harmful. I am aware that this exposure could cause sunburn, dehydration, heat exhaustion, heat stroke, and heat cramps. Also prolonged exposure to cold water can result in hypothermia and in extreme cases death and accidental drowning are possibilities.

Furthermore, AO employees have difficult jobs to perform. I agree to accept their judgment and to follow their instructions and safety procedures. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather, the elements or the terrain. They may give inadequate warnings or instructions and the equipment being used might malfunction.

3. 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.

4. I expressly agree that I am not now, and promise not to become, intoxicated through alcohol or drugs and thereby impair my safety or the safety of others.

5. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless AO and Agencies 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 or Agencies.

6. Should AO, Agencies, 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.

7. 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.

8. In the event that I file a lawsuit against AO or Agencies, I agree to do so solely in Contra Costa County, 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 portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against AO and Agencies on the basis of any claim from which I have released them herein. I give permission for photos of me taken at All-Outdoors activities to be used in All-Outdoors publicity.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____ Date: _____

PARENTS OF GUARDIAN'S ADDITIONAL INDEMNIFICATION (Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by AO to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless AO and Agencies from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Signature of Parent or Guardian: _____ Print Name: _____ Date: _____

>>> RETURN THIS COMPLETED FORM TO THE ALL-OUTDOORS' GUIDE BEFORE BOARDING VEHICLE OR RAFT!!! <<<