



TRAIN BY NATURE EVENTS

PARTICIPANT INDEMNITY FORM

Name: _____ ID: _____

Tel no: _____ Next of kin: _____

Email: _____ Tel No : _____

Names and ages of underage children:

_____ Guardian signature: _____

_____ Guardian signature: _____

_____ Guardian signature: _____

THIS WAIVER IS GIVEN AS A RISK WARNING TO ALL PARTICIPANTS

1. I, the above-named person, a participant in the Hike, understand that it is a form of fitness and I confirm that I am fully aware of all the inherent risks involved and certify that I am physically fit to participate.
2. I accept that my participation will expose me to outdoor Hiking which includes Hiking in various weather conditions and under extreme conditions from time to time. I understand that I have the right not to attend should I feel the conditions are too risky for me.
3. That I have not been otherwise informed by any physician and know of no restriction, disease or condition that would in any way prevent me from actively participating in this Hike or present a risk to my health. I will inform TRAIN BY NATURE if I'm on any chronic medication and in case of emergency where to find the medication.
4. The information and programs offered by TRAIN BY NATURE and SANDRA BLOM is not a substitute for professional medical advice, diagnosis or treatment.
5. In consideration of being permitted to participate in the Hike, I assume full responsibility for any injury or loss that may occur or I may sustain or I may cause to others in connection with my participation, and I, on behalf of myself, my successors in interest, heirs, assigns, and representatives hereby fully release and agree to indemnify, TRAIN BY NATURE, its employees and/or agents from any and all liability, claims, rights, or actions for death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by me or caused by me, at any time hereafter occurring as a result of my voluntary participation in the Hike.
6. I understand, acknowledge and agree that there are inherent dangers and certain elements of unpredictability while participating in the Hike. I acknowledge and accept that Hiking is a physically demanding exercise, carrying with it considerable risk of injury and potential danger of accident which may result in injury.
7. I hereby assert that I am sufficiently fit and capable to participate in the Hike. I acknowledge that I do not rely on any representation from any person directly or indirectly associated with TRAIN BY NATURE and that I am capable of undertaking the activity, which I do solely at my desire and risk.

8. As such, I agree to indemnify and keep indemnified TRAIN BY NATURE, its employees and/or agents from any claims whatsoever and agree that I shall not hold him responsible nor be held liable for any personal injury, mental anguish, loss of any nature or kind however caused or that may occur during or after participating in the Hike.
9. I agree to indemnify and keep indemnified TRAIN BY NATURE, its employees and/or agents from any claims whatsoever and agree that I shall not hold him responsible nor be held liable for any personal injury, mental anguish, loss of any nature or kind however caused or that may occur during of after consumption of all foods provided by TRAIN BY NATURE.
10. I am over the age of eighteen (18) years. If I am under 18, I understand that a parent or legal guardian must accompany me, and the said parent or guardian has countersigned this indemnity and release and signed the Hiker Indemnity form.
11. I have read this form and agree to abide by all the hiker's rules and instructions issued by the facilitator of the camp.
12. I agree to allow my photograph to be taken or any other video, multimedia or film likeness to be used by TRAIN BY NATURE and I hereby authorize TRAIN BY NATURE or other party authorized by him to use my name and/or any photographs of me for promotional or advertising purposes. Such promotion or advertising may include, but is not limited to, the publication, display and exhibition of my name, and/or my photographs. I agree that any photographs video, multimedia or film likeness taken of me during any event, including negatives and reproductions may include but not limited to physical or electronic media are the sole property of TRAIN BY NATURE with full right of disposition in any manner whatsoever.
13. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.
14. Unofficial safety officer, fire fighter, emergency evacuator and first aider – Alex Bekker 0726596063.

HOUSE RULES:

1. Members of TRAIN BY NATURE need to respect and abide by the rules as laid down by Coordinator.
 - a. No speeding inside the premises!
 - b. No parking in front of gates or entrances.
 - c. All hike rule applies as per Facility rule
2. Members of TRAIN BY NATURE must use the utmost respect when using facilities at any Resort or lodge, consideration other users of the facilities on premises.
3. The environment shall be conserved and respected at all times. No littering, breaking of plants / leaves / branches, smokers make provision for their own cigarette butts and take caution to prevent fires.
4. Your child is welcome and can hike with us under strict guidance of the parent(s) and/or legal guardian. However, the parent(t)s and/or legal guardian assumes full responsibility for any injury or loss that may occur, be sustained or caused by the child to others in connection with their participation, and that the parent(s) and/or legal guardian, hereby fully release and agree to indemnify, TRAIN BY NATURE, its employees and/or agents from any and all liability, claims, rights, or actions for death, bodily injury, property damage or any other loss or inconvenience whatsoever, suffered by my child or caused by my child, at any time hereafter occurring as a result of my child's voluntary participation in the Hike.
5. Children under the age of 10 must be engaged by the parents only! Other children must adhere to the instructions for the specific hiker trail!
6. Children under the age of 10 will often only participate for a short period and then wander off. This is acceptable if parents help us to adhere the following rules:
 - a. The Hike itself x/y(KM) is out of bounds for children without the supervision of their parents.
 - b. Children must always refrain from playing with or on the and other equipment including the hike itself They may only use it under strict supervision of their parents.
7. **Kindly guide your children on the HIKE for they are under your supervision only**

Signed at _____ on this _____ day of _____ 20__

Signature