Name	
Address	
Age	
Parent, if under 18	
Trip & date	
Emergency contact	
Medical - any conditions that reduce your physical ability?	
Disclaimer: Outdoor activities can be dangerous with inherent risks. Mirawara will assist you in advising you of these risks and the safe ways to manage them but it is your responsibility to assess your own ability to cope with the risks.	YOU ARE PARTICIPATING AT YOUR OWN RISK.  I understand that the activities undertaken with Mirawara Outdoor Experiences Inc. (rock climbing, abseiling, indoor climbing, canoeing, mountain biking, camping, bush walking etc) involve risks that may cause injuries that may result in death or serious disability. I also understand that these activities can be physically demanding and in susceptible people may cause panic, hyperventilation or heart attack.  I have been advised of the risks of these activities. I wish to participate and do so entirely at my own risk of injury or bodily harm.  I hereby release Mirawara Outdoor Experiences Inc., all employees, staff and assistants from any suit, demand, action or claim for compensation whether for personal injury or damage to property arising from my participation.  I am aware that this waiver is ongoing and will apply to all future occasions I participate in Mirawara Outdoor Experiences Inc.activities. I furthermore acknowledge that this document is contractual and may be relied upon in any proceedings by me, my heirs, executors and assigns.  I am aged 18 years or over and am legally competent to sign this agreement OR My parent or legal guardian has signed this form to consent to my participation.
Parent consent (U18)	
Signature	Permission to publish photos: yes / no
Email address if you'd like Mirawara trips / events news	