



WAIVER AND RELEASE

I, the undersigned (full name)

of (address)

.....Tel:

Mobile: Email:

being years of age and, if under 18 years of age, duly assisted herein by my parent/s or legal guardian, do hereby agree and undertake in favour of Cape Town Trails, it's organisers and officials, members, servants, agents, sponsors and owners or administrators that:

- 1) I am fully aware that while partaking in any adventure and/or mountaineering activities, guided or non-guided, I may be exposed to numerous potential dangers, including but not limited to falling; the movement of rock, snow, ice and water; sudden weather changes including sub-freezing temperatures and the possibility of gear, equipment and protective system failure. I acknowledge that I will receive and adhere to a safety briefing at the start of the trip.
- 2) While Cape Town Trails will make every effort to ensure the highest level of safety for the participants, they cannot be expected to accept responsibility in the unlikely event of an accident occurring.
- 3) I am participating in the activities voluntarily and in the full knowledge of the implications and potential dangers to which I might be exposed.
- 4) I accordingly hereby irrevocably waive, relinquish and abandon any claims of any nature whatsoever which I may have for personal injury, death or damage to property arising from or in connection with my participation in adventure activities and/or mountaineering under the auspices of Cape Town Trails, as well as any activities (including travel on foot, by pack animal or by motor vehicle) incidental or engaging in these activities. I do hereby assume all such risks and dangers.
- 5) By signing this document, I do not infringe on any of my legal rights.
- 6) If less than 18 years of age my guardian will assist me in signing this form.
- 7) This document will be binding on me, my heirs, executors, administrators, assigns and family.
- 8) I have read and understood this document.

Signed in on this Day of

Participant Signature:

Guardian Name: Signature:

Witness Name: Signature: