

# Mountain Challenge

## GENERAL INFORMATION

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

## EMERGENCY CONTACT INFORMATION

Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

## HEALTH

Do you participate in a regular exercise program? Yes \_\_\_ No \_\_\_ If so, what kind? \_\_\_\_\_

Do you use tobacco or vape? Yes \_\_\_ No \_\_\_

Do you have any concerns today that we should know about? Yes \_\_\_ No \_\_\_

Concerns may address but are not limited to:

high blood pressure	head injury	currently pregnant
intestinal problems	breathing problems	circulation problems
heart problems	muscle cramps	neck problems
allergies	COVID-19	foot problem
seizures	diabetes	ankle problems
vision impairment	temperature intolerance	knee problems
broken bones	skin problems	back problems
heat stroke	motion sickness	
hepatitis	asthma	
hearing impairment	headaches	

## CONSENT

My signature below indicates I understand that during my Mountain Challenge course I may be exposed to above normal risks which may include exposure to dogs, heights, moving water, underground environments, extreme weather conditions, and/or wilderness settings. Furthermore, I understand that although Mountain Challenge has taken precautions to provide safe equipment and qualified staff for each course, it is impossible for Mountain Challenge to guarantee absolute safety. I share the responsibility for safety on the course and I assume that responsibility. I agree to comply with the instructions of the Mountain Challenge staff members during the course. I consent to Maryville College and Mountain Challenge using the names and addresses in this document to send additional information.

## RELEASE AND HOLD HARMLESS AGREEMENT

In consideration of and as part payment for the opportunity to participate in this trip, I have and do hereby release and will hold harmless Mountain Challenge, LLC and Maryville College and all its officers, employees and agents, from any and all liability, actions, causes of actions, debts, claims and demands of every kind and nature whatsoever, including attorney fees, and specifically including any claim for negligence or negligent acts, which I now have or which may arise out of or in connection with my trip or participation in this activity. The terms hereof shall serve as a release, indemnification, and assumption of risk for my heirs, executors, and administrators and for all members of my family, including any minors accompanying me.

## EMERGENCY CARE AUTHORIZATION

My signature below authorizes Mountain Challenge staff to take measures which in their judgement are reasonable and necessary in the event I require medical attention:

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent (if minor) \_\_\_\_\_ Date \_\_\_\_\_