

LONG ISLAND TRAIL ENTHUSIASTS (LITE)

Acknowledgement of Responsibility, Assumption of Risk, and Release of Liability

I understand that I will be participating in hiking, mountain biking, kayaking, backpacking, camping and other outdoor related activities organized by the volunteers of the Long Island Trail Enthusiasts, known as "LITE". LITE is an informal meet-up organization where hikers and other outdoor enthusiasts meet to participate in outdoor events called Outings ("Outings").

The waiver of liability is an agreement that attendance at these Outings are strictly voluntary and of my own choice and that I agree to accept personal responsibility for all and any foreseen and unforeseen events that may occur during, including to and from, the Outings, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outings. These risks include, but are not limited to, the dangers of personal injury, property damage, and death ("Injuries and Damages") from exposure to the hazards of outdoor activities ("Risks") and travel to and from these activities ("Transportation").

In consideration for my acceptance as a participant on Outings, I confirm my understanding that:

- LITE, its organizer, assistant organizers, and Outing participants take no responsibility for me and my guests and will not be held responsible for any injuries or accidents that may occur during the Outings. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip organizers or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in the Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards.
- I acknowledge that LITE has not tried to contradict or minimize my understanding of the Risks associated with outdoor activities that may include but are not limited to personal injury, death and disability (i.e., broken backs, necks, paralysis), animal or bug bites, damage or loss of personal belongings, hypothermia, heat exhaustion, dehydration, emotional/physical distress, lightning, rain, hail, wind, other weather related phenomena, and getting lost which may result in being personally responsible for the costs of being rescued.
- I acknowledge that leaving the group during an outing for any reason is not encouraged and only increases my risk of Injuries and Damages. If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against LITE. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against LITE arising from that decision.
- The Outing officially begins and ends at the location(s) designated by LITE. The Outing does not include carpooling, transportation, or transit to and from the Outing location(s). I acknowledge that I am personally responsible for all risks associated with travel to and from and during Outings.
- LITE does not certify or confirm the qualifications of any of the organizer, assistant organizers, or members to lead, manage or set-up Outings or trips nor are they trained to respond during an emergency by providing first aid, CPR, or any rescue action. I further understand that on these Outings there may not be search, rescue, medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.
- Hiking, backpacking, camping and other LITE outdoor activities are physical activities involving potentially extreme physical exertion and may not be suitable for everyone. I understand that it's imperative that I consult a physician before I embark on any exercise or strenuous physical program.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.

To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the LITE, its officers, directors, organizers, assistant organizers, agents, and leaders from any and all liability on account of, or in any way resulting from Injuries and Damages, even if caused by negligence of the LITE its officers, directors, organizers, assistant organizers, agents, and leaders, in any way connected with this Outings. I further agree to **HOLD HARMLESS** the LITE, its officers, directors, organizer, assistant organizers, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence, negligence of the Organizer and Assistant Organizers, and/or the negligence of another LITE participant while on the Outings. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outings.

I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outings.

Participant's Name (Print)

Participant's Signature

Date