



## 2025 HIKING CLUB REGISTRATION FORM

**\*\*Please print clearly\*\***

PARTICIPANT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
(STREET, CITY, ZIP)

EMAIL ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

EMER. NAME \_\_\_\_\_ CONTACT NUMBER: \_\_\_\_\_

### **WILBRAHAM PARKS & RECREATION DEPARTMENT WAIVER**

I, the undersigned do hereby consent to my or my minor child/children(s) (if set forth above and pursuant to my status as parent or legal guardian) participation in the Wilbraham Hiking Club program and all activities pursuant thereto. On behalf of myself and/or my minor child/children as set forth above I hereby acknowledge the risk inherent in such hiking program and in consideration of participating in said activity agree not to sue and also agree to forever release the Town of Wilbraham its agents, employees and representatives and Hiking Leaders from any and all claims, rights of action and causes of action that may arise in the past, or may arise in the future, directly or indirectly, from personal injuries suffered by myself or my aforementioned minor child/children or property damage resulting from participation in the Town of Wilbraham Hiking Club program.

I also promise to indemnify, defend, and hold harmless the releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to me or my aforementioned minor child/children or property damage resulting from my or my minor child/children's participation in the Town of Wilbraham Hiking Club program.

I further affirm that I have read this Consent and Release Form and that I understand the contents of this form. I understand that my/my minor child/children(s) participation in the Wilbraham Hiking Club program is voluntary and that myself and my minor child/children are free to choose not to participate in said program. By signing this form, I affirm that I have decided to allow my minor child/children to participate in the Wilbraham Hiking Club program with full knowledge that the releasees will not be liable to anyone for personal injuries and property damage my minor child/children or I may suffer in the voluntary Wilbraham Hiking Club program and have either consulted with or waived my right to consult independent legal counsel with respect to this waiver/release.

**By signing below, I acknowledge that I have carefully read and assent to the above releases.**

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT/PARENT/GUARDIAN

\_\_\_\_\_  
DATE

**▶ ALL PARTICIPANTS MUST COMPLETE AND SIGN REGISTRATION FORM BEFORE HIKING! ◀**

## **WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19**

### **ASSUMPTION OF RISK / WAIVER OF LIABILITY / INDEMNIFICATION AGREEMENT**

In consideration of being allowed to participate in Town of Wilbraham Parks & Recreation Department programs and related events and activities, the undersigned acknowledges, appreciates, and agrees that:

Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,

- 1.** I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- 2.** I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
- 3.** In addition to general risks of participation, the novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. Town of Wilbraham Parks & Recreation Department seeks to limit the spread of COVID-19 by requiring that participants stay home if they: 1) are sick, 2) are feeling any symptoms of COVID-19 as identified by the CDC (such as cough, shortness of breath or difficulty breathing, fever, chills, or new loss of taste or smell), 3) have a fever of 100°F or above, 4) are suspected of having COVID-19 or 5) had recent exposure to someone with a suspected or confirmed case of COVID-19. By signing below, I acknowledge that I will abide with these requirements to self-monitor and will take my temperature and my child(ren)'s temperature prior to participation. On behalf of myself and my family - we agree to adhere to all state, local, and other guidelines in place designed to keep people safe. I understand that Town of Wilbraham Parks & Recreation Department is not monitoring whether I or other participants comply with this requirement.
- 4.** I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS the Town of Wilbraham, Town of Wilbraham Parks & Recreation Department, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

**I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

Participant signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

## HIKING DIFFICULTY LEVEL RANKING

I understand that all hikes offered by the Wilbraham Hiking Club have an assigned difficulty level ranging from easy to challenging as calculated at <http://www.nwhiker.com/HikeEval.html> and I will check the difficulty level published for the hike and only sign up for hikes which I (and my children) can safely do.

Participant Signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

Difficulty Level	Description <small>The Rate you hike varies the difficulty level</small>
<b>Easy</b>	<ul style="list-style-type: none"> <li>• young and elderly</li> <li>• someone in fair hiking condition</li> <li>• trails are generally in good condition</li> <li>• very little elevation gain</li> </ul>
<b>Moderate</b>	<ul style="list-style-type: none"> <li>• someone in good hiking condition</li> <li>• trails are generally in good condition</li> <li>• increased mileage</li> <li>• moderate elevation gain</li> </ul>
<b>Challenging</b>	<ul style="list-style-type: none"> <li>• someone in good hiking condition</li> <li>• trails are generally in good condition</li> <li>• increased mileage</li> <li>• significant elevation gain</li> </ul>
<b>Difficult</b>	<ul style="list-style-type: none"> <li>• someone in excellent hiking condition</li> <li>• trails are generally in good condition</li> <li>• significant increase in mileage</li> <li>• significant increase in elevation gain</li> </ul>
<b>Very Difficult</b>	<ul style="list-style-type: none"> <li>• someone in excellent hiking condition</li> <li>• trails are not always in good condition</li> <li>• significant increase in mileage</li> <li>• significant increase in elevation gain</li> </ul>
<b>Extreme</b>	<ul style="list-style-type: none"> <li>• someone in exceptional hiking/climbing condition</li> <li>• trails are not always available</li> <li>• significant increase in mileage</li> <li>• extreme elevation gain</li> <li>• technical aspects of hike</li> </ul>

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**All for the Love of Hiking!**

Screenshot of Hiking Difficulty Calculator used with permission.