

**POCONO HERITAGE LAND TRUST**

1539 Cherry Lane Road East Stroudsburg, PA 18301

RELEASE AND WAIVER OF LIABILITY,  
ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way in the volunteer activity ("Activity") I, for myself, for personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of the volunteer activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND THAT: (a) volunteering involves risks and dangers; (b) these risks and dangers may be caused by my own actions or inaction's, the actions or inaction's of others participating in the Activity, or the conditions in which the Activity takes place; and (c) I fully accept and assume all such risks and all responsibilities for injuries I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE Pocono Heritage Land Trust, their respective administrators, directors, officers, and employees, other participants, any sponsors, advertisers, and, owner and lessors of premises on which the volunteer activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, or damages on my account caused or alleged to be caused by the negligence of the "Releasees".

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature.

Printed Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Participant's Signature (if age 18 or over): \_\_\_\_\_

Date: \_\_\_\_\_