

## What you need to know about UOC OUTINGS

### A big THANK YOU to UOC members who are leading outings this Autumn session

**To All Members:** The University Outing Club runs on the service of member volunteers. We are requesting that all members contribute to the success of the Club by taking a turn as an outing leader, co-leader, or assistant leader or participate on a committee at least bi-annually. Please respond when asked and/or volunteer to the President or VP or any Board member.

UOC has no insurance that covers carpooling arrangements among individual UOC members and/or non-member outing participants and assumes no liability for them. UOC outings begin and end at the outing destination and do not include the travel to the destination. Members and participating non-members may choose to meet and offer or accept rides to the outing destination; they accept any and all associated risks themselves. Trip leaders are not responsible for aiding in such arrangements.

UOC is happy to be a large and wonderful community of members where friendships can flourish with people getting together on their own, outside of formally organized, published and UOC Board approved trips requiring waivers.

### PLEASE ABIDE BY THESE SUGGESTIONS AND REQUIREMENTS FOR OUR OUTINGS:

**ALL LEADERS:** *When participants contact you, exchange cell phone numbers and/or home phone numbers and bring them on the outing. If appropriate, indicate the approximate mileage of walk, difficulty of trail and suggested footwear.*

- \* Please check out trails before the outing. It is your option to cancel in adverse conditions – contact all registrants in this case.*
- \* Ensure that you have the **required waiver form** – you will receive it from Treasurer George Pitcher or you can download it from the UOC website.*
- \* Distribute directions to the outing site, including exact location where participants should gather.*
- \* Provide your cell number to participants and ensure that you have their cell phone numbers.*

#### **Before beginning the outing :**

*Ensure that all participants have signed the Waiver and included emergency numbers.  
Carry the waiver sheet(s) with you on the outing.*

**After the outing, deliver the waiver sheet(s) to George Pitcher, Treasurer.**

**ALL PARTICIPANTS: The leader must be notified if you cancel or you intend to leave the group for any reason.**

**For each outing, each participant must sign the waiver as shown below, also indicating an emergency contact.**

#### UNIVERSITY OUTING CLUB, WAIVER AND RELEASE

I am participating in the above activity with the understanding and agreement that all personal activity is at my own responsibility and risk and under my own supervision. I have full understanding of the many hazards that could occur to me while participating in outdoor activities. I participate on my own free will and volition.

I understand and agree that should any mishap or injury of any kind, nature or description occur to me during this activity, or coming to or going from this activity, that I alone will bear the responsibility and assume the entire risk for my own health, welfare and safety.

I agree to hold The University Outing Club, all participants, including the leader(s), individually and jointly, harmless from and against any and all claims, charges, demands, lawsuits, damages, judgments and causes of action, both direct and ancillary, including without limitation, personal and property injury or loss, costs of defending lawsuit and attorneys' fees.

I have read the waiver above and sign it voluntarily and without reservation.

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**Be aware that TICKS carrying Lyme disease can be active in all seasons.**