



DECLARATION OF FITNESS TO ALPINE MOUNTAINEER, ROCK CLIMB, & ICE CLIMB

I, _____ do hereby declare that I am physically fit. I do not, and have not, suffered from any of the following conditions, which I understand may lead to a dangerous situation with regard to other persons or myself during Alpine Mountaineering, Rock Climbing, & Ice Climbing:

Epilepsy, fits, severe head injury, recurrent blackouts or giddiness, disease of the brain or nervous system, high blood pressure, lung or heart disease, recurrent weakness or dislocation of any limb, diabetes, mental illness, drug or alcohol addiction, recent back injury, arthritis and severe joint sprains, chronic bronchitis, asthma, rheumatic fever, thyroid adrenal or other glandular disorder, recent blood donation or any condition that requires the regular use of drugs.

I hereby declare that I have no physical or mental condition that should preclude me from participating in my chosen activity, that I am not participating against medical advice or treatment and that I have not been diagnosed by a registered doctor as having a terminal illness.

I further declare that in the event that I feel ill or unwell, have any physical complaints whatsoever or if an injury is sustained of any kind during the course of Alpine Mountaineering, Rock Climbing, and/or Ice Climbing, I will notify the Instructor/Guide immediately and before moving any further.

I have read the above Declarations, understand them, and I agree to be bound by them.

S/ _____	_____	_____
Signature of Adult Participant	Name of Adult Participant (Please Print)	Date

_____	_____
Address of Adult Participant	Contact #

S/ _____	_____	_____
Signature of Parent or adult legal Guardian if Participant is a Minor, and by their signature, they on my behalf release all claims that both they and I have	Name of Parent or adult legal Guardian (Please Print)	Date
	_____	_____
	Minor's Full Name	Date

If you cannot sign the above declaration because of any of the above conditions, you must notify the Instructor/Guide immediately before you climb.

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Owner /Lead Guide

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