

[ACTIVE VT LLC]

DECLARATION OF FITNESS

In connection with various activities in which I propose to participate with **ACTIVE VT LLC**, which may include, but not be limited to, hiking, running, biking, swimming (moving or still water), non-motorized boating (kayaks, canoes, stand-up paddle boarding or river tubing), Nordic skiing, snow shoeing or sledding, I _____ 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 the outing with Active VT LLC: : 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 with Active VT LLC, 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 during my participation in activities with Active VT LLC I feel ill or unwell, have any physical complaints whatsoever or if an injury is sustained of any kind during the course of the outing, I will notify the instructor/guide immediately.

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

Signature of Adult Participant

Name of Adult Participant

Date

Signature of Minor Participant's
Parent/Guardian

Name of Minor Participant's
Parent/Guardian

Date

Name of Minor Participant

If you cannot sign the above declaration because of any of the above conditions, you must notify the instructor/guide immediately before participating in any activity.