The Old Dominion Appalachian Trail Club Activity Sign-up Sheet

Each of us individually (and/or as parent and/or guardian of the named minor) for and in consideration of receiving permission from the Old Dominion Appalachian Trail Club, Inc., to participate in the recreational activity of the Club scheduled for _____, do hereby release, remise, waive and forever discharge the Old Dominion Appalachian Trail Club, Inc., together with all of its officers, directors, trip leaders and co-leaders and members, from any and all liability, claims, demands, actions, or cause of actions, whatsoever arising out of or related to any injury, illness, loss or damage, including death, relating to participation in the said activity.

Hike Leader:_____ **Destination:** _____ **Date:** _____

Print Name:	Signature:	Member? (Y or N)	Emergency POC and Phone #: