



Outward Bound CANADA

IGNITE THE HUMAN SPIRIT
INVITE SELF-DISCOVERY
INSPIRE HUMAN POTENTIAL

Greetings,

As Executive Director of Outward Bound Canada, I want to share my excitement about your plans to join us for a course.

The course will be a time of discovery for you. Along with the fun and adventure, you will experience some challenges. Indeed, the very purpose of the program is to help you find untapped resources within yourself and within your group; to help you discover that you are more capable than you know.

During the course, you will be participating in activities in which the stresses and hazards may be greater or different than those you normally encounter. You will spend most of the time outside and may be exposed to a wide variety of weather conditions. Medical attention may be several hours away in case of emergency. Your participation is, at all times, voluntary.

Our staff will teach you how to safely participate in the activities we have scheduled. However, it is impossible for us to eliminate all hazards or to guarantee against all risk, especially since not all risk is foreseeable. You must understand this fact and accept personal responsibility for your own safety and the safety of other participants on your course by following instructions, acting prudently, and exercising good judgment. To emphasize these important points we require that you read and return to us the following **two** forms: **Acknowledgement and Assumption of Risk Form, and Confidential Medical History**. These forms **must** be completed and returned to Outward Bound in order for us to allow you to participate in the program. No exceptions will be made. Upon review of your medical history, Outward Bound may decline your application or require you to limit your participation in some of the activities.

We are very pleased that you have chosen to participate in one of our courses. Our staff is looking forward to sharing the adventure with you.

Sincerely,

Sarah Wiley
Executive Director

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