



**DEER RUN RETREAT CENTER**

3845 Perkins Road  
Thompson's Station, TN 37179

**E-mail** Contact@DeerRunRetreat.org  
**Phone** 615-794-2918  
**Fax** 615-794-5123

www.DeerRunRetreat.org  
Camps.DeerRunRetreat.org

**INSTRUCTIONS**

**Group Leader:** Print the 2 pages of the Liability Form and provide a copy to each participant in your group. Participants keep page 2.

Put completed forms in alphabetical order and mail (do not fax) to Deer Run Retreat no later than 7 days before your retreat date.

Updated 06/09

# WAIVER OF LIABILITY NOTICE

Please read carefully before signing; you give up certain rights by signing this document.

I, \_\_\_\_\_  
(Name of Participant—PLEASE PRINT)

attending on \_\_\_\_\_, 20\_\_\_\_  
(Date or Dates of Retreat or Event)

with \_\_\_\_\_  
(Group or Church Name if Applicable)

understand that high adventure activities such as high and low ropes/challenge courses, climbing, rappelling, mountain biking, hiking, backpacking, cave exploring, canoeing, swimming, paintball, white water rafting, and camping involve risk of injury or death from various hazards, both obvious and obscure, including but not limited to, injury by acts of other group participants, falling, being struck by falling objects, equipment failure, and other risks or occurrences not set forth in this document.

By signing this document I accept and assume responsibility for any and all such risks, whether or not specifically itemized herein, to include travel to and from activities, and I acknowledge that Deer Run Retreat Center and/or Deer Run Camps, its employees, associates, corporate officers, board members, property owners, family of the same and any organization that Deer Run Retreat Center and/or Deer Run Camps represents or contracts with shall be held harmless and blameless in the event of such an aforementioned mishap. I know and am prepared for the aforementioned risks and will not look to any entity or individual nor hold them responsible for my or my child's well-being or the protection from such risks, whether or not those risks are known or unknown by those organizations or individuals.

In consideration of participating in any and all activities with Deer Run Retreat Center and/or Deer Run Camps I, on my behalf and on behalf of my heirs, assigns, and representatives, do hereby irrevocably release Deer Run Retreat Center and/or Deer Run Camps, its employees, associates, corporate officers, board members, property owners, family of the same and any organization that Deer Run Retreat Center and/or Deer Run Camps represents or contracts with, their successors and assigns from any and all claims which involve any nature of injury or death or damage to persons or property that may occur as a result of my or my child's attendance or participation in such aforementioned activities.

By signing this I also give permission to Deer Run Retreat Center, Deer Run Camps, and photographers or videographers assigned by Deer Run Retreat Center to use any written quotes, photos, or video footage for promotional purposes, for online portfolios, and for online photo galleries which include the above named participant.

\_\_\_\_\_  
Signature (Parent or Legal Guardian Signature, if a minor) Date

Printed Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

**PLEASE NOTARIZE IF THE ATTENDEE IS YOUNGER THAN 18 YEARS OF AGE.**

\_\_\_\_\_ sworn to and subscribed before me  
on this the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Notary Public Signature My Commission Expires



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Updated 08/09

# **ROPES COURSE, CLIMBING TOWER, AND PAINTBALL PARTICIPANTS IMPORTANT INFO**

### **SCHEDULED TIME**

Everyone in your group should arrive on time and plan to stay for the entire scheduled time in order for your group to get the most out of your experience.

### **SHOES**

Participants should wear sturdy shoes such as hiking boots or athletic shoes. Absolutely no open-toe or open-heel shoes or bare feet. This is a safety issue.

### **CLOTHING**

- For paintball, long sleeve shirts or a jacket and pants are recommended.
- For the tower and ropes courses, loose-fitting pants or modest length shorts and sleeved shirts (short or long sleeves) are recommended due to the physical activity.
- Sleeveless shirts, spaghetti strap tops, or tank tops are not allowed.
- We recommend that jewelry not be worn because of the possibility of breaking or losing it.

### **PROTECTION FROM ELEMENTS**

Insect repellent (especially for paintball), sunscreen, and rain gear are recommended depending on weather.

### **PHONES**

Please do not have cell phones turned on or engage in phone conversations during your adventure experience so it will not interfere with yours or another person's retreat experience.

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## **LAKE PARTICIPANTS IMPORTANT INFO**

### **SAFETY RULES**

Lake safety rules are posted at the lake and must be observed at all times or your group may forfeit your scheduled time and any payment made for lake use.

### **LIFEGUARDS / LIFE JACKETS**

Swimming or wading in the lake are not allowed without a lifeguard present. A life jacket is required to be worn by all participants for swimming and canoeing regardless of swimming ability.

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### **INCLEMENT WEATHER**

Deer Run Retreat staff has your safety in mind. All scheduled recreation, camps, events, or retreats normally take place regardless of weather conditions. In case of heavy rains or thunderstorms we do our best to adjust the schedule or facility as necessary to accomplish all programmed activities as planned. Deer Run Retreat cannot make a refund if your group chooses to cancel a retreat or activity because of inclement weather. However, should Deer Run Retreat staff choose to cancel a retreat or activity because of severe weather conditions, you will receive full credit towards a future retreat.