



Release of Liability

Stronger Together Community Services (STCS) will not be responsible, nor incur any liability, for loss or injuries suffered by individuals on or off STCS premises. All individuals need to sign a release of liability form before participating in any physical or high-risk activity. All activities are voluntary. STCS staff reserve the right to deny individual participation in activities. Denials include but are not limited to; individual's inability to keep themselves or others safe, demonstration of poor insight/judgment, and/or suicidal ideation.

Our philosophy for all activities is we start as a group, we end as a group. We will do what is best for the group. We do not control mother nature, and there may be circumstances that will cause the activities to come to an end, therefore, requested refunds will be considered on a case to case basis and are not guaranteed.

It is the participant's responsibility to communicate with STCS staff if they feel dizzy, fatigued, dehydrate, or are in need of any medical attention.

Social Media/Photographs

Due to the importance of confidentiality and your clinician's ethical obligation to minimize risk of dual relationships with individuals, your clinician will not accept a friend or contact request from a current or former individual on any social networking sites (ex. Facebook, LinkedIn, Instagram). STCS believes adding individuals as friends or contacts on social media sites can compromise confidentiality, privacy and increase the likelihood of blurred boundaries in the therapeutic relationship.

During all activities sponsored by STCS, all individuals and/or staff are prohibited from posting pictures, videos, or information about other individuals online or on any format including but not limited to: Facebook, LinkedIn, Instagram, blogs, etc. without individuals permission, as this would breach the confidentiality of individuals identity.

I hereby give STCS consent to record, videotape and photograph my image and/or voice to be used in the following ways (check all that apply):

Company intranet accessible by employees only.



- Company website accessible to the public.
- Employee newsletter.
- Public newsletter.
- Printed annual report.
- Other _____

I understand that no special compensation will be provided to me for use of my image and that I may not be informed in advance of the specific use of my image.

Initials: _____

Beach/Bay/Lake:

Individuals are expected to listen and follow all instructions/directions of the recreational instructor. Individuals are responsible for their own safety in the ocean and on the beach. This includes, but not limited to: applying sunscreen, wearing shoes, using hats/sunglasses and other protective wear to prevent sun damage, swimming at depths that suit your swimming ability, and using discretion in the case of physical limitations and/or disabilities. STCS is not responsible for lost or stolen items.

Hiking:

Individuals are responsible for their own safety during activities, this includes, but is not limited to: wearing the helmet, using gear properly, using precaution when engaging in physical activities, applying sunscreen, wearing shoes, using hats/sunglasses and other protective wear to prevent sun damage and using discretion in the case of physical limitations and/or disabilities. STCS is not responsible for lost or stolen items.

Rock Climbing:

Individuals may sign additional release of liability forms for agencies contracted with STCS. Individuals are responsible for their own safety during activities, this includes, but is not limited to: wearing a helmet, using gear properly, using precaution when engaging in physical activities, and using discretion in the case of physical limitations and/or disabilities. STCS is not responsible for lost or stolen items.



Equine and Animal Assisted Therapy:

Individuals may sign additional release of liability forms for agencies contracted with STCS. Individuals are responsible for their own safety during activities, this includes, but is not limited to: wearing the helmet, using gear properly, using precaution when engaging in physical activities, applying sunscreen, wearing shoes, using hats/sunglasses and other protective wear to prevent sun damage and using discretion in the case of physical limitations and/or disabilities. STCS is not responsible for lost or stolen items.

Yoga/Breathwork/Reiki

Individuals may sign additional release of liability forms for agencies contracted with STCS. Individuals are responsible for their own safety during activities, this includes, but is not limited to; knowing the limitations of their body when performing these activities (stretching, quick/rapid breathing, etc.). Individuals are going to be asked to activate certain parts of their body with these specific activities. Physical touch, in accordance with the activity, will only be permissible with the permission of the individual. STCS is not responsible for lost or stolen items.

Farm Animals/Wildlife

Individuals are responsible for their own safety during activities, this includes, but is not limited to; knowing the physical limitations, medical ailments, physical or mental disabilities of their bodies when interacting with farm animals and/or wildlife. Individuals engage with animals at their own risk.

Farm animals' behavior can be unpredictable based on instincts, fright, or other unforeseen circumstances. Individuals may not ride, forcefully strike, or injure farm animals. Inherent risks for participating in activities involving farm animals includes, but is not limited to, biting, spitting, raming, and exposure to animal waste. Do not feed the animals unless directed by the animal handler. STCS is not responsible for lost, stolen, or damaged items. Participation is voluntary.

Wildlife's behavior can be unpredictable based on instincts, fright, or other unforeseen circumstances. Individuals should not feed, touch, pickup, and/or trap



wildlife. Inherent risks for participating in activities where wildlife may be present includes, but is not limited to, physical contact, biting, exposure to disease(s) and/or exposure to animal waste. STCS is not responsible for lost, stolen, or damaged items. Participation is voluntary.

Motor vehicles

STCS is not responsible for personal injury or death of an individual obtained by being a passenger of a motor vehicle being driven by STCS staff. Transportation is optional and voluntary.

I hereby release respective owners, instructors, clinicians, directors and assigns from any liability claims, demands, injuries, actions, or causes of actions to my person or property arising out of or connected with the use of any of the services, equipment, or facilities provided. I also agree to indemnify the said owners, instructors, agents, clinicians, directors and assigns for any claims which are advanced by me or on my behalf, or as a result of any injury to me whatsoever.

Further, I confirm that I either have specific insurance to cover any injuries that I may sustain or that I have chosen to participate in these activities without any insurance coverage and agree to assume full responsibility of any and all risks, known and unknown, bodily injury, death and property damage which may arise from my decision to participate in accepted classes. By signing this form I agree that I have been informed that I should not participate in any activity if I have any doubt or if I am uncertain as to my current medical condition.

I am also aware that said classes and activities may be pet / animal friendly. I also understand that I am responsible for my own animal companion as well as any excessive damage they may cause, including property and / or physical harm to any other animals or humans. I agree to provide a flotation device for any animal joining me to participate in water activities.

STCS reserves the right to modify, revoke, suspend, terminate, or change any and all such policies and procedures as the Company deems appropriate, with or without notice, at any time.



Individual Name:

Individual Signature:

Date: _____