



Assumption of Risk and Liability Release Waiver:

Important Notice About CRUSADES 22 Programming, Services, Teachings, Coaching and Techniques Provided.

Please consult your primary health care provider in cases of serious or long-term health issues.

A: The Programs and Services Provided by CRUSADES 22 Do Not Constitute Medical Advice. These programs being the CRUSADES 22 Program as a whole and the complementary programs; (re)Define Yourself and (re)Evolution of SPIRIT.

Although CRUSADES 22 provides its programming and services with your overall health and safety in mind, it is critical that you consult your physician, follow all provided programming instructions, and obtain authorization before accessing or using any CRUSADES 22 services, especially if you are prone to heightened stress, triggering behaviors, physical injuries, extreme psychological issues, are pregnant or nursing, or have any other unique or special medical and or psychological conditions.

IF IN DOUBT, PLEASE CONSULT YOUR PRIMARY HEALTH CARE PROVIDER BEFORE COMMENCING WITH CRUSADES 22.

CRUSADES 22 IS A NOT-FOR-PROFIT, TAX EXEMPT CHARITY FOUNDATION AND OUR PROGRAMS AND SERVICES ARE PROVIDED AS MENTORING, COACHING AND COMPLEMENTARY HEALTH TECHNIQUES AND STRATEGIES; THEY ARE NOT INTENDED TO DIAGNOSE ANY MEDICAL CONDITION, REPLACE THE ADVICE OF A HEALTHCARE PROFESSIONAL, OR PROVIDE ANY MEDICAL ADVICE, DIAGNOSIS, PRESCRIPTIONS, OR TREATMENT.

The information made available on the CRUSADES 22 website or through your engagement in CRUSADES 22 programs and services should not be relied upon when making any medical decisions. YOUR USE OF ANY CRUSADES 22 PROGRAMS AND SERVICES DOES NOT CREATE A DOCTOR-PATIENT RELATIONSHIP BETWEEN YOU AND ANY OF THE EXECUTIVE STAFF, FACILITATORS, OR BOARD MEMBERS OF CRUSADES 22. THE CORE CRUSADES 22 TEAM ARE NOT MEDICALLY QUALIFIED DOCTORS, MDS, OR PSYCHIATRISTS. The CRUSADES 22 Executive Staff, Facilitation Team(s), Board of Directors or CRUSADES 22 as a not-for-profit entity

will not be held liable or responsible for any adverse reactions to any modalities, techniques, teachings, or suggestions presented to them by CRUSADES 22. Your individual results utilizing the Programs and Services of CRUSADES 22 may vary.

The testimonials featured on our website and program packets may have used more than one service provided by CRUSADES 22 or extended their personal programs and practice outside of defined engagement with CRUSADES 22 to achieve their maximum results.

The CRUSADES 22 mentoring and coaching services offer dynamic and compassionate support for your personal growth and for the growth of your family. The services and techniques that we present and provide are meant to stand beside and support any faith based beliefs that you may hold. Again, please consult your primary health care provider in cases of serious or long-term health issues.

_____Please initial here

B. Nutrition and Supplement Information. Certain CRUSADES 22 Programs and Services may provide suggestions and coaching as to nutrition plans provided with our overall programs and services. This Naturopathic approach to your nutrition and overall wellness is suggested and designed to help our clients eat healthier, giving them additional information and tools to reach their health and wellness goals. While any nutrition information we may provide is designed to safely align with our related programs and services, you must consult your physician before beginning any nutrition plan or altering any dietary regimen, especially if you have any unique or special medical needs or conditions, such as food allergies, dietary restrictions or if you are pregnant or breast feeding. CRUSADES 22 will not prescribe any pharmaceutical-based medications. We may offer natural, homeopathic based remedies and suggestions, at the professional opinion and suggestion of our complementary health doctors, and will always do so after having had a conversation with each client about allergies, past reactions to certain supplements, diverse reactions to any other food, vitamin, meal enhancement and the like.

_____Please initial here

Section C – F; Regarding the physical training and outdoor adventure programming provided by CRUSADES 22:

C. Assumption of Risk. You expressly acknowledge and agree that your access, use and/or involvement with any CRUSADES 22 program, services or techniques during personal one-on-one mentoring or the two-week (re)Union Retreat, may involve potentially dangerous and physical activities that may lead to personal and/or bodily injury, death, loss of services, loss of consortium, or damage to or loss of property or privacy. You hereby acknowledge and willingly accept these risks and agree to

unconditionally release and hold harmless CRUSADES 22 from and against all claims, suits, causes of action, costs, expenses or liability arising out of or related to your access, use and/or involvement with any CRUSADES 22 Programs or Services.

_____ Please initial here

D. Fitness programming and other physical/movement body modalities provided by CRUSADES 22. As a client of CRUSADES 22, you assume all the risks of injury in the use of the fitness programs provided to you by CRUSADES 22. These programs will include, but not be limited to: yoga, tai chi, extreme fitness programming, rock-climbing and rappelling, surfing, mountain biking, hiking/trekking, and trail running. Resulting injuries from participating in such activities may include, but are not limited to, cuts, abrasions, rope burns, pinching, bruises, paralysis, sprains, broken bones, facial injuries, facial and head injuries, blunt force trauma, and other severe injuries or death. Inherent to any program that may incorporate outdoor adventure as part of its programming; you may be exposed to natural forces, such as wind, water, mud, lightning, etc. Consult your physician, assess your fitness level, and follow the safety policies and techniques explained by our facilitation staff before beginning this or any other fitness program.

_____ Please initial here

E. Some of the fitness programs provided by CRUSADES 22 are intense and may be considered extreme. It is extremely important that you listen to your body, utilize your own common sense, take breaks and hydrate and rest as needed to avoid injury and help prevent any serious medical conditions. Only YOU know if you are in the sufficient physical condition to safely perform any, all, or parts of workouts you may engage in while participating in CRUSADES 22 programming. If at any time you feel that you are performing beyond your current level of fitness, or you begin to feel dizzy, nauseous, or pain, you should discontinue exercise and rest until you feel that you have recovered enough to continue with the program.

_____ Please initial here

F. You must notify CRUSADES 22 staff immediately if you become aware of any unsafe condition related to any Programming, Activities, and or Equipment, and must discontinue use of such Equipment or stop participating in the Activities until the condition can be corrected. You must also follow all policies, rules and directions of CRUSADES 22 facilitation staff. Signing below further acknowledges that your failure to abide by these provisions can result in injuries described above.

_____ Please initial here

By signing below you certify that you (i) do not suffer from chronic and/or debilitating back, leg, arm, hand or other bodily injuries, heart ailments, dizziness, vertigo, or any other medical condition that may affect your ability to participate in the Activities or use the Equipment, nor have you been advised to limit your activities in any manner due to medical advice, (ii) you will not be under the influence of an drugs, alcohol or other substances which may impair your judgment and/or physical capabilities, and (iii) you will follow all policies, suggestions, rules and directions of CRUSADES 22 facilitation staff.

_____ Please initial here

Section G; Regarding CRUSADES 22 Crisis Intervention Protocols:

G. If, over the course of working with an individual, they begin to present as an *acutely at risk client*, and in cases where someone may express suicide ideation, or speaks of self-harm or doing harm to others, CRUSADES 22 has in place and will initiate the following Crisis Intervention protocols:

1. **Limits of Confidentiality**, as noted on your signed Intake Assessment, will be exercised and your rights to your confidentiality will be considered waived upon your disclosure of any ideation expressing to anyone associated with CRUSADES 22 a desire to harm yourself or to do harm to others. CRUSADES 22 will share this information with the appropriate people on your care team immediately upon receiving this information.
2. CRUSADES 22 will suggest that you reach out to the Veteran's Crisis Hotline. This hotline number is on the outgoing message of Executive Director, Brian K. Hillard's mobile phone. It is provided on the intake packet, on this Assumption of Risk and Limited Liability Release, and is also given on the CRUSADES 22 website under the PROGRAMING PROTOCOLS tab.
3. CRUSADES 22 will share this information with your spouse/partner and begin the process of reaching out to your main care team.
4. If an immediate health care provider is not able to be reached, CRUSADES 22 will help facilitate direct action by local first responders in times of crisis.
5. CRUSADES 22 will not be held responsible for the outcome of calls made to the Veteran's Crisis Hotline, or whether or not you decide to actually makes the call to the Crisis Hotline we provide. CRUSADES 22 will encourage the you to make the call, and we will facilitate notifying relevant third party care providers in times of crisis, i.e.: suicide ideation, threats of self-harm or harm to others, threats of child and or elder abuse, substance abuse behavior, and times of extreme acting out.
6. If these actions become and, or are habitual, CRUSADES 22 will work you and your family to help find the best care possible and identify the next best steps for care.

_____ Please initial here

The laws of the State of California shall govern the rights and obligations of the parties hereto and the interpretation, construction and enforceability of this document. I further agree that if any portion of this Acknowledgement of Risks is construed to be invalid or unenforceable, the remainder of this document shall not be affected and shall be given full force and effect without regard to the invalid and/or unenforceable portion

_____Please initial here

By signing below I grant CRUSADES 22 the right to use for promotional purposes my photo, likeness, video or audio taken during any CRUSADES 22 facilitated activity.

_____Please initial here

A signed electronic, faxed or scanned copy of this document shall be deemed an original. This document is effective immediately upon acceptance by you and shall continue in effective for all future Activities that you engage in through, with or in any way connected and or facilitated to CRUSADES 22. CRUSADES 22 reserves the right to revise this document and seek your acceptance of any new document.

_____Please initial here

You should NOT attempt any of the activities provided in the CRUSADES 22 fitness programming schedule without first consulting your physician and/or medical provider; if you have a history of knee, ankle, shoulder, or spinal (back and neck) injuries or issues.

CRUSADES 22 offers a number of different fitness and wellness related programs and services. If you are prone to injury, or feel that you are not ready for any of the programs provided by CRUSADES 22, please do not engage in any programming that you feel may bring you to harm or injury. Accordingly, CRUSADES 22 will not be liable to any person or entity for any damage or loss caused or alleged to be caused directly or indirectly by these programs, guides, advice, suggestions, services, equipment, or any other content provided by CRUSADES 22.

I, the undersigned Participant, have thoroughly read and completely comprehend this Assumption of Risk and Liability Release Waiver and desire to participate in CRUSADES 22 and all accompanying experiences and programming components mentioned herein.

I, the undersigned, am aware that this is an Assumption of Risk and Liability Release Waiver. I have completed it and signed it of my own free will.

Participant's Name:
(Please print name legibly)

Age:

Participant's Signature:

Date:

Witnessing Party Name:
(Please print name legibly)

Age:

Witness Signature:

Date:

Parent/Guardian Signature:
(If under 18 years old, Parent or Guardian must also sign.)

Date: