



Health & Safety Guidelines - Hike Haliburton Participants

Hike Haliburton experiences take place in natural outdoor environments and may involve hiking, paddling, cycling, or other outdoor activities. These activities involve inherent risks. By participating, you accept these risks and take responsibility for your own safety.

Your Responsibility

You are responsible for:

- Ensuring you are physically able to participate in the activity
- Wearing appropriate footwear and clothing for the weather and terrain
- Bringing sufficient water, snacks, sun protection, insect protection, and any required medication
- Informing the Hike Leader of any medical concerns before the activity begins
- Following all instructions provided by the Hike Leader
- Staying with the group unless directed otherwise
- Respecting private property, the environment, and other participants

If you are unable to continue at any time, notify the Hike Leader immediately.

Inherent Risks

Outdoor experiences may involve uneven terrain, changing weather, insects, wildlife, physical exertion, and the possibility of injury. Some activities may take place in remote locations where emergency services are not immediately available.

Emergency Awareness

You understand that:

- Some activities may take place in remote locations
- Emergency response may be delayed due to location or conditions
- Only basic first aid may be available on-site
- In some situations, participants may need to walk, paddle, or otherwise assist in reaching a location where emergency services can respond effectively

You consent to emergency assistance if you are unable to provide consent at the time.

Group & Environmental Safety

You agree to:

- Stay with the group, follow your leader's instructions, and act respectfully & responsibly
- Stay on designated trails, respect nature, and carrying out everything you bring in

Acknowledgement

By registering for and participating in a Hike Haliburton hike/experience, you acknowledge that you understand the risks associated with outdoor activities and accept responsibility for your own safety. You also acknowledge this understanding when signing the waiver.