



## RISK RECOGNITION AND RELEASE OF RESPONSIBILITY

I, \_\_\_\_\_, of legal age, in full capacity of my mental faculties, by means of this document, freely and voluntarily:

### **I. Risk Recognition**

1. I acknowledge that ADVENTURELIFEPR LLC, its employees and/or contractors (hereinafter, "AdventureLifePR") have taken the precautions and care required to ensure my greatest safety during the activity I will carry out. However, **I am aware that *rock climbing, hiking, rappelling, cave exploration and camping* (hereinafter referred to as "activities")** have an inherent level of risk. . The same factors that contribute to the sense of adventure and enjoyment of these activities also contribute to potential breakage or damage to equipment, potential injuries or illnesses, or, in extreme and unusual cases, can result in fatality. **I recognize and understand that the activities I am interested in carrying out are dangerous in nature and pose a risk to my health and my life and yet I have decided to expose myself to them.**
  
2. Adventure Life understands that I must recognize and be aware of the following risks (without this being considered an exhaustive list):
  - a. Dehydration: Due to the tropical climate of Puerto Rico and the location where rock climbing and hiking activities take place, these carry a risk of dehydration. Dehydration not only affects our physical performance, but can also lead to serious health problems, such as heat stroke. Staying hydrated is important for the regulation of our body temperature, which allows us to maintain muscle activity without producing an excessive elevation of body temperature. To reduce this risk it is recommended to consume at least 500 ml of water 1 to 2 hours before the activity, 100-200 ml during the activity every 15-20 minutes and about 500 ml for each pound lost during the activity after it is completed.
  - b. Drinking Water: Unfortunately, the water of nature that sits in rivers and lagoons can be contaminated, either by fertilizers used in the area, external substances deposited in water bodies or by animals. Consuming contaminated or impure water can lead to health problems. Therefore, it is recommended to only consume drinking or bottled water during activities.

- c. Sun Protection: The activities carried out by AdventureLifePR are carried out outdoors, so it is important to protect yourself from sun exposure. Intense exposure to the sun can cause adverse effects to the skin, such as burns, spots, melanomas, among others. It is recommended to wear appropriate clothing covering legs and arms and the application of sunscreen factor 30 or greater, ideally every two hours.
- d. Fall Risk: Even with the protective equipment provided and used by AdventureLifePR, rock climbing and hiking sports inherently pose a fall risk. These falls can bring severe consequences, such as bone fractures, limb fractures, paralysis, and in some cases can be fatal.
- e. Loose Rockfall: Rock climbing also carries the risk of rockfalls, which can be highly dangerous. Such landslides can cause the person to lose their grip with the mountain or receive a blow caused by a detached rock. Therefore, it is recommended to exercise the utmost care and fully follow the instructions of your guide.
- f. Inclement Weather: During rock climbing and hiking activities, the weather presents risks associated with rain, wind gusts and blizzards. These situations can exacerbate the risk of falling.
- g. Equipment Mismanagement: The equipment provided by Adventure Life meets all safety standards recognized by the rock climbing and hiking industry. Likewise, Adventure Life takes great care in the maintenance of such equipment which is in optimal condition. However, the use and handling of such equipment allows the occurrence of human errors, such as problems with the knots of the harness, the positioning of the rope inside the brake, poor closures or lack of coordination, which can lead to falls, injuries or serious or fatal injuries. This equipment, and its proper operation, can save your life. It is recommended to pay close attention to the instructions of your guide and the handling of your equipment.
- h. Wild Animals: As part of the activities described above, it is possible to encounter wild animals. For their safety, and that of future customers, it is recommended and requested to offer food or beverages to such animals. Similarly, in case of having an encounter with these, it is recommended that you avoid any act of provocation and respect the natural habitat of these animals.
- i. Insects: Many species of insects, such as mosquitoes, can act as vectors for diseases, such as Dengue or Chikungunya. The use of appropriate clothing covering legs and arms and the application of insect repellent is recommended to minimize the risk of a bite.
- j. Vegetation: Through the activity, participants are exposed to different types of vegetation which, in some cases, can cause allergic reactions. If you are allergic to any plant or species, it is essential that such information is shared with AdventureLifePR.
- k. Bodies of Water: Swimming in natural bodies of water can pose a number of risks. First, unlike indoor and heated pools, natural bodies of water are exposed to a much wider range of temperatures. Sudden changes in body temperature can lead to changes in blood pressure, which can be fatal, especially for people who have hypertension or heart conditions. This can also lead to cramping and paralysis in the movement of the limbs, which presents a risk of drowning. In addition, drops in body temperature can lead to hypothermia. On the other hand, tides and currents can vary in range and strength suddenly and unpredictably. Other common risks are cuts, bruises, injuries or breaks from sharp stones, broken glass, aguavivas

and allergic reactions. In case of swimming in a natural body of water, it is recommended to exercise the highest level of caution and use the safety equipment provided by AdventureLifePR, for the duration of the activity. No participant is authorized to participate without proper safety equipment.

## **II. Release of Responsibility**

In consideration of *participating in rock climbing, hiking, rappelling, cave exploration and/or camping* activities (hereinafter referred to as "activities") offered by ADVENTURELIFEPR LLC, its employees and/or contractors (hereinafter, "AdventureLifePR") :

	1. I certify that I am fully capable, physically and mentally, of participating in the activity or activities for which I have requested the services of AdventureLifePR and that I have read the "Risk Acknowledgment" above which details some of the risks associated with such activities. <b>I recognize and understand that the activities I am interested in carrying out are dangerous in nature and pose a risk to my health and my life and yet I have decided to expose myself to them.</b> Therefore, I assume full responsibility for myself for any damage suffered during the course of the activities. In addition, I acknowledge that AdventureLifePR reserves the right not to provide me with the requested services in case I understand that I do not have the capacity to comply with the rigors and requirements necessary to carry out the activities safely.
Initial	

	2. I certify that my participation in the activities described above is free and voluntary.
Initial	

	3. I certify that, to the best of my knowledge, I do not suffer from any medical condition that prevents or hinders me from carrying out the activities for which I have requested the services of AdventureLifePR.
Initial	

	4. <b>I hereby release, waive and undertake not to sue ADVENTURELIFEPR LLC, its employees and/or contractors,</b> for any claim, damage, loss, injury or expense arising as a result of my participation in the activities. I agree to release, waive and not sue ADVENTURELIFEPR LLC, its employees and/or contractors, for any other claims, causes of action, or damages, including those caused by the negligence of either party.
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	5. In the event that ADVENTURELIFEPR LLC, its employees and/or contractors, its employees and/or contractors are compelled to defend themselves in any action, demand or litigation, in any forum, brought by me, my executors, my heirs or family
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	members, the latter shall pay all attorneys' fees and costs incurred in the litigation by the defendant/claimant in the event of such action. prevail.
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	6. I certify that I have read and understand the past document, which I sign voluntarily and without any coercion or manipulation. I acknowledge that by signing this document I am relieving ADVENTURELIFEPR LLC, its employees and/or other participants of all liability.
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	7. I acknowledge that I am responsible for taking care of any personal property that leads to the activities, including, but not limited to, baggage, clothing, photographic or video cameras, cell phone, laptop, radio, MP3 player, and I release adventurelifep LLC, its employees and/or contractors from liability for any damage that this personal property may suffer.
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**III. Acceptance**

I, \_\_\_\_\_, of legal age, in full capacity of my mental faculties, through this document, freely and voluntarily certify that I have read this "Acknowledgment of Risk and Release of Liability" before signing it and that I fully understand its content and meaning.

Signed today, the \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_ in the municipality of \_\_\_\_\_, Puerto Rico.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (Print)