

ADULT RELEASE FOR BRIDGES' RUN

THIS RELEASE, dated _____, 20__ is given by _____,
(the "Releasor").

I assume full responsibility for the decision as to whether I shall attend the BRIDGES RUN to _____ and participate in the distribution of food, toiletries, clothing and other goods to the local homeless community. I agree to release and hold harmless BRIDGES/Outreach Inc. and its employees, coordinators, and representatives, from any and all claims, demands, actions, causes of action, suits, contracts, agreements, obligations, accounts, defenses, costs and liabilities of any kind or character whatsoever, known or unknown, suspected or unsuspected, in contract or in tort, in law or in equity, which I might hereafter have against BRIDGES/Outreach Inc., stemming from the RUN, including my experience traveling to the urban run site, distributing food, toiletries, clothing and other goods to the homeless, and interacting with the local community.

The Releasor further acknowledges that he/she had received and reviewed the BRIDGES/Outreach, Inc.'s safety procedures for the BRIDGES RUN and hereby agrees to abide by those safety procedures (safety procedures are on reverse of this form or attached). The Releasor hereby verifies and affirms that he/she is providing his/her own transportation to the BRIDGES Run site and/or transportation is being provided to the site by a third party and that BRIDGES/Outreach Inc. is not responsible for transportation.

The Releasor hereby verifies, affirms, and represents that he/she has had the opportunity to review the terms of this Release, understands its contents and is entering into this Release voluntarily and with a full understanding of its meaning

This Release shall bind the Releasor and his/her successors and assigns, and shall inure to the benefit of BRIDGES/Outreach Inc.

Releasor (Signature) Date: _____

Releasor (Print) Address, City, State, Zip

Add your e-mail to receive BRIDGES' e-mail alerts for volunteer needs and coming events _____

Group: _____

Safety Procedures

Review before RUN

RUN Basics

- Students 14 and older are preferred
- Student to chaperone ratio for students 14 and older: 1:5
- Students younger than 14 must be accompanied by a parent or appointed chaperone: 1:1 parent to youth under 14 ratio
- The ideal number of volunteers to go on a RUN is 8 to 10 students plus adults, or 10 to 15 adults.
- Dress appropriately for weather.
- Note: there are no bathroom facilities on the street.
- Exchange cell phone numbers with the RUN Coordinator and all drivers.
- Avoid stopping on the highway; communicate by cell phone.
- If there are several volunteer cars, they should split into two groups and have two lead cars.
- Complete RUN Check List
- RUN Coordinator is responsible on the RUN

Safety Do's

- Stay with your group
- Stay in pairs
- Stay in sight of an adult from your group or a BRIDGES RUN Coordinator
- Notify the RUN Coordinator if you become uncomfortable
- Notify the RUN Coordinator if you cannot fulfill a request
- Follow all instructions of RUN Coordinator
- Defer to RUN Coordinator immediately if you have a problem or concern

Safety Don'ts

- Don't give money to anyone
- Don't go with anyone for any reason
- Don't wander away from the group
- Don't take photographs
- Don't open lunch bags to look for a specific item
- Don't leave the common areas in a shelter
- Don't accompany a child to a bathroom or out of the common areas

11/17/06