

Waiver Form for Stand Up Paddle Activity with ZEN SUP

- I understand that, like other water sports and adventure activities, Stand Up Paddle carries with it inherent risks to both myself and others. Furthermore I understand that water/wave/oceans/rivers/currents can act in sudden and unpredictable ways.
- I hereby declare that I will follow, without exception, all instructions given to me by, and only by, the qualified instructor during my time spent at the ZEN SUP School, both on and off the water
- I declare that I can swim and am comfortable in water beyond my depth
- I declare that I do not have any medical or physical conditions that would affect my participation in the activity of Stand Up Paddle (please advise the instructor of any physical injuries or disabilities before undertaking the activity)
- I declare that I will not and have not taken any alcohol or any prohibited drugs before or during the activity of Stand Up Paddle.
- I understand that my agreeing to the contents of this document here indicates my full willingness to comply with all the above statements and that in breaching any of the above statements indemnifies the ZEN SUP School, its owners or staff of any and all damages relating to any injuries or medical expenses incurred as a result of my non-complicity.

Have a wonderful SUP experience with ZEN SUP!

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(name/date/underwriting)