



# Northern Virginia Hiking Club (NVHC)

## Sign-in Sheet Statement/Liability Disclaimer

(May 2023)

### Sign-in Sheet Statement

Hike Rating Guide: *Elevation gain* is divided by 400 and added to *linear distance*. Hike is rated D (*Easy*) if the total is less than 7; C (*Moderate*) if between 7 and 10; B (*Moderately Difficult*) if between 10 and 13; A (*Difficult*) if more than 13; A+ (*Very Difficult*) if 19 or more.

Safety Message: We recommend that you *do not hike* if you answer *no* to *any* of the following questions:

- **Medical Fitness:** Are you medically fit to participate in this event?
- **Footwear:** Have you proper footwear (hiking boots recommended)?
- **Experience:** Have you done a hike of similar difficulty in recent past (same hike rating or one lower)?
- **Food and Water:** Have you enough food and water (two quarts; more in hot weather)?
- **Clothing:** Have you proper clothing, especially for cold weather (layered clothing, warm wool sweater or jacket, gloves or mittens, ear muffs, hat, rain gear, and so on)?

Liability Disclaimer: Any person participating in any Club activity, whether a member or non-member of the Club, is responsible for his or her own safety, health and welfare, and must assume, and agrees to assume all risks and liabilities related to, or resulting from, any and all Club activities. The Club, its leaders, officers and representatives are not liable for any injuries, losses, or damage to persons, children, pets, and/or other property, arising directly or consequentially out of any trips and/or activities of the Club.