

**Self-manage Spring Retreat at Gorricks Run**

**13-16 September 2018**

**Participant Acknowledgement of Risks Form**

In voluntarily participating in the Sydney Insight Meditators, Self-managed Spring Retreat at Gorricks Run, NSW, from Thursday 13 September to Sunday 16 September 2018, I am aware that my participation may expose me to risks that could lead to injury, illness (physical and/or psychological) or death, or to loss of, or damage to my property.

To minimize these risks I have endeavoured to ensure that:

(1) I feel physically and emotionally capable of participating in the retreat

(2) I take responsibility for my personal safety and well-being;

(3) I have advised Sydney Insight Meditators and the teachers, of any medication I am taking and any physical, psychological and/or emotional conditions that might affect my participation.

(4) I have advised Sydney Insight Meditators and the teachers of any difficulties, physical, psychological and/or emotional conditions that arose on previous retreats.

I have read and understand these requirements and I have considered the risks before choosing to sign this acknowledgement of risk.

I have fully disclosed all information as required in points (1-4) above.

I accept that Sydney Insight Meditators and the teachers, have the right to refuse my participation on this retreat in the light of in points (1-4) above.

I accept that in signing this form I take full responsibility and liability for my own property, health and safety. Furthermore, I indemnify Sydney Insight Meditators and/or the teachers against any physical, psychological and/or emotional impacts arising during and/or after my participation in the retreat.

Name…………………………………………………….

Signature....................................................................

Date...........................................................................