

Coming Home Greenland - July 2010

Disclaimers

Declaration

I agree to hold the organizers, volunteers and site owners harmless and indemnify them against all actions or claims (including reasonable attorneys' fees, judgements and costs) with respect to any injuries, death or other damages or losses, resulting from my participation in any aspect of "Coming Home Greenland July 2010".

Medical Treatment

If I am injured during the activity, the organizers or volunteers of the activity may render medical services to me or request that others provide such services.

By taking such action, the organizers and volunteers are not admitting any liability to provide or to continue to provide any such services and that such action is not a waiver by the organizers or volunteers of any rights under this release and waiver.

Should I require transport to a medical facility as a result of an injury, I am financially responsible for such transportation and medical treatment costs.

If I am injured during the activity, it is my responsibility to seek appropriate medical care and to notify the activity organizers.

I understand that this waiver will have no bearing on any workers compensation claims that I may make as a result of my participation in this event.

Coming Home

Greenland - July 2010

Disclaimers

Sweat Lodge

The sweat lodge is a sacred ceremony of cleansing and purification of mind, body and spirit. It is a rebirth. Much as the infant leaves the mothers womb, we come out of the lodge renewed, refreshed, reborn.

The sweat lodge is NOT advised for

- pregnant woman
- people taking tranquillizers or anti-psychotic drugs
- people with cardiovascular problems
- people with respiratory infections or asthma
- people with diabetes
- people with blood pressure difficulties
- people with contagious skin disorders
- people with hepatitis
- people with claustrophobia or other mental illness
- people with alcohol or drug addiction

Please note that the sweat lodge is not advised for ANY health condition that may be exacerbated by heat.

Your responsibilities as a participant in the lodge

- It is best to taper off tea and coffee in the days preceding the sweat lodge as they stimulate the central nervous system.
- You MUST inform the keeper of ANY re-existing medical conditions.
- You MUST inform the keeper of ANY medications that have been prescribed.
- Do not have a heavy meal before the sweat lodge ceremony.
- Drink plenty of water preceding the ceremony.
- Do not wear contact lenses.
- Do not wear any metal jewelry into the sweat lodge.
- After the sweat lodge you will need to rest and replenish your fluids and eat a light snack of nutritious food.
- If you notice any unusual symptoms, advise the keeper and or the medical staff immediately.

Coming Home Greenland - July 2010

Disclaimers

Confirmation

I understand and agree that all reasonable methods have been used to inform me of the nature of the procedures and any personal risks involved in the sweat lodge ceremony.

Having understood and appreciated the personal risks involved and complied with the physical preparations, I will participate in said ceremony accepting full responsibility for this decision and for the consequences arising from it.

I hereby acknowledge that I have read and understand the "Coming Home Greenland July 2010"-Waiver. I am of legal age and for myself, my executors, administrators and assignees, do hereby release and discharge Angaangaq Angakkorsuaq, Sirmiq Aattuuq LLC and any of his principals, employees, assistants or support team from all claims of damages, demands or actions whatsoever in any manner, arising from or emerging out of my participation.

Last name:

First name:

City, Date:

Signature: