



# Delegate Packet

October 6-9, 2011  
C.A. Vines Arkansas 4-H Center  
Little Rock, Arkansas

<http://okla.4h.okstate.edu/SRVF/>



October 6-9, 2011  
C.A. Vines Arkansas 4-H Center  
Little Rock, Arkansas  
Host State: Arkansas

**Mission:**

The charge of the Southern Region 4-H Volunteer Forum is to increase the capacity of volunteers and salaried staff in their role to achieve the 4-H Youth Development mission in the Cooperative Extension System.

**Objectives:**

- Provide an educational opportunity that will expand or refine skills and knowledge as a 4-H Volunteer
- Participants benefit from the understanding and application of the “Experiential Learning” process in 4-H Youth Development practices. Do – Reflect – Apply
- Enhance the volunteer’s skills for guiding youth in individual project areas
- Understanding of the 4-H Essential Elements: Generosity, Mastery, Independence and Belonging
- Understanding of the National 4-H Mission Mandates: Science/Engineering/Technology; Healthy Lifestyle Choices and Citizenship.
- Understanding and application of Youth Development principles
- Encourage participants to share the forum experience at the local, county and state levels

**Planned and Supported by:**

A committee of volunteers and staff representing the 13 southern region states plan and conduct the Forum. They are supported by the cooperative extension services of the state land grant universities, the Cooperative State Research, Education and Extension Service of the United States Department of Agriculture and the National 4-H Council.

**Workshops and Programming**

Four program areas will receive focus at the 2011 forum: Healthy Lifestyles; Environmental/Outdoor; Science, Engineering & Technology and Youth Development.

**Host State Showcase:** “Arkansas Festivals”, Friday afternoon.

**Service Project:** American Cancer Society, Relay for Life.

**Forum Website:**

Additional information and forum updates are available <http://okla.4h.okstate.edu/SRVF/>.

**Registration:**

Forum registration is handled at the state level. Go to <http://oklahoma4h.okstate.edu/volun/eduopp.htm>.

**Forum Participants:**

SRVF delegates adult volunteers and Extension staff from the 13 southern region states (*Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Virginia, Texas*), Puerto Rico and the U.S. Virgin Islands.

**Lodging:**

Delegates will reside in hotel style rooms with double, single, and bunk beds that sleep from 3 to 6 per state. Towels, linens and blankets are furnished, however you might want to bring your favorite pillow. If you have special roommate requests or need special accommodations, please contact your state 4-H office during the state’s registration process.



### **2011 Pre-Conference Workshop**

ExCEL is a University of Arkansas Division of Agriculture experiential-based training and development program. The 4-H Camp Program team provides opportunities that engage learners in the development of skills to address issues and challenges that one may face in their daily environments.

The activity will be offered on October 5-6, 2011 at a programming fee of \$30.00, \$30 for housing and \$35 for four meals. The programming fee is paid separate from the forum registration.

ExCEL has offered the best in experiential leadership training since 1986 to youth, college students, adult, non-profit and corporate groups. The experiential training model provides an effective environment for change. The ExCEL program utilizes teambuilding and leadership initiatives to actively engage participants.

This program is the home of one of Arkansas' largest and most experienced challenge course. Some of the training tools used with the ExCEL program includes ground based initiatives (experiential activities that do not involve leaving the ground), a low ropes course, an artificial rock climbing tower, a Giant's Ladder, and a high ropes course.

<http://www.kidsarus.org/go4it/Opportunities/excel/default.htm>.

### **Dress:**

- Dress for workshops and assemblies are casual.
- Comfortable shoes are a must!
- October weather is mild with midday temperatures ranging from the mid-50's to 70's and evening temperatures in 50's and 60's. Be prepared for change. Visit [www.weather.com](http://www.weather.com) – Little Rock, Arkansas for weather forecast.
- Be sure to check the conference website regarding any special costume and clothing instructions for special activities: Flag Ceremony, Saturday Afternoon Activities, Friday and Saturday Night Dinner.

**Trading Souvenirs:** This popular get-acquainted activity is held Thursday afternoon. Small trinkets, representative of the delegates' states, are encouraged for trading. Popular items have included lapel pins, printed buttons, and handmade items. Your local Chamber of Commerce as well as your state's Department of Tourism, Department of Commerce and Parks Department are all likely sources of good trade items, usually at no cost. If you want to get into the spirit of the SRVF, bring items to trade throughout the forum.

**Door Decorations:** Arkansas is encouraging states delegations to decorate their doors/area for fun and special recognition. The forum theme is "4-H: It's a Natural." At the banquet on Saturday, states will be recognized for their best use of the conference theme in their decorating efforts.



**Meal Tickets:** For individuals arriving earlier than 1 pm Thursday, October 6, 2011 there is an additional fee for each meal eaten at the campus cafeteria. Meals must be paid for in advance. No one is allowed in the cafeteria without a meal ticket. Please contact your Volunteer Specialist for more information.

**Deposit of \$50 and registration form due 8/8/2011.**

**Full Payment, health, consent and release, and OK Adult Volunteer Activity and Event forms are due August 22, 2011.**

**Mail Forms and payment to:**

SRVF - Attn: Karla Knoepfli  
205 4-H Youth Development Bldg  
Stillwater, OK 74078

# Speakers and Entertainment



**Charlotte Strickland**  
**PROFESSIONAL COMMUNICATOR**

3 West Point • Conway, AR 72034

Tel/Fax 501-329-7179

E-mail: [stricklyspeaking@conwaycorp.net](mailto:stricklyspeaking@conwaycorp.net)

Charlotte Strickland. A native of Little Rock, Arkansas, Charlotte earned a Business degree from the University of Central Arkansas and a Masters degree in Higher Education from the University of South Carolina. For over twenty five years Charlotte has worked in Higher Education coordinating Orientation, Ethics and Leadership academic courses, Greek training and Leadership training seminars. In 1989 Charlotte was invited to join the company, Designs for Development, specializing in training student leaders. She traveled across the country working with students and university employees. In 2002 Charlotte founded her own company,

Strickly Speaking. In addition to college campuses, her audiences now include churches, civic groups, state/federal agencies, and corporations. Charlotte currently serves as UCA's Education Seminar Coordinator. Charlotte enjoys speaking immensely and approaches each audience with energy, enthusiasm, and sincerity. Her goal is for each person to leave the presentation with personal value, a renewed spirit and hope for whatever facet of life he/she is dealing with.



## **"Butterflies, Buzzards and Bees"**

In 1974 Randy Frazier was part of the first generation of Interpretive Naturalists to be hired by Arkansas State Parks. From the first day it was obvious that he was a perfect fit for the Department's "in house" job description. By the time of his retirement in 2004, he was speaking for organizations and businesses from coast to coast. Today, he's a Professional Member of the **National Speakers Association** and has been a featured speaker in over 40 States and two foreign countries. Randy Frazier has been described as a Humorist; an Educator; a Naturalist; a Storyteller; a Poet; a Writer; an Inspirational Speaker; and a part-time country philosopher. He speaks on a wide range of topics, but he's most frequently invited to speak on the subjects of *Leadership*, *Change* and the *Art of Communication*. Randy says his early work as a Naturalist has served him well; *"There's no end to what you can teach folks... as long as they think you're there to entertain them."*

**Arkansas Prison System Band** – Featured at the Arkansas Festival celebration Friday afternoon.

## Saturday Afternoon Recreation



- Canoeing
- Basketball and tennis Courts
- Volleyball
- Hiking Trails

\* Sign-up sheets will be posted at the dining hall.

\*\*A schedule of the team match-ups will be posted in the dining hall

## Tentative Area Tours and Attractions

- [Clinton Presidential Library](#) Complete with a full scale replica of the oval office and cabinet room, the Center provides an exciting and educational experience for visitors of all ages.
- [Little Rock River Market](#) This downtown area is the best place to find live entertainment and many local restaurants.
- [Little Rock Central High School Visitor Center](#) Committed to preserving and interpreting the story of the 1957 desegregation crisis at historic Central High School and its legacy.
- [Golf](#) Little Rock has many great golf courses in the city and surrounding areas.
- [Arkansas Arts Center](#) The Arkansas Arts Center features elegant art galleries that showcase the Centers acclaimed collection.

## 2011 Forum at a Glance TENTATIVE Schedule

	WED Oct 5		THUR Oct 6		FRI Oct 7		SAT Oct 8		SUN Oct 9	
6:30 am					• Coffee for Early Risers • Walkers Gather		• Coffee for Early Risers • Walkers Gather		Coffee for Early Risers	
7:00 am			Breakfast		Breakfast	State Coordinator Mtg	Breakfast	State Coordinator Mtg	Continental Breakfast	
7:30 am										
8:00 am			Pre-conference workshop 4-H EXCEL Program continued			Workshops		Workshops		Safe Trip Home!
8:30 am										
9:00 am										
9:30 am										
10:00 am						Break		Break		
10:30 am						Workshops		Workshops		
11:00 am			Planning Committee Lunch				Exhibits and Service Project Station Open			
11:30 am										
Noon	Pre-conference workshop 4-H EXCEL Program			Lunch		Lunch	SRVF Committee	Lunch	2012 SRVF Planning Com. Mtg	
12:30 pm										
1:00 pm				State Coordinator Check In						
1:30 pm						Workshops		Workshops		
2:00 pm		Planning Committee		State Welcoming Meeting		Break				
2:30 pm				Welcome to Arkansas Social: reception, pin swap and service project station open		State Meeting		Recreation Activities and Tours		
3:00 pm		Arkansas Committee Registration/Assembly						State Vol. Specialist Mtg		
3:30 pm				Parade of State Flag, Practice		State Coordinator Meeting				
4:00 pm				First Timer Orientation		Celebration of Arkansas and Entertainment				
4:30 pm										
5:00 pm				Dinner						
5:30 pm								State Meetings		
6:00 pm	Dinner?			State Meetings		Dinner		Diamond Banquet and Charlotte Strickland		
6:30 pm										
7:00 pm	Planning Committee Dinner									
7:30 pm			Opening Assembly Randy Frazier							
8:00 pm										
8:30 pm										
9:00 pm										
9:30 - 11:30 pm			Recreation, Creative and Expressive Arts Workshops and Dance		Recreation, Creative and Expressive Arts Workshops and Dance		Recreation, Dance			



## 4-H Southern Regional Volunteer Forum (SRVF)

### Service Project

The American Cancer Society

*Relay for Life*

Arkansas chose *The American Cancer Society/Relay for Life* as the 2011 service project. We want your state to raise money for the American Cancer Society by involving volunteers and 4-H members.

We chose this project because there is no direct cost for participants. Our goal is to see how much money each state can raise by hosting an event. ALL money will stay in the state where the event is hosted.

*Relay for Life* is the signature activity of the American Cancer Society. It is a time to celebrate, remember and fight back against cancer. Teams camp out at a local high school, park or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event because cancer never sleeps. Relays are overnight events up to 24 hours in length.

*Relay for Life* is often described as a life-changing event. Each year more than 3.5 million people in nearly 5,000 communities nationwide gather to celebrate the lives of people, who have battled cancer, remember loved ones lost and fight back against a disease that takes too much. By providing the opportunity to take action against cancer, *Relay for Life* unites communities and inspires hope that cancer will be eliminated.

Cancer survivors are at the heart of *Relay for Life*. The event brings families, friends, coworkers and communities together to celebrate victory over cancer and to support people still battling the disease. Each event opens with an inspirational Survivors Lap that symbolizes the steps we are taking toward hope and healing.

Caregivers are also recognized and celebrated at Relay for Life. At Relays, people understand the frustrations and joys of being a caregiver. There is a peace of mind in knowing that together we can face the many challenges cancer poses.

We ask each state to provide a basket in memory /honor of someone who has been touched by cancer. The content could depict her/his favorite hobby or personality. The basket will be used in a silent auction.

An abbreviated *Relay for Life* event will be held Saturday night after the Diamond Banquet as a time to come together and celebrate hope for the future. Luminaries will outline a path in honor of someone who has been touched by cancer. Forum participants will have the opportunity to purchase and decorated the luminaries.

Each state will have a volunteer contact person responsible for keeping track of the money raised in state. The total will be reported at final assembly. Arkansas will provide each state with the contact information for their American Cancer Society state contact. The contact will provide the necessary information to raise money.

We hope this will be a fulfilling experience for volunteers and 4-Hers who have not faced cancer and for those who have. Let's show how much 4-H cares!

*Arkansas State 4-H Volunteer Association*

**Arkansas 4-H Medical Information & Release**  
Southern Region 4-H Volunteer Forum  
October 6-9, 2011

Name \_\_\_\_\_

Full Mailing Address \_\_\_\_\_

Phones Home \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_

**Please list the names of two adults who may be contacted in case of emergency.**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Name \_\_\_\_\_ Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

**Medical Information**

Name of Physician \_\_\_\_\_ Phone \_\_\_\_\_

Health Insurance Co. name \_\_\_\_\_

Date of Last Physical Examination \_\_\_\_\_

List Medications currently being taken \_\_\_\_\_

Drug Allergies \_\_\_\_\_

Other Allergies \_\_\_\_\_

Describe any physical limitations \_\_\_\_\_

Describe any recent illness or injury \_\_\_\_\_

Is there a history of heart condition \_\_\_\_\_ diabetes \_\_\_\_\_ asthma \_\_\_\_\_ epilepsy \_\_\_\_\_ rheumatic fever \_\_\_\_\_

**AGREEMENT:**

I understand that should a health problem arise, my emergency contact will be notified but that if he or she can not be reached by telephone, such medical treatment, including surgery, as deemed necessary by competent medical personnel could be rendered; that such necessary information may be released for insurance purposes and that I understand the limitation of the coverage as indicated below. Furthermore, I am aware that participation in this event includes risk including, but not limited to, transportation to/from event, sports and recreational games, water activities, hiking, as well as risks that are not foreseeable. For the sole consideration of the Cooperative Extension Service's arranging for participation in 4-H programming, I hereby release and forever discharge The University of Arkansas, the Board of Trustees of the University System of Arkansas, their members individually, and their officers, agents and employees from any and all claims, demands, rights and causes of action of whatever kind that I may have, on my own behalf arising from or in any way connected with my participation in 4-H volunteer activities. I further covenant and agree that for the consideration stated above I will not sue the Institution, the Board of Trustees of the University System of Arkansas, its members individually, its officers, agents or employees for any claim for damages arising or growing out my participating in the program. I understand that the acceptance of this Release, Waiver of Liability, and Convent not to Sue the Board of Trustees of the University System of Arkansas shall not constitute a waiver, in whole or part, of sovereign immunity by said Board, its members, officers, agents, and employees. I certify that I am participating in the SRVF with my knowledge and consent. I have read and understand all of the above policies

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

State \_\_\_\_\_



## Consent and Release Form

Photographic, Video, Audio and Web Site

I do hereby consent and agree that the SR4-HVF and any of its affiliated groups and their staff have the right to use the photograph or recorded image that I am voluntarily providing. I understand that the image may be used in 4-H Youth Development educational or promotional materials. I further consent that my name and identity may be revealed therein or by descriptive text or commentary.

I do hereby release to the Southern Region 4-H Volunteer Forum and its staff all rights to exhibit this work publicly or privately, including posting it on a 4-H web site. I waive any rights, claims or interests I may have to control the use of my identity in association to the photograph and agree that any uses described herein may be made without compensation or additional consideration of me.

I represent that I have read and understand the foregoing statement and am competent to execute this agreement.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Full Mailing Address: \_\_\_\_\_

Email Address \_\_\_\_\_

## Due September 1, 2011

Registration for ExCEL is not being coordinated at the state level. Individuals choosing to participate in this pre-forum activity must complete their own reservations and make their own travel arrangements to Arkansas.

Oklahoma will do their best to coordinate communications between those enrolled so they can car-pool or share travel expenses.

### ExCEL Individual Reservation

Name:	_____	Program Date:	Oct. 5, 2011 Oct. 6, 2011
Business Phone:	_____	Program Time:	Oct. 5 1-5p Oct. 6 8:30-Noon
Cell Phone:	_____		
Mailing Address:	_____ _____ _____		
E-Mail:	_____ _____		
Program Cost:	<b>\$30.00</b> This fee does not include housing or meals. You <b>MUST</b> complete the "Forum Registration" form for housing and meal reservation and payment,	Send to: Arkansas 4-H Center Programs #1 Four-H Way Little Rock, AR 72223	
Payment Options: <i>Call 501-821-6884 or Can be paid day of program</i>	<input type="checkbox"/> Cash <input type="checkbox"/> Check (Make payable to Cooperative Extension Service) <input type="checkbox"/> Credit Card (MasterCard or VISA only)		
Program Needs:	<input type="checkbox"/> Would you prefer a less physical activity? <input type="checkbox"/> Would you prefer a more physical activity?		



**2011 SOUTHERN REGION 4-H VOLUNTEER FORUM  
Oklahoma Forum Registration**

Attendee  Volunteer  Extension  2012 Steering Committee

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

County \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone (\_\_\_\_) \_\_\_\_\_ Cell (\_\_\_\_) \_\_\_\_\_

FAX (\_\_\_\_) \_\_\_\_\_ E-Mail \_\_\_\_\_

Gender  Male  Female Ethnicity \_\_\_\_\_ (optional)

Emergency Contact & Phone \_\_\_\_\_

Is this your first visit to the SRVF?  Yes  No Adult Shirt Size  S  M  L  XL  2XL  3XL

Do you plan to drive to the Arkansas 4-H Center?  Yes  No

If yes, will you be driving your  personal car or  a county/state car or van?

Could you provide transportation for additional volunteers from your district?  Yes  No

If district/state ground transportation efforts are coordinated do you want to be included?  Yes  No The expense will be divided equally.

**Housing** at the C.A. Vines Arkansas 4-H Center lodging rooms are hotel style with double, single, and bunk beds sleeping from 3 to 6 in rooms with total capacity of 425. A limited amount of "married" housing may be available, but we cannot guarantee this space. The private space must first be utilized for those with special needs and any remaining rooms will be assigned to married couples. If you have special housing needs, please contact, *Karla Knoepfli* by August 22, 2011 at 405-744-8891 or [karla.knoepfli@okstate.edu](mailto:karla.knoepfli@okstate.edu). List below any specific individuals with whom you wish to be housed. Room assignments are made prior to arrival to the 4-H Center. Every effort will be made to accommodate your wishes.

**Deposit of \$50 and registration form due August 8, 2011.**

**Full Payment, health, consent and release, and OK Adult Volunteer Activity and Event forms are due August 22, 2011.**

Make checks made payable to "4-H Conferences - SRVF."

**Mail Forms and payment to:**  
SRVF - Attn: *Karla Knoepfli*  
205 4-H Youth Development Bldg  
Stillwater, OK 74078

FOR INDIVIDUALS WITH DISABILITIES WHO REQUIRE AUXILIARY AIDS OR SERVICES FOR PROGRAM PARTICIPATION, PLEASE PROVIDE A DETAILED DESCRIPTION OF NEEDS WHEN RETURNING THIS FORM. IF NOT REQUESTED IN ADVANCE, IT MAY NOT BE POSSIBLE TO PROVIDE SOME AIDS AND SERVICES. REASONABLE EFFORT WILL BE MADE TO ACCOMMODATE INDIVIDUALS WHO REQUEST AUXILIARY AIDS OR SERVICES.

**Special Instructions**

- **EXCEL Program Registration** – The ExCEL Reservation form and payment of \$30 are to be made separate from the housing and meals registration. Housing and meal registration is completed on this form as part of the Forum's registration options.
- **Early Arrivals** - Only those individuals who have registered for early arrival will be permitted entrance onto the 4-H Center grounds prior to Thursday afternoon. If an individual plans to arrive any time prior to Thursday afternoon, they **must** register for early arrival. Only those early arrival individuals who have a meal ticket will be permitted to eat in the cafeteria before Thursday dinner.

**Forum Registration Options**

Full Time Conference Registration		Amount	
<input type="checkbox"/>	Full Time Delegate – Early bird Registration	\$250.00	
<input type="checkbox"/>	Full time Registration after 9/1/2011	\$300.00	
<b>Pre-Conference Workshop – ExCEL Program 10/5/2011</b>			
<input type="checkbox"/>	ExCEL Pre-conference housing and meals: lodging \$30 and \$32.50 for 2 lunches, dinner and breakfast. <b>This amount does NOT include the \$30 programming fee. Use the ExCELL Reservation form to register for the program.</b>	\$62.50	
<b>Early Arrival – Wednesday 10/5/2011</b>			
<input type="checkbox"/>	Wednesday Night Lodging *No Meal(s) included	\$30.00	
<input type="checkbox"/>	Dinner – Wednesday PM *Meal Ticket necessary	\$9.50	
<input type="checkbox"/>	Breakfast – Thursday AM *Meal Ticket necessary	\$7.00	
<input type="checkbox"/>	Lunch – Thursday Noon *Meal Ticket necessary	\$8.00	
<b>Early Arrival – Thursday 10/6/2011</b>			
<input type="checkbox"/>	Breakfast *Meal Ticket necessary	\$7.00	
<input type="checkbox"/>	Lunch *Meal Ticket necessary	\$8.00	
<b>Airport Transportation</b>			
<input type="checkbox"/>	Roundtrip transportation	\$20.00	
<b>TOTAL REGISTRATION DUE</b>			

Name \_\_\_\_\_

County \_\_\_\_\_

Year or Event \_\_\_\_\_



**Oklahoma**

**4-H**

Revised 5/2009

**ADULT VOLUNTEER ACTIVITY AND EVENT FORM**  
**Volunteer Statement of Understanding, Publicity Release and Release of Claims**

A Volunteer is a person who, of his/her own volition, gives his/her services without any express or implied promise or expectation of remuneration or compensation. I acknowledge that my services to the Oklahoma 4-H Program, Oklahoma Cooperative Extension Service, Langston University, Oklahoma State University and/or 4-H event organizers are entirely voluntary, and I do not expect, nor am I entitled to, nor will the Program, Extension Service, Universities and/or event organizers pay or be responsible for, any wages, other compensation or remuneration, or any other benefit, including, but not limited to, workers' compensation insurance coverage.

I acknowledge that even though I am a Volunteer, it is my responsibility to conduct myself in a manner that will properly represent the Oklahoma 4-H Program. I further acknowledge that my services can be terminated at any time, without notice or reason, and that as a Volunteer, I am not guaranteed any future employment with the Program, Extension Service, Universities and/or event organizers, nor am I guaranteed any future Volunteer position.

**Publicity Release:**

I authorize the Oklahoma 4-H Program, Oklahoma Cooperative Extension Service, Langston University and/or Oklahoma State University to photograph, film, audio/video record and/or televise my image and voice, and, to reuse, publish, perform, reproduce, adapt, distribute, or transmit the same, in whole, in part, or in composite, through any medium, and for any purpose whatsoever, without restriction, and to use my name in connection therewith.

**Assumption of Risk and Release of Claims:**

Being fully familiar with the activities of the 4-H Programs, I further acknowledge that the performance of the volunteer work and participation in the activities involved in said work and/or events are not without some inherent dangers, hazards and risks of injury, including bodily injury and death. As such, I do hereby agree to assume all of the risks and responsibilities surrounding my volunteer activities and I do for myself, my heirs, and personal representatives hereby agree to release, waive, forever discharge and covenant not to sue the Oklahoma 4-H Program, the Oklahoma Cooperative Extension Service, Langston University, Oklahoma State University, the governing Board of Regents of the universities, and all officers, agents, and/or employees thereof from and against any and all claims, demands, and actions or causes of action on account of damage to personal property or personal injury or death which may result from the performance of my volunteer activities and/or my participation in the activities or events thereof. I further understand that any accident insurance policy, if any, carried by the 4-H Program or 4-H event organizers through American Income Life Insurance Co. or other insurance company will provide minimum coverage only, and I will be responsible for the costs associated with my care and treatment related to any such accident, injury or loss.

I acknowledge that I have read the above Understandings, Releases and Assumption of Risk and understand and agree with the statements contained therein and agree to be fully bound by the same.

Dated this \_\_\_\_ day of \_\_\_\_\_, 2009.

By: \_\_\_\_\_  
Volunteer

\_\_\_\_\_  
Witness