



Road Scholar Activity Level and Learning Trip Waiver

Tales of Portugal and Spain – Staying in Historic Hotels

Road Scholar Program Number: 21925

Departure Date: September 8, 2018

Return Date: September 22, 2018

Before registering for the trip, please make sure the activity level matches your abilities. This will ensure an enjoyable trip for you and those who travel with you.

The Bradley University OLLI program considers this trip an **Activity Level 4**.

You must be healthy and mobile and able to participate in at least 6 hours of daily moderate activity. You must also be able to climb some flights of stairs (with or without a hand rail), stand for up to an hour, walk on uneven surfaces; and enter/exit vehicle with minimal assistance.

Road Scholar Activity Notes:

- By Road Scholar standards, this trip is considered Let's Go.
 - Walking is the best way to get to know a new place. I'm energetic and enjoy a good physical challenge, so I'm always ready to spend the day on the move. Whether it's public transit, city streets or village cobblestones, I'm game.
- This trip is for people who enjoy walking as much as three miles a day. Please be aware you will be active throughout the day, sometimes walking up to three miles or standing in a museum for a few hours.
- During the trip you are responsible to lift, haul and handle your own luggage.

Learning Trip Waiver

In order to complete trip registration, participants are required to read and accept this assumption of risk, release, and waiver.

I have read and meet the activity level requirements, agree to abide by the safety guidelines of Bradley University staff and each host organization, and recognize and accept the risks and conditions of the trip. I acknowledge that my participation involves some personal risk. For each trip, I will wear closed-toe shoes and agree to use any other safety equipment required of the host site. I will assume the risks and responsibilities regarding my participation and hold Bradley University and its agents harmless.

Signature

Date