



Outstanding. Here's the full, handbook-ready **Assumption of Risk & Medical Waiver** in DLA's voice (formal, enforceable; spare and reverent), followed by a one-page signature summary you can attach to the packet.

D-Day Leadership Academy

The Normandy Passage — Assumption of Risk & Medical Waiver

Motto: Reverence. Fortitude. Virtue.

Authority: Issued by D-Day Leadership Academy ("DLA"). Execution is a condition of enrollment and continued participation.

0) Preamble — Nature of the Program

On this ground, comfort is earned and character is proved. The Normandy Passage is a veteran-led, field-based leadership crucible conducted in and around Sainte-Mère-Église, Normandy, France. It includes outdoor movement, load carriage, inspections, and disciplined routines in proximity to historical sites and public roads.

1) Participant Representations

I represent that:

1. **Eligibility & Fitness.** I meet age eligibility (youth 14–24 when paired with a parent/guardian; Solo/Committed Adult participants 18+). I can shuffle up to ~7 miles in a single evolution at a **12:00 min/mile standard** (acceptable baseline **10–14**), with total daily foot movement ≤ 10 miles, and I can attempt and pass the on-site **Physical Standards Test (minimums): 45 push-ups (2:00); 45 sit-ups (2:00); 45 air squats (2:00); dead-hang pull-ups 6 (men) / 3 (women); 1-mile run in boots & utility pants $\leq 12:00$.**

2. current conditions, allergies, and medications, and will update DLA if anything changes before or during the Program.
 3. **Self-Care & Compliance.** I will hydrate, fuel, and rest per cadre guidance; wear appropriate boots; report warning signs early; and follow all safety instructions, site rules, and watch standards.
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2) Risks Acknowledged (non-exhaustive)

I understand the Program's inherent hazards include, but are not limited to:

- **Movement & Environment:** Uneven terrain, curbs, stairs, mud, sand, road crossings, night movement with restricted lighting (**TL-122 angle-head lights only; no headlamps**), tripping/falling, collisions, weather exposure (heat/cold/wind/rain), dehydration, heat illness, hypothermia.
- **Fatigue & Load:** Cumulative fatigue, muscle strains, blisters, overuse injuries, slips due to wet surfaces or load shifts.
- **Transportation:** Travel to/from link-up, local vehicle transport, loading/unloading vans, roadside emergent conditions.
- **Public Settings:** Crowds, bystander behavior, language barriers, variable local infrastructure and emergency response times.
- **Sites & Structures:** Steps, low lighting, confined spaces, maritime edges/embankments where applicable; strict museum/cemetery etiquette.
- **Food & Sanitation:** MREs/hot chow; unknown food triggers; GI upset; variable restroom access.
- **Wildlife/Insects/Allergens:** Bites, stings, reactions to plants or environmental allergens.
- **Equipment Use:** Issue/return of loaner kit (helmet, web gear, canteen, e-tool, wool blanket, **TL-122**), nondescript BDU **khaki top** and **brown bottoms**; wear-related chafing or irritation.
- **Watch Duties:** Night watch rotation while tents are in use; responsibility to log, check accountability, and wake cadre for any safety concern.
- **Communicable Illness:** Exposure to airborne or contact-transmitted pathogens in shared spaces.

I understand the above may result in injury or illness despite prudent mitigation.

3) Consent to First Aid, Medical Care & Transport

I consent to:

1. **Immediate Care.** Cadre/staff rendering reasonable first aid; use of basic medical supplies; and decision-making for urgent care until EMS arrives.
2. **EMS & Hospital Transfer.** Activation of French emergency services; transport by ground/air if indicated; and treatment at the nearest suitable facility.
3. **Information Sharing.** DLA may share relevant medical information with responders and providers for my care.
4. **Costs & Insurance.** I am responsible for all medical/evacuation costs not covered by my insurance. I confirm I have medical coverage valid in France and accept financial responsibility for uncovered expenses.

For minors, the parent/guardian gives these consents on the minor's behalf and agrees to remain reachable during field hours.

4) Training Plan Disclaimer

I understand the **60-day Physical Standards Track** is designed for Program demands, **not individualized medical care**. Mentors provide compliance coaching (Start / 1-Month / Final Prep). I will obtain my own medical clearance when appropriate and stop if warning symptoms occur.

5) Alcohol & Substances

Alcohol is **prohibited** during Program hours. At the Day-7 completion ceremony, limited beer/wine service is **18+ only** with ID and requires the separate **Alcohol Acknowledgment (18+)**. No alcohol is served to anyone under 18. No illicit drugs. Prescription medications must be disclosed and used as directed.

6) Property, Equipment & Damage

I will care for loaner kit and Program property. I accept **restitution only for loss or damage caused by my negligence, abuse, or failure to follow care instructions**—not ordinary wear-and-tear from Program use.

7) Assumption of Risk, Release & Indemnification

To the **maximum extent permitted by applicable law**:

1. **Assumption of Risk.** I knowingly and voluntarily assume all inherent and associated risks of participation described herein.
2. **Release.** I release and forever discharge DLA, its directors, officers, employees, cadre, contractors, volunteers, partners, site owners/lessors, and affiliates from liability for ordinary negligence resulting in personal injury, illness, or property damage arising from my participation in the Program.
3. **Indemnification.** I agree to indemnify and hold harmless the released parties from claims, damages, and expenses (including reasonable attorneys' fees) arising from **my** violation of the Code of Conduct, the Terms, law, or third-party rights, or from **my** negligent or willful acts or omissions.
4. **Exclusions.** Nothing herein releases liability that cannot be released under **mandatory** law.

8) Removal & Refund Alignment

I understand that for safety or serious misconduct, cadre may remove me from an evolution or from the Program. Refunds/credits, if any, are governed by the Participant Terms of Enrollment.

9) Governing Law, Venue & Mandatory Law

This Waiver is governed by the **laws of the State of Colorado, USA**, with venue in Denver (state or federal courts) or an agreed arbitration forum, **subject to compliance with applicable French mandatory law** while in France.

10) Severability & Entire Agreement

If any provision is held invalid, the remainder remains enforceable. This Waiver, together with the Participant Terms, Code of Conduct, Media Consent, and Alcohol Acknowledgment (18+), is the entire agreement regarding the risks and medical consents for this Program.
