



Snowshoe Rental Form

Stroud Region Open Space and Recreation Commission

Name _____

Address _____

Phone _____ Email _____

Date of Birth _____ Credit Card # (for Damage/Unreturned Only) _____ Exp _____ CVV _____

Snowshoe & Pole Set Rental Fee: \$15/ day; \$25/ weekend.

Snowshoe Pair Size	Shoe Condition	Pole Pair Size	Pole Condition	Rental Fee	#Days/Wkd	Total Price
Total Rental Price						

Date & Time Out _____ Date & Time In _____ Staff Initials _____

Rental fees will be charged for each day (24 hours) equipment is out. If snowshoes are out more than 24 hours, you will be charged an additional day. The weekend fee is in effect from Friday at 12pm to Monday at 12pm. If equipment is returned late, an additional day will be charged. **If equipment is returned in a worse condition than rented out, your credit card on file will be charged according to the Damaged Part(s) Fee Table. If equipment is not returned or un-repairable, your card on file will be charged the full extent of the equipment's worth for a replacement.**

Damaged Part(s) Fee Table	
Part	Cost to Renter Per Pair if Damaged
Strap Clips	\$10
Snowshoe Webbing Cracked	\$30
Pole Snow Basket	\$10
Poles Damaged Beyond Repair	\$30
Frame, Binding, Cleat, Webbing Damage Beyond Repair	\$145
Not Returned	\$145

An SROSRC manager inspects returned snowshoes within the next business day. **If snowshoes are returned damaged, Damaged Parts Fees will be charged to the credit card number held for deposit to repair.** If snowshoes are not returned, the renter will be charged for a replacement pair of snowshoes.

Notice of Risk and Liability Release

1. I attest that I am (or my child is) in good health and in proper physical condition to use the rental equipment indicated. Further, I agree that I will cease to use (allow use of) the equipment immediately should my (child's) health condition change during the duration of use. If I believe the conditions to be unsafe, I will discontinue my (child's) equipment use.
2. I acknowledge that SROSRC has put in place preventative measures to reduce the spread of Coronavirus/COVID-19 (COVID), including sanitizing equipment between uses, and reduced contact pick-up and drop-off, but cannot guarantee that I (or my child) will not become infected with COVID-19. I understand that I (or my child) participate at my own risk.
3. I understand, and acknowledge that any and all rules, guidelines, and safety procedures are established for the safety and protection of all participants, including myself (or my child.) I agree, on behalf of myself (and my child,) that we will comply with all rules and policies established, and will obey all rules, guidelines and safety procedures.
4. I recognize, understand, and acknowledge that using this equipment involves risk and danger of serious bodily injury, permanent disability, paralysis and death.
5. In consideration of participation by myself (or my child) in the use of SROSRC equipment, I, the under-signed, on behalf of myself (and my minor child,) do hereby release, discharge, and covenant not to sue SROSRC, its directors, service providers, members, volunteers, and employees from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of SROSRC, including negligent rescue operations. I further agree that if despite this Release, I, the minor, or anyone on my (or the minor's) behalf makes a claim against SROSRC, I will indemnify, save, and hold harmless SROSRC from any litigation expenses, attorney fees, loss, liability, damage, or any costs that may incur as the result of any such claim.

I attest that in my rental group (myself included) we will:
(PLEASE INITIAL)

- NOT USE SNOWSHOES OVER ANY BODY OF WATER, INCLUDING STREAMS, PONDS, ETC. (to prevent injury)
- NOT use snowshoes on blacktop, concrete, or any surface other than snow (to prevent damage)
- Keep snowshoes properly fitted to boots throughout use (to prevent injury)
- Pay the corresponding Damaged Part(s) Fee if any rented equipment is damaged during the rental period.
- Have read and will abide by guidance in the attached SNOWSHOE SAFETY SHEET (to prevent injury)

Renter's (Or Guardian's) Signature _____ Date _____
Renter's (Or Guardian's) Signature _____ Date _____

SNOWSHOE SAFETY SHEET

Please read fully to help prevent injury while using snowshoes.

Basic Guidelines:

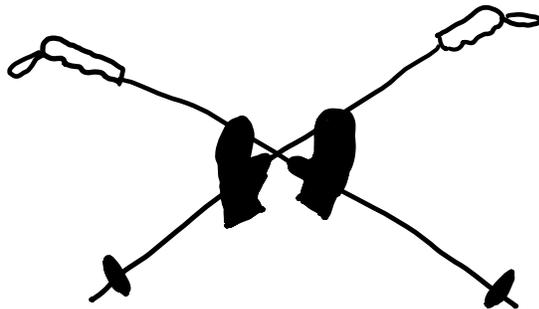
- Do not use SROSRC Rental Snowshoes to traverse any frozen streams, lakes or other bodies of water. The ground under you should be solid at all times.
- Do not use SROSRC Rental snowshoes for backcountry travel. (Do not travel by foot into wilderness more than 3 miles from the nearest road using SROSRC snowshoes.)
- Do not use SROSRC Rental Snowshoes in over three feet (36") of snow.
- Walk with the provided poles for balance and stability.
- In crusty snow, pay extra attention to the toes of your snowshoes so they do not catch on the icy top layer of snow and trip you.
- We recommend going out with a buddy, several hours before sundown.
- Keep a charged phone and/or navigation tools that you expressly know how to use on hand. Choose parks you are familiar with, and keep track of landmarks.
- Tell someone you know where you're going and when you plan to be back.
- Bring water, tea, or some form of hydration with you.
- Wear layers of warm clothing. Don't forget good sturdy gloves or mittens for your hands, and something to cover your ears. Having a backpack will help you shed and stow extra layers as needed.
- Be aware of your surroundings. Watch for uneven snow, lightly packed snow around tree trunks, and divets in the snow where there may be water underneath. Do NOT use snowshoes to traverse over bodies of water.
- Know the signs of hypothermia so you can recognize them in yourself and members of your party: Shivering, Slow breathing, Drowsiness, Mood changes, Irritability, Poor coordination, Confusion, Slurred speech, etc. Turn around and head back immediately if evident.
- Abide by extra advice on reverse side for falling and turning.

How to Get Up After a Fall

It is most common to fall when snowshoeing downhill the first few times. To prevent this, lean back while descending a slope, putting the weight mostly in the back of your snowshoes. If you feel yourself losing your balance, try to fall uphill if possible, or maneuver your way around so you are facing uphill to get back up.

Put your poles in front of you on the higher part of the slope. Form an "X" with the poles, and push on the center of the "X" to help yourself up. This will distribute your weight so that your hands do not sink into the deep snow.

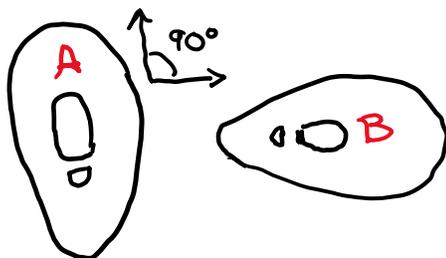
If without poles, create two holes in the snow where your hands will push, then keep filling those craters with handfuls of snow from your surroundings until you feel sturdy, compacted snow under your palms. Then, push yourself up.



To Turn in Snowshoes Without Tripping

Moving forward in snowshoes feels very intuitive, so you may be surprised when, trying to turn, your snowshoes cross behind you. To avoid this, step one snowshoe (B) outward and place it perpendicular to the other shoe (A) (try for close to a 90 degree angle,) then slide your other snowshoe (A) parallel to the first (B). Repeat this until you are facing your desired direction.

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