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**Release and hold harmless form for Shoals Marine Laboratory on Appledore Island, Maine  
(For participants 18 years of age or older)**

*Please complete and bring this form with you to Appledore Island for our Island Coordinator – thanks!*

**I Hereby Acknowledge and Agree** that my participation in, and my time at Shoals Marine Laboratory on Appledore Island have inherent risks. I understand that the risk of traveling to and from the island via water vessel is present. I understand that the island surface is composed mainly of rock of which there may be no set path for walking, and which can be slippery. In addition, I agree that the island, by its nature, is surrounded by water, and as such the chance of injury associated with immersion in water or the hazards of the shoreline are present.

**Release/Indemnification** - In consideration of my participation in, and my time at Shoals Marine Laboratory on Appledore Island, I, the undersigned, on behalf of myself, my heirs, representatives, executors, administrators and assigns, do hereby release, indemnify, and hold harmless Cornell University and The University of New Hampshire, their Trustees, officers, agents, and employees (collectively Shoals Marine Lab) from any cause of action, claims, or demands of any nature whatsoever, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future against Shoals Marine Lab on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my participation in Shoals Marine Laboratory programs, and my time at Appledore Island, whether that participation is supervised or unsupervised, howsoever the injury or damage is caused, other than those injuries resulting from the sole negligence of Shoals Marine Laboratory.

I certify that I am in good health and that I have no physical limitations that would preclude my safe participation.

I further certify that I am therefore of lawful age (18 years or older) and otherwise legally competent to sign this agreement. I understand that the terms of this agreement are legally binding and I certify that I am carefully signing this agreement, after having carefully read same, of my own free will.

IN WITNESS WHEREOF, this instrument is duly executed, \_\_\_\_\_.  
(date)

\_\_\_\_\_  
Participant signature (date)

\_\_\_\_\_  
Print participant name, and email



Cornell University



University of  
New Hampshire



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**Multimedia agreement and release form for Shoals Marine Laboratory on Appledore Island, Maine**

*Please complete and bring this form with you to Appledore Island for our Island Coordinator – thanks!*

1. I, \_\_\_\_\_ have been informed and subsequently understand that the Shoals Marine Laboratory (hereinafter referred to as SML), which is a joint partnership between Cornell University and the University of New Hampshire, continuously updates its multimedia products, including, but not limited to: web content, broadcast television, educational productions, and printed promotional materials in which my name, likeness, image, and/or voice may be included.
2. I hereby grant SML and its employees and agents, the right to make, use and publish in whole, or in part, any recorded footage in which my name, likeness, image and/or voice may be included (hereinafter "Recordings") whether recorded on or transferred to videotape, film, slides, photographs, audio tape, digital format, print media or other media now known or hereafter developed. This includes, without limitation, the right to edit, mix, duplicate, use or reuse Recordings as desired without restriction as to changes or alterations.
3. I also grant SML the right to distribute, display, broadcast, exhibit, and market any of said recordings, either alone or as part of its finished productions; for commercial or non-commercial purposes as SML or its employees and agents may determine. This includes the right to use said recordings for promotion or publicizing any of these uses.
4. I hereby waive any and all rights that I may have to inspect or approve the finished product or printed matter that may be used in connection therewith.
5. I expressly release SML, and all persons acting under its permission or authority, from any claim or liability arising out of or in any way connected with the above uses and representations including any and all claims for defamation or copyright infringement.
6. I understand that I will not be named in the credits of the work, but may be named elsewhere in the work if interviewed directly.
7. I am over the age of eighteen, and have read the above release, and fully understand its contents. (Parent/Guardian Signature required if participant/student is under 18 years of age.)

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Participant signature \_\_\_\_\_ (date)

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Print participant name, and email \_\_\_\_\_

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Parent/Guardian signature (required if participant is a minor/under 18) \_\_\_\_\_ (date)

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Print Parent/Guardian name, and email (required if participant is a minor/under 18) \_\_\_\_\_



Cornell University



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New Hampshire

## Day trips to Appledore Island – Information for Visitors

### Arrival and Parking

Please plan to arrive at the dock 30 minutes before departure. The dock address is 315 Market Street in Portsmouth, NH. If you have any questions about the trip, inclement weather, or to cancel your boat reservation, please call the Shoals Marine Lab island office: [603-964-9011](tel:603-964-9011) or email [shoals.lab@unh.edu](mailto:shoals.lab@unh.edu).

### Recommended Packing List

1. Bring a day backpack or small bag that you can keep with you. It is helpful to label your bag clearly with your name, in case you lose track of it during the trip.
2. Appledore Island is a 'typical Maine island' and the weather may change unexpectedly. Plan to dress in layers. A rain jacket and extra warmer jacket/fleece are always a good idea!
3. Sneakers or sturdy, comfortable footwear are best. Sandals, flip flops, or open-toed shoes are *not* recommended due to the rocky terrain.
  - Visitors will have the option of exploring Appledore Island's intertidal zone, so water shoes or rain boots (shoes that can get wet) are nice to have!
4. Pack a light lunch and snacks that are easy to travel with (granola bars and sandwiches).
5. Bring a water bottle and remember to stay hydrated!
6. Protect yourself against the sun:
  - Baseball cap or any type of hat for sun protection
  - Sunscreen
  - Sunglasses
7. If you are prone to motion sickness, take some non-drowsy, anti-sea sickness medication 1-2 hours PRIOR to the trip (look for a brand name like "Bonine," which you can get over the counter at most drug stores)
8. The Shoals Marine Laboratory has a small Island Store with clothing, souvenirs, and books. All store proceeds help fund student programs! Cash, check, and credit cards are accepted.

*Optional:* Binoculars, camera, small field notebook for taking notes.



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