

# GUEST BARTENDER INFORMATION PACKET

In this packet, we'll provide best practices for your event, Technique and basic training, a run through of the process for when you're behind the bar, Guest Bartender menu, the cheat sheet for the cocktails you'll be making, the waiver we need you to sign and bring in, a link to our training video, and a quiz to test your knowledge.

FIRST, WE WANTED TO EXPLAIN OUR MOTIVATION IN CREATING THIS PROGRAM:

- 1) WE WANT TO PROVIDE A SPACE WHERE PEOPLE WHO WANT TO MAKE A POSITIVE DIFFERENCE IN OUR COMMUNITY CAN SPREAD THE WORD ABOUT THEIR CAUSE
- 2) WE WANT TO PROVIDE MONETARY SUPPORT FOR CAUSES THAT ALIGN WITH OUR VALUES
- 3) We want to create an accessible cocktail culture and we believe getting guests working with us behind the bar with the overall hopes of improving our world will do just that!

HERE'S A BRIEF DESCRIPTION OF WHAT A POTENTIAL GUEST INTERACTION WILL LOOK LIKE. ONCE YOU'VE RECEIVED YOUR IN-PERSON TRAINING, YOU'LL BE BEHIND THE BAR WITH AT LEAST ONE (MORE LIKELY 2-3) NIGHT HERON STAFF MEMBERS. GUESTS WILL BE ORDERING FROM BOTH NIGHT HERON STAFF MEMBERS AND GUEST BARTENDERS. AS GUEST BARTENDERS, IT'S YOUR RESPONSIBILITY TO MAKE QUALITY DRINKS WHILE INFORMING GUESTS ABOUT YOUR CAUSE AND ENCOURAGING THEM TO DONATE. A TYPICAL INTERACTION MIGHT LOOK LIKE:

**Bartender**: Hey there, I'm a guest bartender raising money for X cause. What can I get you?

**GUEST**: A VODKA-SODA PLEASE.

**BARTENDER**: HERE'S YOUR VODKA-SODA. THAT WILL BE \$8. WOULD YOU LIKE TO ADD A DONATION FOR X CAUSE?

GUEST: THAT'S WHY I'M HERE. PLEASE ADD \$10!

Bartender: Thanks so much! That will be \$18. Will that be cash or credit? If credit,

WOULD YOU LIKE YOUR TAB OPEN OR CLOSED?

**GUEST:** CREDIT AND OPEN.

At this point, the guest bartender will inform the Night Heron Staff Member the amount of the drink, the amount of the donation, and whether the card should be left open or closed. If the Night Heron staff member is too busy, the guest bartender will write all of that information onto a sticky note and leave the card in front of the POS.

Then we'll repeat that interaction hopefully many, many times over the course of the night. Once the event is complete, we'll tally up the donations and make the donation to the cause the following week.

PLEASE NOTE THAT ALL TIPS GO TO OUR STAFF MEMBERS WHO ARE ASSISTING IN THE EVENT AND ALL DONATIONS WILL GO DIRECTLY TO YOUR CAUSE. THERE HAS HAS BEEN SOME CONFUSION ABOUT THIS AS OTHER VENUES IN THE PAST HAVE DONATED TIPS. DUE TO THE LAWS PROTECTING EMPLOYEE TIPS, WE WERE ADVISED TO CHANGE OUR GUEST BARTENDING MODEL TO MINIMIZE OUR LEGAL EXPOSURE. FEEL FREE TO REACH OUT WITH ANY QUESTIONS OR CONCERNS.

#### **BEST PRACTICES**

#### ASSEMBLING YOUR TEAM

We suggest that you max out your team with six total guest bartenders (including you). In a best case scenario, each of the guest bartenders has a large separate network of people to maximize the number of guests who will come to donate to your event. You're shooting for a minimum of 30 guests in total, so if you have six people who can each bring a minimum of 5 guests to donate, then you should be good, but more is always better.

#### SUPPLEMENTAL FUNDRAISING METHODS

THE DONATIONS YOU RECEIVE BEHIND THE BAR WILL PROVIDE A GOOD BASE, BUT WE ENCOURAGE YOU TO DO MORE TO RAISE AWARENESS AND MONEY FOR YOUR CAUSE.

RAFFLES: REACH OUT TO BUSINESSES, SPORTS TEAMS, ARTISTS, ETC AND GET A MINIMUM OF FIVE SOLID PRIZES. YOU CAN SELL RAFFLE TICKETS OUTSIDE OF THE EVENT (AS WELL AS DURING) AND YOU CAN CHOOSE WHETHER OR NOT WINNERS NEED TO BE PRESENT OR NOT. WHEN SELLING TICKETS, WE RECOMMEND HAVING SOMEONE ON YOUR TEAM ACTIVELY WALKING THROUGH THE CROWD OCCASIONALLY TO REMIND PEOPLE OF THE RAFFLE. ADDITIONALLY, WE USUALLY TELL PEOPLE TO SELL ONE TICKET FOR \$5 OR AN ARM'S LENGTH FOR \$20 TO ENCOURAGE PEOPLE TO THROW TWENTIES YOUR WAY. FINALLY, WE SUGGEST HOLDING THE RAFFLE AT THE END OF THE EVENT TO ENCOURAGE PEOPLE TO STICK AROUND AND CONTINUE TO DONATE UNTIL THE VERY END.

**SILENT AUCTIONS**: YOU CAN DO THE SAME THING AS THE RAFFLE IN TERMS OF OUTREACH OR GET CREATIVE. ONE OF OUR FAVORITE EVENTS WAS ONE IN WHICH THE EVENT ORGANIZER RECRUITED BOTH PROFESSIONAL AND AMATUER ARTISTS, PHOTOGRAPHERS IN HER NETWORK TO EACH DONATE A PIECE FOR HER AUCTION. SHE DISPLAYED THEM ALL AND PEOPLE WERE EXCITED TO BID ON THE ITEMS AND GET TO KNOW THE ARTISTS (MANY OF WHOM WERE IN ATTENDANCE). YOU'RE FREE TO AUCTION OFF WHATEVER YOU WANT (SO LONG AS IT'S LEGAL FOR US TO DO SO).

**DIRECT DONATIONS**: WE ENCOURAGE YOU TO SET UP A DONATION BUCKET WITH A VENMO/PAYPAL/ZELLE CODE THAT ALLOWS GUESTS TO DONATE DIRECTLY TO YOUR CAUSE, WHETHER THEY ORDER A DRINK OR NOT.

**FINAL NOTE ON RAFFLE/AUCTION ITEMS**: We're not allowed to auction off any marijuana products. Any alcoholic products must be given to guests outside of Night Heron to ensure that we don't get in trouble for selling alcohol to go (which our license does not allow). You can use our microphone to announce winners at the end of the event.

#### PROMOTING YOUR COMMUNITY SUPPORT EVENT

Inviting tons of friends, co-workers, colleagues, and family is the foundation for an awesome Community Support event. We consider 30 guests (your guests, not regular patrons) to be the baseline for a solid event. If you get six guest bartenders and they each bring five people, then you've hit the baseline! Here are some ways to bring in a solid crowd:

**SOCIAL MEDIA EVENT PAGE**: This is a near essential way to get people in for your event. Be sure to highlight how fun it will be for your friends to see you on the other side of the bar pouring drinks while they party for a great cause. Since you can have up to 6 guest bartenders for your event (alternating in shifts of two every hour), you can make your other guest bartenders hosts on the event page and have them invite their friends as well.

**FLYERS**: MAKING PHYSICAL AND/OR DIGITAL FLYERS IS A GREAT WAY TO BRING ATTENTION TO YOUR EVENT. IT'S NOT ESSENTIAL IF YOU DON'T HAVE THE MEANS/RESOURCES, BUT IT'S A NICE BOOST.

**WORD OF MOUTH**: TELL EVERYONE! FEEL FREE TO GUILT-TRIP PEOPLE INTO COMING TOO. IF THEY SAY THEY'RE BUSY, ASK THEM WHY THEY HATE HELPING SO MUCH. THEY'LL CHANGE THEIR PLANS IMMEDIATELY!

**Raffles**: We fully support holding raffles, and it's a great way for you to generate donations for your charity. Reaching out to partners and local businesses to see if they'd like to donate items or gift cards, or even finding things you and your team already own and raffling them off make for awesome raffle prizes. If you tell people that tickets are \$5 each or \$20 for an arm's length of tickets, it's obvious which one they'll choose, and you can watch more money pour in!

**Venmo/Paypal/Fundraiser page**: Encourage your network and others attending the event to submit donations directly to you by providing them with the information on how to do it, either with a flyer or business card (or a Square swiper on your phone)

**Attendance**: Just as a side note, your event should be treated as if the only patrons contributing to your cause are the people you've invited. Yes, we will have our regular clients coming in and possibly contributing, but the more people you invite, the more successful you'll be. If, however, it's apparent that little to no promotion was put out, we may stop the event early. Do everything you can to build a solid event, and you'll be just fine!

#### THE EVENT

You can have up to 6 guest bartenders per event, working in shifts of up to two at a time, alternating every hour. Events are always 6:00-9:00. Having a larger team is beneficial, as it increases the number of potential guests, and creates a team of people on the other side of the bar to promote your raffle if you choose to have one.

Bartending can be a workout! Wear comfortable attire that you can move around in. Closed toed shoes are a must! You will not be allowed behind the bar otherwise (and you likely won't want to).

**ALL GUEST BARTENDERS MUST BE AT THE BAR BY 5:30** AT THE VERY LATEST TO DO A BIT OF BEHIND-THE-BAR TRAINING. KEEP IN MIND THAT THIS IS MANDATORY, AND ANYONE WHO ARRIVES WILL, AT THE VERY LEAST, NOT BE ABLE TO PARTICIPATE, BUT THE EVENT MAY HAVE TO BE POSTPONED ALTOGETHER UNTIL A LATER DATE. TRAINING IS IMPERATIVE, AS IT IS VERY DIFFICULT TO GET PEOPLE CAUGHT UP ONCE THE EVENT HAS BEGUN.

A HUGE PART OF BARTENDING IS CUSTOMER SERVICE AND MAKING PEOPLE FEEL AT EASE. THAT SAID, WHILE WE SUPPORT ANY AND ALL CAUSES AND WISH TO HELP OUR GUEST BARTENDERS IN THEIR EFFORTS TO RAISE DONATIONS, SOME CAUSES CAN BE A BIT HEAVY FOR OUR NORMAL CLIENTELE. WE HOLD FUNDRAISERS BECAUSE WE CARE DEEPLY ABOUT THE ORGANIZATIONS THAT CONTRIBUTE TO THE WELL-BEING OF OUR COMMUNITIES AND THE WORLD AT LARGE, BUT AS A BUSINESS, WE AIM TO MAKE OUR CLIENTS HAPPY AND MAKE THEM FEEL AT EASE. THAT SAID, DESPITE THE NATURE OF YOUR ORGANIZATION, WE'D LIKE TO AVOID ANY GUILT-TRIPPING OR NEGATIVE REINFORCEMENT TO GENERATE DONATIONS. IT'S NOT SOMETHING WE NECESSARILY EXPECT, BUT IT IS WORTH MENTIONING. A POSITIVE ATTITUDE GOES A LONG WAY TO BUILD RELATIONSHIPS WITH PEOPLE!

As far as decorations go, we're typically okay with flyers, cards, and free-standing banners, but it's always worth asking first just to be sure. Movies or slideshows aren't an option because we don't have TVs. Stickers of any kind are not allowed. Our apologies about this, but they tend to get everywhere and wreak havoc on our beautiful surfaces. Please be sure to collect any decorations you have put out, once your event is over.

Any public announcements should be saved for the end of the event - a brief thank you for everyone's support, calling out raffle winners, and reminding people to continue to donate.

As mentioned, all of the donations collected from 6:00-9:00 (and afterwards in case it takes a while for people to close out their tabs) will be donated to your cause, which will be verified with a printed out report from our point of sale system. Your group's representative is welcome to join us while we tally the final numbers, but we'll also create an itemized receipt for the totals for your review. If you'd like a copy of the itemized receipt for your own records, it can be arranged and printed up very easily.

# BASIC TRAINING OUTLINE A NIGHT HERON STAFF MEMBER WILL GO OVER THIS WITH YOU

- THE BASICS
  - ONLY USE THE SCOOPER TO SCOOP ICE
    - NEVER USE A GLASS
  - Don't use knives (only Night Heron Staff will cut Garnishes)
  - Grab a bar towels to keep hands dry and areas clean.
  - Wear a button to designate yourself as a guest bartender.
- TECHNIQUE
  - PROPER POURING TECHNIQUE (LIQUOR, BEER AND WINE)
    - We'll show you how to pour and describe the standard pour for 1 to 1 cocktails (e.g. Vodka-Soda)
    - THE RECIPE FOR THE SPECIALTY COCKTAIL WILL BE POSTED NEXT TO THE WELL
  - Proper Jigger Use and Pours for all drinks they will be serving (see below)
  - Proper Shaking
  - PROPER STIRRING
  - PROPER STRAINING
  - CLEANING YOUR TOOLS
- WELL TRAINING:
  - Well Liquors: five primary spirits located in the well: Vodka, Gin, Rum, Tequila and Whiskey, as well as batched cocktails and bitters.
  - Juices/Syrups: Show them where they can find all relevant juices and syrups
  - Glassware: Glassware they will be using for the drinks from the GB menu.
    - NEVER USE GLASSWARE TO SCOOP ICE! ALWAYS USE A SCOOP OR A METAL SHAKER TO SCOOP ICE.
  - Garnishes: Show them the Garnish trays and Briefly explain which garnishes go with which drinks (also should be noted on the menu cheatsheet).
  - TOOLS: BOTTLE OPENERS. SHAKERS. STIRRERS, STRAINERS ETC
- COMMUNICATION: ONE OF THE KEYS TO HAVING A SUCCESSFUL EVENT IS TO COMMUNICATE EFFECTIVELY!
  - MOVEMENT: THE SMALLEST TAP ON THE SHOULDER GOES A LONG WAY TO LETTING SOMEONE KNOW YOU ARE WALKING BEHIND THEM, ESPECIALLY IF YOU ARE IN THEIR BLINDSPOT.
  - MISTAKES: YOU ARE GOING TO MAKE MISTAKES, IT JUST HAPPENS, AND THAT'S FINE. BUT WHEN YOU DO, PLEASE LET A NIGHT HERON BARTENDER KNOW, SO THAT YOU CAN HELP.
    - NEEDS: IF/WHEN YOU RUN OUT OF A CERTAIN BOOZE/ICE/JUICE/SYRUP, YOU SHOULD LET NIGHT HERON STAFF KNOW SO THAT THEY CAN REPLACE IT.
  - HAVE FUN: YOU ARE GOING TO BE NERVOUS, BUT THAT AT THE END OF THE DAY, YOU ARE GOING TO BE SERVING BOOZE TO PEOPLE WHO WANT A DRINK. THAT'S ALL THIS REALLY IS, SO THEY SHOULD HAVE FUN WITH IT.
    - FRIENDS AND CO-WORKERS ARE COMING IN TO SEE YOU, SO YOU SHOULDN'T FEEL PRESSURE OR TAKE IT TOO SERIOUSLY.

- BEHAVIOR
  - NO FREE DRINKS.
  - If someone appears too intoxicated to serve or is causing problems or you're just uncomfortable, ask the Night Heron Host bartender to deal with the situation.
  - BE NICE AND TREAT GUESTS LIKE YOU EXPECT TO BE TREATED WHEN YOU'RE IN A COCKTAIL BAR
- HOW TO HELP WHEN YOU'RE NOT BEHIND THE BAR
  - Clear dirty glassware and bring it to the dishwasher
    - WHEN IT ISN'T YOUR SHIFT, PLEASE HELP CLEAR DIRTY GLASSWARE FROM THE FLOOR.
  - Inform your guests about your cause and encourage them to donate, purchase raffle tickets, and have a good time.
- POS Training: Guest Bartenders Are Not Allowed to Use the POS System to Process Transactions
  - Cash Transactions: When GBs process cash transactions, they will contact one of the hosts to close it out.
  - Credit Card Transactions: Whenever a GB receives a Credit Card to pay for a transaction, they will contact their Host (that's you) and have them manually enter the CC and process it.
- OPEN TABS: WHEN A GB RECEIVES A CC, THEY SHOULD ALWAYS ASK IF THE CLIENT WANTS THE TAB "OPEN OR CLOSED?" IF OPEN, THEY'LL NOTIFY THEIR HOST AND THE HOST CAN LEAVE THE TAB OPEN.
  - ADDING TO A TAB: If A CLIENT SUBSEQUENTLY WANTS TO ADD DRINKS TO THEIR OPEN TAB,
     THE GBS CAN LET THE HOST KNOW AND THE HOST CAN ADD TO THE TAB.
- CLOSED TABS: IF THE CLIENT WANTS THE TAB CLOSED, THE GB WILL NOTIFY THE HOST AND THE
  HOST CAN PROCESS IT, GIVE THE GB THE CC SLIP ON A CHECK PRESENTER TO GIVE BACK TO THE
  CLIENT.
- VERIFYING PRICES: WHILE GBS ARE NOT ALLOWED TO USE THE POS TO PROCESS TRANSACTIONS,
   THEY CAN USE THE COMMUNITY SUPPORT MENU TO VERIFY PRICES
  - GUEST BARTENDERS DO NOT ADD TO TABS, ENTER CASH TRANSACTIONS, OR CLOSE CREDIT CARDS.
- IF A HOST BARTENDER IS TOO BUSY TO HELP WITH A TAB IMMEDIATELY, THE GUEST BARTENDER SHOULD PLACE A STICKY NOTE ON OR NEAR THE POS WITH THE FOLLOWING INFORMATION:
  - GUEST NAME
  - ITEMS TO ADD
  - OPEN OR CLOSED
- Maximum GBs: While there can be as many as 6 guest bartenders per event, we only allow two (2) GBs behind the bar at any given time. Otherwise, a Host can become overwhelmed very quickly. We typically like to structure it as three 1 hour shifts (6-7:00, 7-8:00, 8-9:00) with (up to) two guest bartenders working during each shift.

# FREQUENTLY ASKED QUESTIONS

**Can we bring a DJ?** Unfortunately, we don't have a cabaret license, so we aren't allowed DJs.

**Can we bring a playlist?** In order to make sure the space is properly curated for our regular guests, we have Night Heron Bartenders in charge of the music at all times.

CAN WE RESERVE A TABLE AND PROMOTE OUR CAUSE WITH MATERIALS ETC AT THE TABLE?
ABSOLUTELY!

**Can we bring in food?** Yes. We normally work with Itani Ramen or Xolo Taqueria, so, if you want some intros, let us know. Otherwise, you're free to bring in whatever food you like.

**Can we do "suggested" donations at the door?** No, we want the bar to remain an inclusive space for our regular guests.

**Are People under 21 allowed?** Unfortunately, our license does not allow minors on the premises.

**DOES THE CAUSE HAVE TO BE A CERTIFIED 501(C)(3) NONPROFIT?** TYPICALLY YES, BUT WE WILL MAKE EXCEPTIONS WHERE THERE'S A GOFUNDME CAMPAIGN FOR MEDICAL TREATMENT (OR SOMETHING SIMILAR). ADDITIONALLY, IN SITUATIONS WHERE AN EMPLOYER WILL MATCH DONATIONS, WE WILL MAKE AN EXCEPTION TO MAKE SURE THAT THE DONATIONS ARE MATCHED.



# SPIRIT FORWARD

SERVED ON A BIG CUBE

#### MILK & HONEY

Whiskey, Rum, Fino Sherry, Grapefruit, Black Tea, Tamarind, Clarified with Coconut



SERVED IN AN AMBER GOBLET

#### WELCOME TO PARADISE

Mezcal, Suze, Creme de Cacao, Pineapple, Lime, Firewater Bitters

# KEEPIN' IT SIMPLE



9

14

TITO'S & SODA

GIN & TONIC 9

CUBA LIBRE 9

HENNESSY ON THE ROCKS 13

MAKER'S MARK NEAT 10

CASAMIGOS GRAPEFRUIT 14

# LOCAL DRAFT BEER

8

15

FACTION SUMMER IPA GHOST TOWN HAZY IPA FEDERATION GOLDEN ALE FEDERATION TEPACHE ALE FEDERATION STOUT TEMESCAL PILSNER

### WINE

LONGEVITY CABERNET SAUVIGNON LIVERMORE VALLEY SUBJECT TO CHANGE MENDOCINO FIELD BLEND "FKA" RICHMOND BREA CHARDONNAY CENTRAL COAST MINER SAUVIGNON BLANC NAPA VALLEY RABBLE ROSE PASO ROBLES

11/50 11 12

13/45

13/45

HOUSE BRUT ROTATING SELECTION

ALL DONATIONS GO DIRECTLY TO THE CAUSE! THANKS FOR YOUR SUPPORT!

If you're interested in hosting a guest bartending event, please check out www.nightheronoakland.com or send an email to nightheron1780@gmail.com

# **GUEST BARTENDING RECIPE CHEATSHEET**

Drink Name	Glass Type	Technique/ Presentation (method, garnish, etc)	Ingredients
Milk and Honey- \$15	Spanish Rocks Glass	Stir over large ice cube. Garnish with grapefruit peel and electric dust.	5.5 oz of batched Milk and Honey
Welcome to Paradise- \$14	Amber Goblet	Shake with ice, dirty dump into glass. Garnish with flower, pineapple, vanilla spray.	4.25 oz of batched Welcome to Paradise, .5 oz lime juice, 1 dash firewater bitters
Tito's & Soda- \$9	Rocks Glass	Build in rocks glass over standard ice. Garnish with lime wedge.	1.5 oz Tito's, top with soda
Gin & Tonic- \$9	Rocks Glass	Build in rocks glass over standard ice. Garnish with lime wedge.	1.5 oz well gin, top with tonic
Cuba Libre- \$9	Rocks Glass	Build in rocks glass over standard ice. Garnish with lime wedge.	1.5 oz well rum, top with coke
Hennessy on the rocks- \$13	Rocks Glass	Build in rocks glass with a few standard ice cubes	1.5 oz Hennessy
Maker's Mark Neat- \$10	Rocks Glass	Pour straight into rocks glass	1.5 oz Maker's Mark
Casamigos Grapefruit- \$14	Collins Glass	Build in rocks glass over standard ice. Garnish with grapefruit twist.	1.5 oz Casamigos, top with grapefruit juice

# VOLUNTEER RELEASE AND WAIVER OF LIABILITY AGREEMENT

candida corporar officers, engage: of volur Volunte position Corpora	tion organized and existing under the laws of the state of California and each of its directors, employees, and agents. The Volunteer desires to provide volunteer services for Corporation and in activities related to serving as a volunteer guest bartender in order to raise money for the charity steer's choice.  The volunteer guest bartender in order to raise money for the charity steer's choice.  The volunteer's relationship with Corporation is limited to a volunteer and that no compensation is expected in return for services provided by Volunteer; that the stion will not provide any benefits traditionally associated with employment to Volunteer; and that
	er is responsible for his/her own insurance coverage in the event of personal injury or illness as a f Volunteer's service to Corporation.
1.	Waiver and Release: I, the Volunteer, release and forever discharge and hold harmless Corporation and its successors and assigns from any and all liability, claims, and demands of whatever kind and nature, either in law or equity, which arise or may hereafter arise from the
	services I provide to Corporation. I understand and acknowledge that this release discharges Corporation of any liability or claim that I may have against Corporation with respect to personal injury, bodily injury, or property damage that may result from the services I provide to Corporation or occurring while I am providing volunteer services. Insurance: Further, I understand that Corporation does not assume any responsibility for or
_	obligation to provide me with financial or or other assistance, including, but not limited to medical, health, or disability benefits or insurance of any nature in the event of my injury, illness, death, or damage to my property. I expressly waive any such claim for compensation or liability on the part of Corporation beyond what Corporation in the event of such injury or medical expenses incurred by me.
3.	Medical Treatment: I hereby Release and forever discharge Nonprofit from any claim whatsoever which arises or may hereafter arise on account of first-aid treatment or other medical services
4.	rendered in connection with an emergency during my tenure as a volunteer with Corporation.  Assumption of Risk: I understand that the services I provide to Corporation may include activities that may be hazardous to me, including pouring drinks, cutting fruit, using knives, washing dishes and other tasks associated with volunteer bartending involving inherently dangerous activities. As a volunteer, I hereby expressly assume the risk of injury or harm from these activities and Release Corporation from all liability for injury, illness, death, or property damage resulting from the services I provide as a volunteer or occurring while I am providing volunteer
5.	Other: As a volunteer, I expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of California and that this release shall be governed and interpreted in accordance with the laws of the State of California. I agree that in the event that any cause or provision of this Release is deemed invalid, the enforceability of the remaining provisions shall not be affected.
A. 1997	ing below, I express my understanding and intent to enter into this Release and Waiver of Liability y and voluntarily.

Date

Signature