

VERTIGO ADVENTURES RISK AKNOWLEDGMENT & CONDITIONS OF PARTICIPATION

YOUR ACCEPTANCE OF THE WAIVER AGREEMENTS BELOW IS REQUIRED BEFORE YOU CAN PARTICIPATE IN ANY VERTIGO ADVENTURES ACTIVITY. PLEASE READ THIS DOCUMENT CAREFULLY BEFORE AGREEING TO ITS TERMS.
ALL PARTICIPANTS MUST BE AT LEAST **5 YEARS OLD AND 1M TALL** TO TAKE PART IN LOW ROPES DESCENDER AND CLIMBING WALL. FOR ALL OTHER ACTIVITIES PARTICIPANTS MUST BE AT LEAST **8 YEARS OLD AND 1.4M TALL** WEIGHT AND MEDICAL RESTRICTIONS APPLY.

HIGH ROPES/ LOW ROPES/ CLIMBING WALL: MAX 115 KG (18 STONE)

ZIP LINE/ FREE FALL DESCENDER: MAX 100 KG (16 STONE) AND MIN 20 KG (3 STONE)

All Vertigo Adventures activities involve a degree of risk and can be physically, mentally and emotionally demanding. Following the safety rules below and oral information from an instructor will reduce risk, failing to follow these rules and instructions could result in serious injury. **All tickets are non-refundable.**

For your own safety and comfort:

- Remove all jewellery (stud earrings are permitted) and remove scarves or other items around the neck
- Tie long hair back
- Empty your pockets, no loose items permitted
- Closed toe and heel shoes must be worn, no sandals permitted
- Coats and jackets must be fastened or removed
- Make instructors aware of any medical conditions
- Emergency medication should be brought with the participant and kept with the instructor

All safety equipment provided by Vertigo Adventures is mandatory and must be worn and used correctly in accordance with instructions given by team members.

Declaration

I am voluntarily participating in the activity with the knowledge of the dangers involved, and I agree to accept all risk of loss, injury, or death.

I have carefully considered the risks involved in undertaking the activity, including the risks of bumps, scrapes, bruises, cuts, and the other injuries and agree to undertake the activity and/ or give consent for the children(s) listed below to participate in this activity.

I certify that, to the best of my knowledge, I do not have a medical condition which may affect of making it more likely that I will be involved in an incident which could result in injury to myself or other. To the best of my knowledge, I am not pregnant. I confirm that I am not under the influence of alcohol or drugs.

If assuming the responsibility for the supervision of any participants under 18 years old in this waiver form, I declare that I am 18 years or older.

If I am not the parent or guardian of any under 18-year-olds included here, I declare I have the authority of their parent or guardian to sign this waiver form.

I agree that I am responsible for my own safety and that of any under 18-year-olds that I have assumed responsibility for in this waiver. I undertake that they have read, understand and follow all written and oral instructions, and I will be present with them on the day.

In the event of an accident, loss, damage, injury, or death, I acknowledge that VERTIGO ADVENTURES HIGH ROPES will not be liable for any direct or indirect loss, damage or injury arising or in connection with the activity (excluding death or personal injury caused by VERTIGO ADVENTURES HIGH ROPES negligence). I waive all and any claims against VERTIGO ADVENTURES HIGH ROPES in this respect both for myself and for any minors in my care.

Whilst every effort will be made to accommodate your needs, your safety is our priority, and it may be necessary to review your involvement with the activity. If you have any concerns upon any of these matters, please discuss these with an instructor prior to the session.

Name of Participant	Date of Birth	Signature (Parent/ guardian if under 18)

Are you aware of any medical condition or disability that may affect your ability to undertake the activity?

Please tick as appropriate NO
 YES, please provide
 details: _____

Phone number:	Date:
Email:	Time: