

RISK ACKNOWLEDGMENT AND DISCLAIMER

THIS IS AN IMPORTANT DOCUMENT: YOU MUST READ IT BEFORE SIGNING

- 1. I understand that the Activity consists of a physically demanding aerial obstacle course and that there will be a risk of injury when undertaking it. For example, legs can be vulnerable to injury on zip line landings and hands can be injured on Tarzan Swings.
- 2. To reduce the risks, I agree to follow all the instructions set out in the Safety Rules that I have received with this document, along with all instructions to be given to me and/or to child(ren) in my care by Forest Adventure staff before and during the Activity.
- **3.** I agree that I am responsible for any children in my care and undertake to ensure that he/she/they read, understand and will follow the instructions set out in the Safety Rules and oral instructions mentioned above.
- **4.** In the event of an accident, or loss or damage to personal effects to myself or the children in my care, I acknowledge that Forest Adventure will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Activity and I waive all and any claims against Forest Adventure in this respect both for myself and/or for the children in my care.
- **5.** I certify that to the best of my knowledge neither I nor any children in my care have a medical condition which might make me or him/her/them more likely to sustain an injury. To the best of my knowledge I and any children in my care are not pregnant.
- **6.** I confirm that I am not under the adverse influence of drink or drugs.
- 7. I acknowledge that I and the child(ren) in my care (if applicable) have read and understood of the Safety Rules in relation to the activity.

I am 18+ years old and wish to participate in Rope Course Activities ("The Activity") organised by Forest Adventure Pte Ltd ("Forest Adventure"). I am 21+ years old and wish for the children under my care to participate in Rope Course Activities ("The Activity") organised by Forest Adventure Pte Ltd ("Forest Adventure"). I declare that if I am not their parent or guardian, I have the authority of the parent or guardian to sign this risk acknowledgement and disclaimer.

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SIGNATURE											Forest Adventure may send you news and offers by email and therefore retain your details. If you prefer NOT to have this, please put																					

a cross in the box.

For internal use only

TIME

INSTRUCTOR

DATE

I declare that I have read, understood

and agree with the above



FOREST ADVENTURE SAFETY RULES

YOUR INSTRUCTOR WILL GIVE YOU A FULL SAFETY BRIEF.
PLEASE READ THESE RULES AND ADVICE BEFORE YOU START.

YOU ARE ABOUT TO TAKE PART IN A HIGH-RISK ACTIVITY. YOU WILL MINIMISE THE RISK BY FOLLOWING THE SAFETY RULES AND INSTRUCTOR ADVICE. IF YOU DON'T FOLLOW THE SAFETY RULES OR INSTRUCTOR ADVICE, YOU COULD HAVE A SERIOUS ACCIDENT, WHICH MAY BE FATAL.

Before Starting

- Tie up long hair; tuck away necklaces, remove or tape over loop earrings; cover your waist as the harness may rub; no open toed footwear or sandals.
- Mobile phones must not be used at height. They can be used as a camera and must remain in "airplane mode" at all times. They must be attached to you at all times.

Gearing Up

• An instructor will help you to fit your harness. They will explain and demonstrate how your safety equipment works and give you a full safety briefing. Please protect the harness by not smoking and by washing your hands after using sun cream or insect repellent.

Supervision

• The initiation site is the training site where you receive your safety instructions. It is the only site where you are directly supervised by a Forest Adventure instructor. Thereafter, you will complete the Activity unsupervised.

Supervision of Child(ren)

- All participants below 7 years old must be accompanied by an adult. One adult can supervise a maximum of 3 children under 7 years old. All children must be under your direct supervision at all times.
- If you are supervising a child, ensure that you can see clearly at a distance of at least 20 m (if you need glasses to drive, you should wear them whilst participating in Forest Adventure).

IF YOU ARE NOT PREPARED TO TAKE THIS RESPONSIBILITY, DO NOT PROCEED BEYOND THE TRAINING SITE. Forest Adventure will refund you in full if you decide that you are not willing or capable of continuing beyond the training site.

YOU MUST BE ATTACHED TO THE SAFETY SYSTEM BY AN INSTRUCTOR BEFORE YOU GO UP THE STAIRS. PLEASE WAIT ON THE GROUND IF AN INSTRUCTOR IS NOT PRESENT.

On the Course

- PLATFORMS: A maximum of 3 people can be on a platform at any one time.
- ALL OTHER ACTIVITIES: Only 1 person on any activity (including zip line) at one time.
- ZIP LINES: Only 1 person can descend a zip line at a time. Check the landing site is clear before
 descending. Never hold onto the zip line cable. Hold on the lanyard attached to your harness. Keep your
 head away from and to one side of the zip line. If you are facing forward, you must start running as soon
 as you approach the landing site. If you land facing backwards, or sideways, dig your heels into the sand
 to slow down.

Yellow and Red Cards

If you are seen not following the safety advice you will be shown either a yellow or red card. A yellow card is an official warning. If shown a red card, you will be required to leave the course. If this happens we will not refund your ticket cost.

REMEMBER:

YOU MUST BE ATTACHED TO THE SAFETY SYSTEM BY AN INSTRUCTOR BEFORE YOU GO UP THE STAIRS, PLEASE WAIT ON THE GROUND IF AN INSTRUCTOR IS NOT PRESENT.