



RISK ACKNOWLEDGMENT AND DISCLAIMER

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

Requirement: Minimum height 1.40m and maximum weight 130kg for safety reasons.

1. I, (print name) [REDACTED], wish to participate in High Ropes Activities ["the Activities"] organised by Forest Adventure Pte Ltd ["the Company"] on (print date) [REDACTED]

2. I am twenty-one years old or older.

3. I agree that I will undertake the Activities in accordance with the specific written **Safety Rules & Advice** printed at the back of this document together with the oral instructions & advice to be given to me before undertaking the Activities. In addition, I agree to wear my harness with safety ropes, karabiners & pulley ["the safety system"] & ensure at all times that my safety system remains connected to the safety line.

4. I understand that the Activities consist of a substantial and physically testing aerial obstacle course. I accept that there is a risk of injury to me when undertaking such activities.

5. I acknowledge that I am responsible for my own safety (and the safety of my possessions) while undertaking the Activities and have agreed to undertake the Activities without a guide.

6. In the unlikely event of an accident, or loss or damage to my personal effects, I acknowledge that the Company will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Activities and I waive all and any claims against the Company in this respect.

7. I certify that to the best of my knowledge, I do not have a medical condition which might have the effect of making it more likely that I be involved in an incident which could result in injury to myself or others. To the best of my knowledge I am also not pregnant.

I have read, understood and accept all the terms in this disclaimer and their written **Safety Rules and Advice**. Please write YES or NO in the box [REDACTED]

Address: [REDACTED]

Post Code: [REDACTED]

Email address: [REDACTED]

signature

Forest Adventure Pte Ltd may send you news of offers by email or post, and therefore retain your details. If you prefer NOT to have this, please put a cross in the box

FOREST ADVENTURE SAFETY RULES & ADVICE

**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 ADVICE.
IF YOU DON'T FOLLOW THE SAFETY RULES AND ADVICE YOU COULD
HAVE SERIOUS ACCIDENT, WHICH COULD BE FATAL.**

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

- ▶ Site one is the training site where you receive full safety instruction. It is the only site where you are directly supervised by a Forest Adventure instructor. Thereafter, if you are 18 years or older, you will personally be responsible for clipping yourself onto the safety system.
- ▶ If you have signed for the supervision of under 18-year olds, you will be personally responsible for ensuring that they are correctly clipped at all times. You must directly supervise under 18 year olds and able to see they are clipped onto the safety line at all times. You must therefore not let under 18 year olds get more than 1 platform ahead or behind you if you are on the course with them.
- ▶ 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 first (training) site.

YOU MUST REMAIN ATTACHED TO THE SAFETY SYSTEM WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND. If you fail to do so, you run the risk of falling. **CHECK EACH TIME.**

- ▶ **PLATFORMS:** A maximum of 3 people can be on a platform at one time.
- ▶ **ALL OTHER ACTIVITIES:** Only 1 person on any ladder or activity at one time.
- ▶ **ZIP LINES:** Supervising adults must stay at the top of the zip line to ensure under 18 years old are clipped onto the zip line correctly. Only 1 person can descend the zip wire at a time. Check the landing is clear before descending. Never hold onto the zip line cable. Hold onto you the BLACK safety line attached to your harness. Keep your head away from and to one side of the zip line. You must start running as soon as you come into land. If land facing backwards, dig your heels in to slow down.

BEFORE STARTING:

- ▶ Tie up long hair; tuck away necklaces, remove or tape over loop earrings; cover your waist as harness may rub; no open toed footwear or sandals.
- ▶ Mobile phones must not be used at height;
- ▶ Cameras and videos must be attached to you at all times.
- ▶ If you are supervising under 18 year olds, ensure you can see clearly at a distance of at least 20 m (if you need glasses to drive you should wear them whilst participating on Forest Adventure).

**REMEMBER THIS! YOU MUST REMAIN ATTACHED TO THE SAFETY SYSTEM
WITH AT LEAST ONE SAFETY LINE AT ALL TIMES WHEN ABOVE THE GROUND.**

We take safety seriously!

Yellow and red cards; if you are seen not following the safety advice you will be shown either a yellow or red card. If shown a red card, you will require to leave the course. If this happens we will not be able to give you a refund.