

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

1. I am over 18 years old and I voluntarily undertake the high ropes activities organised by Craufurdland Treetop Trials.
2. I understand that the high ropes activities consist of a physically demanding aerial obstacle course and that there may be a risk of injury when undertaking it. For example, legs can be vulnerable to injury on zip wire landings and hands can be injured on Tarzan Swings. I understand that should I disconnect from the safety system I am at risk of a fall from height.
3. To reduce the risks, I agree to read and follow the instructions set out in the Safety Rules and follow all instructions given to me by Craufurdland Treetop Trials staff and Instructors before and during the high ropes activities.
4. 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.
5. I declare that if I am not their parent or guardian, I am aged 18+ and have the authority of the parent or guardian to sign this risk acknowledgement and disclaimer.
6. In the event of an accident, or loss or damage to personal effects to myself or the children in my care, I acknowledge that Craufurdland Treetop Trials will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the high ropes activities (except death or personal injury caused by Craufurdland Treetop Trials' negligence) and I waive all and any claims against Craufurdland Treetop Trials in this respect both for myself and/or for the children in my care.
7. I have watched the appropriate videos prior to my arrival to familiarise myself with the kitting up procedure and equipment training course videos. Links have been sent in confirmation email. (Links also provided below).

Tree Top Trials - Pioneer and Hero Experiences Kitting Up

<https://youtu.be/nLIS7y1KYR8>

Squirrel Zone – The Equipment Training Course for Pioneer and Hero Experiences

<https://youtu.be/UHhH6t3mRZI>

The Explorer Experience - Ready Steady Go (under 12's)

<https://youtu.be/PZoeerI66KQ>

I confirm I have watched the appropriate videos for The Experience that I am attending

I confirm I will abide by the new measures put in place to keep safe for COVID 19

I acknowledge that I must ensure that both myself and the child(ren) in my care (if applicable) read and understand the Safety Rules prior to taking part in the activity.

Name of Participant: _____

DOB of Participant: ___/___/___ Booking Ref NO. _____

Signature of Participant or Guardian: _____

Name of consenting Adult (for under 18s): _____

Relationship of consenting Adult to minor: _____

COVID 19 Rules

Please note due to COVID 19 our Standard Operating Procedures (SOPs) have changed to allow for safe social distancing and reduce risk of transmission

If I display any symptoms of COVID 19, I will not report for my session and will follow the latest government guidelines on what action should be taken.

<https://www.gov.scot/coronavirus-covid-19/>

Risk Assessment & Safety Rules

It is the intention of the directors, management, and consultants of Craufurdland Ltd to offer the following details regarding risks of participation in High Ropes related activities at Craufurdland Estate. High Ropes and other adventurous activities whether at height or not, are physically and mentally demanding. They have inherent hazards and risks associated with them and the only way to truly remove those risks and hazards is not to take part: you have this choice throughout the course/activity. Whilst Craufurdland staff and its contractors take all necessary precautions to try and ensure the safety of all participants, unfortunately accidents may occur as consequence of taking part. Each participant should familiarise themselves with the hazards and try and minimise these as much as possible by complying with Craufurdland and its contractors risk management guidelines and advice. Bumps, bruises, cuts, grazes, sprains and strains are very common and more serious injuries cannot be ruled out. This is a reality. You are also agreeing that you will act in the best interest of safety towards other participants. This means always conduct a pre-commitment check on your equipment and that of any minor in your care and confirm with your instructor before leaving the ground or any secure point. There are no exceptions to this rule, all are involved with checking no matter your age or position on the course/activity. The management accepts no responsibility for any loss or injury resulting from any persons' involvement in the adventurous activity. Understand you are here for adventure and this carries risks that cannot be removed. Furthermore, it is understood and agreed that individuals participate at their own risk. If you are on a supervised session with Craufurdland, you will be further briefed before your session.

Activities

At Height Harnessed Activities (e.g. High Ropes)

Any injuries, ailments, concerns, or medical conditions must be detailed to the XC instructor (some conditions may mean you do not want to participate, this is always a choice you have). You must understand what is being asked of you in terms of the activity and operation of any safety system. Ensure you have been to the toilet just before your course/activity starts. Call for your instructor if you have any questions. Any metal on the course or structure that are not part of the activity should not be used (cables, hangers etc). Despite the presence of a rope, any fall can result in injury.

Craufurdland Activity Centre General Rules

Long hair must be tied back, and pockets emptied.

Please wear appropriate clothing, clean closed top shoes must be secured, jewellery and piercings must be removed (some ear studs are acceptable), harnesses and helmets well fitted and checked by an Craufurdland instructor before leaving the ground. Pockets must be empty, and no object carried which could fall on persons or objects below. Loose articles or objects which could become entangled in the safety equipment or fall on a person below must be removed prior to starting the activity.

All participants will be required to wear the safety equipment provided by Craufurdland Ltd, where applicable.

All participants are always required to act responsibly and courteously, failure to adhere will not be tolerated and you may be asked to leave the centre and no refund given.

Before leaving the ground for the first time, all safety systems must be checked and a clear instruction to proceed given by your Treetop Trials instructor (called the pre-commitment checks).

You should not attempt to use any piece of equipment or perform a manoeuvre that you feel is beyond your skill level.

All activities demand a degree of agility, strength, and stamina. If participants are in any doubt about their ability, they are advised to speak to a member of the Craufurdland staff, who will advise you on your suitability

No refunds will be made for "no shows", late entry (other than that which is due to Craufurdland's delay) or leaving a session prematurely. Exceptional circumstances may apply.

Craufurdland reserves the right to refuse entry to any persons without explanation.

Use of recording equipment and photography in the Treetop Trials requires permission, CCTV is in operation and footage is the property of Craufurdland solely. Images may be captured for promotional or training material, Craufurdland reserve the copyright to this material.

Craufurdland does not accept responsibility or liability for any loss or damage to any person's property in relation to the usage of Treetop Trials course and other activity areas and the surrounding areas.

Due to the hazardous nature of the activities performed in Treetop Trials, participants are advised that this is an extremely dangerous environment and entry is done so at your own risk. Liability for personal injury or death cannot be taken by Craufurdland Ltd, its directors, staff or volunteers, unless negligence is proven.

High Ropes Specific Rules

- All participants must wear the safety equipment provided.
- Participants must be between 4 stone (26 kilos) and 19 stone (120 kilos) and fit correctly into the harness to use the high ropes course.
- Participants must be aware that any discrepancy in weight, staff may ask for an onsite weight check.
- When you have finished your session, you must report back to an instructor before leaving.
- At no time should you tamper or touch with anything metal or adjust your harness, or helmet.
- No jumping, running, or swinging during the duration of your session.
- Try not to cause the elements or obstacles and standing platforms to hit or swing into each other.
- Only one person allowed on an element or obstacle at any one time.
- Maximum of two person allowed on a standing platform at any one time.

Name of Participant: _____

DOB of Participant: ___/___/___ Booking Ref NO. _____

Signature of Participant or Guardian: _____

Name of consenting Adult (if relevant): _____

Relationship of consenting Adult to minor: _____

Name and age of Participant: _____

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