

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

1. I agree that I am 18+ years and I voluntarily undertake the activities organised by Craufurdland Activities (Craufurdland Ltd). To reduce the risks, I agree to read and follow the instructions set out in any 'Safety Rules' and follow all instructions given to me by Craufurdland Activities staff at all times during the activity sessions.
2. I agree that I am responsible for any children under 18 years in my care and undertake to ensure that they understand and follow the instructions set out in the 'Safety Rules' and any oral instructions given by the Craufurdland Activities staff.
3. I declare that if I am **NOT** the parent or guardian, I am aged 18+ years and have the consent of the parent/ guardian to sign this risk acknowledgement waiver.
4. I understand that the activities can be physically demanding and that there may be a risk of injury when undertaking them. All the activities at Craufurdland Activities (Craufurdland Ltd) follow strict health and safety operating procedures, as well as regular inspections. With this in mind, I understand that some activities carried out at Craufurdland Activities (Craufurdland Ltd) may cause injuries, in extreme cases and on very rare occasions these may result in death or serious disability. I hereby release Craufurdland Activities (Craufurdland Ltd) staff, which includes any demand or claim for compensation whether from personal injury or damage to property arising from my participation (except death or personal injury caused by Craufurdland Activities negligence) and I waive all and any claims against Craufurdland Activities (Craufurdland Ltd) in this respect both for myself and/or for the children in my care.
5. **For Tree Top Trials** 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).
6. 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.

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/PZoeRI66KQ>

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

7. **For High Ropes activities**, I understand that should I disconnect from the safety system I am at risk of a fall from height.

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.

Craufurdland Activities General Rules

- Long hair must be tied back and pockets emptied of any sharp items or anything that could cause an obstruction/ injury during the activity.
- Please wear appropriate clothing and footwear suitable for the outdoors, as well as the weather and season of year. Jewellery and piercings must be removed (some ear studs are acceptable), equipment if required should be well fitted and checked by a Craufurdland Activities instructor before leaving for the activity. Gloves are recommended to be worn; these are not provided though.
- All participants will be required to wear the safety equipment provided by Craufurdland Ltd, where applicable.
- All participants are required to act responsibly and courteously at all times, failure to adhere will not be tolerated and you may be asked to leave the centre and no refund given.
- 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 (except when the delay is due to Craufurdland Ltd.) or leaving a session prematurely. Exceptional circumstances may apply.
- You must understand what is being asked of you in terms of the activity and operation of any safety system. Call for your activity instructor if you have any questions.
- Craufurdland reserves the right to refuse entry to any persons without explanation.
- Use of recording equipment and photography in the Tree Top 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 Ltd 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 any activity areas and the surrounding areas.
- Any injuries, ailments, concerns or medical conditions must be detailed to the Craufurdland Activities 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've been to the toilet just before your activity session starts. Call for your instructor if you have any questions.

All activities at height (Tree Top Trials & crate stacking/climbing)

- 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.
- Any injuries, ailments, concerns or medical conditions must be detailed to the Craufurdland Activities 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've been to the toilet just before your course/activity starts. Call for your instructor if you have any questions.
- Before leaving the ground for the first time, all safety systems must be checked and a clear instruction to proceed given by your Tree Top Trials instructor (called the pre-commitment checks).
- 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. At least 5 years old and at least 1.1m tall for the Wildcats 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 obstacle at any one time and a maximum of two person allowed on a standing platform at any one time.

Mudrun/river activities

- The activities undertaken at Mud Run are physically and mentally challenging and potentially dangerous, and include but are not limited to water based and other obstacles, surface hazards and run course & weather conditions.
- The activities undertaken for river walks are physically challenging and potentially dangerous, and include but are not limited to water based and other obstacles, surface hazards & weather conditions.

Team building activities, Orienteering and Treasure Hunt

- Participants must be respectful of each other as there is a big element of trust in these activities.
- Participants must be mindful of the trip/fall hazards created by the obstacles.
- As some activities involve being blind folded, participants must adhere to commands given by the instructors.

All activities related to the fishery lochan

- All customers that hire a boat to go out onto the fishery lochan must wear a lifejacket, provided by Craufurdland Ltd.
- All customers must be aware of other angles casting when moving around the fishery.

Target archery & Axe throwing

- All safety instructions and commands given by the Craufurdland Activities instructor should be adhered to.
- No one is the cross past the shooting/ throwing line, unless instructed its safe to do so by the Craufurdland Activities instructor.
- Never point your bow at anyone, even if there's no arrow drawn.
- All arrows must always be pointing down the range or at the ground when loading/ loaded onto the bow. Never fire an arrow high into the air as you cannot predict where it's going to land.
- If the command 'FAST/ STOP' is ever shouted, everyone must stop immediately what they are doing. Any participants about to shoot/ throw at this point, must relax and lower bows/ axes and not shoot/ throw. Then wait till further instructions.
- At no point should any 'dry shooting' be done. Pulling and releasing the bow string without an arrow loaded damages the bow.
- When retrieving arrows/ axes, all participants must walk down the sides of the range and carry the arrows under their arm with the points facing towards the ground. For axes, hold them to the side of their body with sharp edges downwards and away from the body and other people.
- Never run while retrieving your arrows/ axes as you could hurt yourself with an arrow/ axe lodged in the ground, or fail to stop in time and hurt yourself with the arrows/ axes lodged in the target.
- A maximum of 2 participants per target for Archery. A maximum of 1 participant per target for Tomahawk Throwing
- To avoid accidental head or upper body injury when retrieving arrows/ axes; it is important to remove the ones that are embedded into a target before picking up those lying on the ground.



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

Date of visit: __ / __ / __

Booking Ref No: _____

Signature of Participant/ Guardian: _____

Name of consenting Adult (if relevant): _____

Name of Participant: _____	DOB of Participant: __ / __ / __
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Details of any medical conditions, allergies or additional needs that may affect performance in the activity:
