

Personal Statement

Safety

Aktiv Fritid – ut på tur, har has a liability insurance with IF skadeforsikring which covers the legal responsibility for any injuries resulting from anything to do with our establishment. The individual guest must provide their own travel and accident insurance which covers damages and injuries to both themselves and their possessions. IF Skadeforsikring has evaluated all of our activities, and classified these as not being a risk sport/extreme sport – but everyone should check with their insurance company.

Equipment

Every guest will receive required equipment for the activity. We have enough equipment for everyone so that we will be able to adjust and control that everyone is wearing their equipment correctly before the activity starts. Guests who take off or adjust their equipment during the activities must remember to get it checked by an instructor to ensure that it is used correctly. The guests are responsible of making sure that all the equipment is handed back in in good condition at the end of the event. If anyone has to leave ahead of time, they must inform the staff to ensure that all equipment is handed in and accounted for. The guests may be held economically responsible for loss or damage to equipment as a result of carelessness or malice.

Time

We will meet up at the parking lot at Rica Havna Hotel at an agreed time. Please be there on time, preferably ahead of time. Out of concern for the other participants we do not have the opportunity to meet up with guests later than agreed. Driving your own car to the activity area is not allowed. There won't be an opportunity to interrupt the event to go over the equipment and safety routines again if you do not meet up on time. In addition, this does not give you the right to a refund.

Via Ferrata

If you wish to participate in the Via Ferrata climbing, we will attempt to help you to make sure you have a wonderful experience. Everyone with the will to do so, can complete the activity, but if you're not comfortable with large rappels the instructors will show you alternative routes so you can skip the most challenging parts of the activity, as well as ensure that the rest of the group won't be delayed.

Clothes and weather

The activities can be completed in any kind of weather. Wear appropriate clothing and shoes that fit your feet well. Feel free to bring a backpack with extra clothing, camera, food and drink.

I've read the above text and understood the content of the personal statement. I'm participating at my own risk, fully aware of the risk this entails. I confirm that I do not have or have had illnesses which produce spontaneous seizures. I also confirm that I will not be under the affect of alcohol or other drugs during the event.

Date _____ Activity _____

Name (capital letters) _____ Age _____

Address _____

Telephone _____ Signature _____

Signature from parent/guardian if participant is under 18 years of age _____