

## Release and Discharge of Liability for Klatreskoven at Carlsberg

### General Information:

- You are fully liable for the activity and safety of both yourself and those whom you sign for
- You must have your safety equipment checked and hear the safety instructions from an instructor before are permitted on the courses
- Pay close attention to the safety instructions and ask the instructor if you need clarification
- You must always follow the instructors' directions
- You may not receive a refund after hearing the safety instructions

### Health:

#### *You can not climb if:*

- You are pregnant
- You have a heart or lung condition
- You have back or neck problems
- You weigh more than 120 kg
- You are under the influence of alcohol or other drugs

#### **Inform the instructor if:**

- You have asthma or using any kind of medicine

### The Courses:

- Your harness must always be tight. Ask an instructor if you are in doubt.
- You must *always* have at least one karabiner attached
- You must only clip your karabiners on steel wires and in designated karabiners
- You must *always* move only one of your karabiners at a time
- No more than one person is permitted on an element at a time
- No more than three persons are permitted on a platform at a time
- Always move and act calmly
- If you have questions or need help shout "instructor"
- If you notice shortcomings or damages to the courses, you must notify an instructor immediately

Please fill out the boxes below for all participants and turn it in when you pay

I have read, understood and accepted the safety rules for Klatreskoven. I understand and accept that if I break the rules, Klatreskoven cannot be held liable for the consequences. Use of Klatreskoven involves a risk which can result in injuries or death. I also understand and accept that I will be excluded from Klatreskoven without refund if I do not completely follow the safety rules.

Name	Date of Birth	Signature (>18 years)	Yellow	All	+Black	Gloves	Price

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Date      Name of liable adult for people under the age of 18 ---      signature of liable adult for people under the age of 18