

EVERYONE ACTIVE SALT HILL ACTIVITY CENTRE



Waiver / Safety Agreement and Terms and Conditions

Before accessing our caving, trampoline or high ropes facility, all participants (or their parent/legal guardian/responsible adult) must register to participate by completing the form below. This is an important document and must be read before signing. You must be 18 years old or over to agree to these terms and conditions.

Please enter full name and date of birth of all members of your group taking part in this activity.

ADULT

First name	Last name	D.O.B.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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OFFICE USE ONLY

MRM no.

CHILD 1

First name	Last name	D.O.B.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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MRM no.

CHILD 2

First name	Last name	D.O.B.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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MRM no.

CHILD 3

First name	Last name	D.O.B.	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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MRM no.

I wish to participate or I am the parent/guardian/responsible adult for the children listed above who are under 18 years old and whom are participating in the activities.

EVERYONE ACTIVE HIGH ROPES COURSE INFORMATION AND RULES

A high ropes course is a series of challenging activities intended to engage the physical and emotional resources of each participant. I acknowledge that Everyone Active cannot completely eliminate the risk of taking part in such an activity. Participants will be issued with a helmet, harness and lanyard. An Everyone Active instructor will show you the correct way to wear and use them and check they are fitted correctly before securing you to the high ropes course. You will remain connected to the course until an Everyone Active instructor releases you from the system.

Children must be 5 years old in order to use the High ropes course and must be able to correctly fit into the harness and helmets provided for this activity. The maximum weight to use the high ropes course is 136kg (21st).

An instructor will give participants a full brief of what to expect before starting the course. Please listen carefully to all instructions and ask the instructor for clarification if you are not sure about any of their instructions. I acknowledge that prior to taking part it is necessary to undertake a safety briefing. During this briefing I will be provided with the necessary safety instructions by Everyone Active in relation to the activities and I agree to comply with these at all times while on the premises. If applicable I also agree to ensure all participants in my group under the age of 18 comply with the rules outlined in this safety briefing.

BEFORE STARTING THE HIGH ROPES COURSE:

- Do not start if you have a pre-existing health condition that is contra-indicated to physical exercise unless medical advice has been sought.
- Do not start if you are under the influence of alcohol or drugs.
- All items should be removed from pockets before starting the course including mobile phones and cameras.
- No keys, keychains, sharp or pointed items on the high ropes course.
- Suitable clothing should be worn for this activity. Jewellery, hoodies, dresses, skirts, scarfs or excessively baggy clothing must not be worn.
- Long hair must be tied back.
- Shoes must be tightly laced.

WHILST YOU ARE ON THE HIGH ROPES COURSE:

- It is your responsibility to consider others. Do not rush other participants.
- Always keep your helmet on tightly and do not fiddle with your harness.
- Do not hold onto the cable which the continuous belay system runs through.
- Do not jump or fall off on purpose to test your harness
- Only one participant should be on each element at one time. The exception to this is parents who want to help young children (under 1.4m tall).
- Do not pull on other participants harnesses or push other participants off the course.
- Listen out for the instructions of the Everyone Active team and follow their guidance.
- Always follow the one way system.
- No eating/drinking/chewing gum whilst on the course.

EVERYONE ACTIVE TRAMPOLINE PARK RULES

BEFORE YOU JUMP:

- Do not bounce if you have a pre-existing health condition that is contra-indicated to physical exercise unless medical advice has been sought.
- Do not jump if you are under the influence of alcohol or drugs or are pregnant.
- All items should be removed from pockets before bouncing including mobile phones and cameras.
- No keys, key-chains, sharp or pointed items in the Trampoline Park.
- No belt, buckles or studs on clothing.
- Removal of all jewellery is recommended especially necklaces or other items that could catch when bouncing.
- Everyone Active anti-slip socks must be worn whilst on the Trampoline Park.

WHILST YOU JUMP:

- It is your responsibility to avoid others. Always be aware of those around you.
- Only one bouncer per trampoline.
- Bounce only within the jumping borders on each bed and always land on two feet.
- Do not land on head or neck.
- No double bouncing (using your bounce to bounce someone else on the same bed higher)
- No double somersaults or forward moving back flips (gainers)
- No climbing on the framework or containment netting.
- No wrestling, tackling, shoving or other kinds of horseplay
- No sitting or lying on the trampoline beds or foam pads.
- No eating, chewing or drinking whilst bouncing.
- No running, including across walkways.
- Always be aware of those around you.
- Always follow the Court Marshall's directions.
- I warrant that I will only carry out moves and tricks that are within my ability level and throughout which I will be able to maintain control

The risks include, among other things and without limitation:

- Trampoline(s) expose its participants to the risk of friction burns, cuts and bruises (other more serious risks also exist).
- Participants often fall off equipment, sprain or break wrists and ankles and can also suffer more serious injuries.
- Traveling to and from trampoline location raises the possibility of any manner of transportation accidents.
- Double bouncing or more than one person per trampoline can create a rebound effect causing serious injury.
- Flipping, running and bouncing off the walls are dangerous and can cause serious injury and must be done at the participants' own risk.
- Similar risks are also inherent in using the Foam pit activities.

SAFETY AGREEMENT

I acknowledge that use of the Everyone Active facilities and participation in indoor caving, trampolining (including general trampoline park use, fitness classes and use of the foam pit) and high ropes entails known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to me, third parties and any property taken or worn into the facilities. I understand that such risks simply cannot be eliminated without jeopardising the essential qualities of the activity.

I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks. I acknowledge that prior to taking part it is necessary to undertake a safety briefing. During this briefing I will be provided with the necessary safety instructions by Everyone Active in relation to the activities and I agree to comply with these at all times while on the premises. If applicable I also agree to ensure all participants in my group under the age of 18 comply with the rules outlined in this safety briefing.

I understand that the activities provided by Everyone Active require a reasonable level of fitness and ability. I warrant that I nor any members of my group, do not have (or had) any medical condition including pregnancy that makes it dangerous for me/them to partake in such activities.

Should Everyone Active, or anyone acting on their behalf, be required to incur legal fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs. This means that I will pay all of those legal fees and costs myself.

I understand and accept that Everyone Active will not be liable for any personal injury suffered by a me except where Everyone Active have been negligent.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

I declare I am 18 years old or older. If the participants I am bringing are minors (A person under the legal age of 18), I agree that this Release of Liability and Assumption of Risk Agreement is made on behalf of that minor participant and that all of the releases, waivers and promises herein are binding on that minor participant. I represent that I have full authority as Parent or Legal Guardian of the minor participant to bind the minor participant to this agreement or I have the authority from the children's parent or guardian to sign this waiver on their behalf.

ADULT #1 DETAILS

First name	Last name
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Signature

Date of signature

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Please check the box to confirm you have read and accept the Everyone Active waiver and ensure you have printed, signed and dated the above section

This waiver agreement will remain on each person's account for a period of 12 months. After this period a new waiver will need to be signed to access the facilities. You are responsible for informing Everyone Active of any significant changes in your circumstances within this period.

Everyone Active will manage your data securely and in accordance with all relevant Data Protection laws. We will use your data for managing the services we provide. Full details of how we manage your data can be found in our privacy policy at www.everyoneactive.com/privacypolicy. I agree to you holding my data.