

ACKNOWLEDGEMENT OF INHERENT RISKS AND RELEASE OF LIABILITY

ARBRASKA LAFLECHE inc.

AERIAL COURSES – CAVE - GPS RALLY –

Date: _____

First name	Last name		
Address	City	Province	Postal Code
Email Address	Phone number	▶ Height if less than 18 years old	

I acknowledge having read the safety rules concerning the inherent risks associated with the aerial park and cave, and I certify that I will attend the initiation with attention and that I will rigorously apply all safety requirements and rules of these activities.

▶ I have been informed of the inherent risks encountered on the site concerning the use of the belts, harnesses and safety equipment. I am also aware of the degree of difficulty for each course (depending on the shape and mobility of each), as well on the platform, game, zip line as in the cave (limited space, darkness and stairs to climb);

▶ During the initiation I will receive directives and will be informed of safety measures and the implication of my participation concerning the inherent risks of accidents and bodily injuries as a result of participating in the aerial courses or cave.

▶ I am the best and only judge as to my degree of ability to participate in these activities and I am conscious of the additional risks to which I expose myself voluntarily and with full knowledge of the facts. *If you suffer of any of these conditions: epilepsy, cardiac problems, diabetes, allergy (epipen), asthma, hypoglycemia, or any conditions similar to these, please inform your guide before beginning the activity.*

▶ I am in good physical and mental health and do not suffer from any handicaps or physical conditions that could constitute a danger in relation

to my participation in the courses or the cave and I accept to participate freely.

▶ Consequently, I release from any responsibility, ARBRASKA LAFLECHE inc. and its subsidiary companies, as well as the organizers of this activity.

▶ GPS rally (on foot or on snowshoes): I have been informed of the inherent risks of using snowshoes (winter season), of each difficulty degrees (health shape and mobility of each) and of all activities: Walking trails during the summer or winter.

▶ I have been informed that accesses to the following activities are reserved to experienced participants: *night trek and cave sleepover*. Consequently, I recognize that I am not a beginner and I accept the additional risks met on these courses.

I WILL PARTICIPATE TO THE FOLLOWING ACTIVITY:

- REGULAR AERIAL COURSES (adult and children)
 CAVE
 NIGHT PARK(16 years + with parental permission)
 GPS RALLYE
 CAVE SLEEPOVER
 SNOWSHOES

▶ If less than 18 years old: I am _____ years old.

▶ Signature of participant: _____

▶ Permission from my parent or guardian (if under 18 years old) _____

ACKNOWLEDGEMENT OF INHERENT RISKS Fractures, sprains, sunstroke, dizziness, bruises, hyper ventilation. Pregnant women and people with a heart condition should

abstain from practicing any aerial course. People who are overweight (more than 250 pounds), and/or in poor physical condition should be conscious of their physical well-being while participating in this activity and should cease their participation if necessary.

INTERIOR REGULATIONS ARBRASKA LAFLECHE inc.

Participants are obliged to respect the safety instructions by observing the following points :

A It is forbidden to be on drugs or alcohol on the aerials courses. Drugs are totally forbidden all the time on the site.

- It is obligatory to participate at the security briefing (initiation) before attempting the aerial courses or the visit of the cave.

- Stay constantly attached to the cables by means of the 2 carabiners. NEVER detach both carabiners at the same time.

- You must respect the accessibility of each course according to the decision of the person responsible at the cash.

Colored bracelets are distributed according to the age and the height of each participant.

- Children under the age of 14 must be accompanied by an adult at all times.

- It is forbidden to be more than 3 people per platform, 2 people per game and 1 person per zip line.

- It is formally forbidden to smoke in the courses and in the forest, as well as, inside the cave or the chalet.

- It is forbidden to walk outside the trails, and the helmet needs to be wear at all times because of the pully falling risk.

- Respect your designated return time to the chalet for the good of every activity.

- The direction of **Arbraska Lafleche inc.** and its patrols ultimately reserves the right of exclusion of any person who does not respect the safety rules, with no other form of warning, nor refund.

- We have implemented all means and personnel necessary to ensure your safety, which also depends on your attitude in regards to respecting the instructions that have been clearly explained.

- Night treks are reserved for 16 years and older, with parental permission. Do not participate at the night trek in case of a bad night vision.

- It is strongly advised before beginning the aerial course that you attach long hair, wear sport shoes and comfortable clothing. You are in a forest environment. Arbraska is not responsible in the case

of marks or tears to clothing and shoes sustained in the courses. The direction of **Arbraska Lafleche inc.** reserves the right to interrupt the activities if they judge that the meteorological conditions

demand it.

Do not hesitate to ask for advice from our patrolling guides in case of a delicate situation.

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