WAIVER FORM

I have read and understood the safety rules applicable to Klatring på Grensen AS. I understand that participating in the climbing park activities involves inherent risks and may, in the worst-case scenario, result in serious injury or death. I also understand that I may be removed from the activity without a refund if I fail to comply fully with the park's safety rules.
If I am the parent or legal guardian of a participant under the age of 18 registered on this form, I hereby give my consent for my child to participate in the activities at Klatring på Grensen AS.

SAFETY REGULATIONS

Information

- Day tickets are valid from the selected arrival time until the park closes.
- Gift cards and season passes are valid only during the climbing park's opening hours.
- Visitors who are not participating in the climbing activities may enter the park free of charge.
- The park is open throughout the season, regardless of the weather.
- In the event of thunderstorms or strong winds, the climbing courses may be temporarily closed for the safety of our guests. The courses will reopen when conditions are safe.
- The climbing courses close **30 minutes before the park closes**. Guests who are already on a course may complete it before leaving.

Park Rules

- Before taking part in any climbing activities, all participants must confirm that they have read and understood the park's rules and safety regulations. Individual visitors do this through the online booking system, while groups confirm this by signing the participant declaration.
- Smoking is not permitted within the park due to the risk of forest fires. Please ask a member of staff for the designated smoking area.
- Open fires are strictly prohibited. Free gas barbecues are available in the designated barbecue area.
- Please respect nature and stay on marked paths.
- Dogs are welcome. Please keep them on a leash at all times and clean up after them.

You must complete the mandatory safety briefing before participating in any climbing activities.

- It is strictly forbidden to use any activity without first completing the safety briefing.
- Make sure you fully understand the instructions given during the safety briefing.
- If anything is unclear, please ask a member of staff.
- All guests must follow instructions given by park staff.
- Guests who fail to follow instructions may be asked to leave the park.

You are responsible for your own safety and for any children under your supervision during your visit.

- Participants under the age of 18 must have permission from a parent or legal guardian.
- Children under the age of 10 must be accompanied by an adult in the climbing courses throughout the activity.
- One adult may supervise **3–4 children**, although we recommend fewer children per adult for children under the age of 8.
- Children under the age of 10 may climb the green courses on their own if supervised by an adult from the ground. However, we cannot guarantee that the child will be able to complete the course.
- Children under the age of 12 must be accompanied by an adult in the course when climbing the red or black courses, provided the child meets the minimum height requirement.

Safety Equipment

- A full-body harness and helmet must be worn at all times.
- The harness must remain properly tightened throughout the activity.
- If you remove your harness or are unsure whether it is fitted correctly, contact an instructor immediately for inspection.
- The climbing park uses a **continuous belay system**. Both safety connectors must be correctly attached to the safety cable or safety rail before climbing the ladder to any course.
- On zip lines, both safety connectors must first be attached to the safety cable. Then attach the zip line trolley to the cable. All three attachment points must be correctly connected before you start.
- It is strictly forbidden to disconnect or attempt to bypass the safety system.
- On the climbing wall, you must be checked and secured by an instructor before climbing.

Activities

- Read the information sign at each activity and obstacle, and make sure you are correctly secured before starting.
- Each activity and obstacle has height and age requirements. Please read the signs before participating.
- Children's Course (ages 3–6 years)
- Practice Courses minimum height: **115 cm**
- Green Courses – minimum height: **115 cm**
- Blue Courses – minimum height: **115 cm**
- Purple Courses – minimum height: **140 cm**
- Red Courses – minimum height: **150 cm**
- Black Courses – minimum height: **150 cm**
- Move calmly and carefully through all activities and obstacles.
- Only one person is allowed on each obstacle at a time unless otherwise stated. Wait until the obstacle is clear before proceeding.
- A maximum of **three people** may be on a platform at the same time. Wait until there is enough space before moving forward.
- Before starting a zip line, make sure it is clear. If you are unsure, wait until it is free.
- Do not touch the zip line cable while you are moving.
- Report any faults or damage to the facilities to a member of staff immediately.
- Maximum permitted body weight: **120 kg**.

Participation is not permitted for:

- Persons under the influence of alcohol or drugs.
- Persons who do not meet the minimum height requirement for the relevant course.
- Pregnant women.
- Persons with heart, lung, back or neck conditions or injuries that may affect their safety during the activities should not participate unless approved by their doctor.
- Persons with injuries or medical conditions that may affect their ability to participate safely.

Parent / Legal Guardian's Name:

Participant Name(s) and Age:

Email:

Phone:

Date:

Signature: _____