



WAIVER FORM

I have read and understood the safety rules that applies for Klatring på Grensen AS. Use of the climbing park may come with a risk, that in worst case can lead to injury or death. I know that I will be expelled from the activity without refund of the ticket, if I don't follow the safety rules in full. I am the guardian of the person under 18 years, registered in this form, and give my child permission to partake in the activities at Klatring på Grensen.

SAFETY RULES

You must complete the safety training before partaking in any of the activities in the climbing park.

- It is forbidden to use activities without having completed the safety training.
- Be sure to have understood what is taught during the safety training.
- Ask if there are any confusions.

You are responsible for your own and your child's activity and safety in the climbing park.

- People under 18 years, must have permission from a guardian to partake in activities.
- Children under 12 years must always be accompanied by an adult up in the courses.

Safety gear

- The harness has three buckles – one at the hip strap, and one at each leg strap.
- The harness must always be properly tightened.
- If you remove, or are uncertain of whether it is secured correctly, take contact with an instructor immediately, for a check.
- Make sure to always be secured with at least 1 carabiner or pulley.
- In each obstacle, you should be secured with 2 carabines or pulley and 2 carabines.
- You must be checked by an instructor before climbing in the climbing wall.

Activities

- Read the lookup at each activity/obstacle and check that you are properly secured before moving on to the activity/obstacle.
- Obstacles and activities have requirements for height and age – read the lookup thoroughly before using the activity.
- The children's course for children between 3-6 years.
- Green level, minimum height 115 cm.
- Blue level, minimum height 115 cm.
- Purple level, minimum height 140 cm.
- Red level, minimum height 150 cm.
- Black level, minimum height 150 cm.
- Move calmly and controlled through activities and obstacles.
- It is only allowed for one person to be on an obstacle (if not otherwise is described), wait until the obstacle is ready to move on to it.
- Up to 3 people can stay on the platform between each obstacle. Wait until there is space on the next platform before moving on to the obstacle.
- You must check that there are no one on the zip-line before going. When in doubt, wait until you are sure it is ready.
- Do not touch the wire when in motion on the zip-line.
- In case of any defects on the facility, contact the staff immediately.
- Maximum weight for climbers: 120kg. Maximum weight for the Barn jump: 120 kg.



Access to the activities are not permitted for:

- People affected by alcohol or other drugs.
 - People under the height-requirement for each course.
 - Pregnant.
 - People with heart- or lung problems.
 - People with back- or neck injuries.
 - People with serious injuries.
 - People with serious afflictions.
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Name of guardian:

Name of participant(s) and age:

E-Mail:

Telephone:

Date:

Signature: _____