



## Outdoor Activity Acknowledgement of Risk

I understand that outdoor adventurous activities including abseiling, may be physically, mentally and emotionally challenging. I accept that there are inherent risks associated with this type of activity.

I understand the following:

- I must inform Dolomite staff of any health or medical issues that may affect my ability to participate in these activities safely. **This includes symptoms of Covid 19.**
- The environment that the activities take place has man made and natural hazards and risks.
- I accept that I need to take responsibility for myself and others whilst on any activity with Dolomite Training.
- I must at all times follow the safety instructions and ensure that all safety equipment is being used correctly. If I do not adhere to the instructions given by Dolomite staff there is a risk of injury that could be fatal.
- If I do not understand the instructions or I become confused about the instructions I will ask for help from Dolomite staff.
- Dolomite staff reserves the right to stop an activity with no refund if they deem you to be unsafe or unfit to participate.