

CONDITIONS OF USE FOR XHEIGHT

Participation statement / disclaimer:

By taking part you agree to the conditions of use and the general rules which must be adhered to at all times. XHeight is physically demanding therefore you should be in good health to participate in this activity. It is the parents/guardians responsibility to ensure that their children adhere to these safety rules at all times. Climbing is not recommended for guests that have back or neck problems, heart problems, epilepsy, pregnant or have had recent surgery. If you encounter any problems or have any pre-existing medical conditions, please discuss these with a member of staff.

You are signing to confirm that you are in agreement to the conditions of XHeight at Salt Ayre Leisure Centre and understand the dangers involved and are happy to participate in this activity. The British Mountaineering Council states the following *"The BMC recognises that climbing is an activity with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions"*.

General rules:

- You must be at least 5 and over to climb regardless of experience.
- Children 5 – 8 years MUST be accompanied by a responsible adult.
- The minimum weight limit is 10kg with a maximum weight limit of 150kg.
- Parents/guardians must sign on behalf of participants under 16.
- Suitable clothing and footwear must be worn.
- No loose footwear/loose clothing to be worn (e.g. flip flops/hoody's/skirts).
- Glasses can be worn but must be secure.
- Long hair must be tied back.
- Remove all jewellery and empty pockets before Climbing.
- Never climb without being clipped to the auto belay line.
- No food or drinks are permitted in the climbing area.

Climbers MUST:

- Pay attention and adhere to all safety instructions as directed by Xheight staff.
- Attend safety briefing before climbing.
- Be clipped to the safety line before climbing.
- Wear correct PPE at all times when instructed by Xheight staff.
- Must follow any safety instructions as directed by XHeight staff.

Climbers MUST NOT:

- Run when moving around the climbing area, walk at all times.
- Bounce out from the wall during descent.
- Hold or pull on the safety belay line whilst climbing

Please state any medical information that may affect you during this session.

The information you have provided on this form will be used to manage your booking, including to contact you if we have any queries or need to let you know about any changes. If you would like any further information about how we use your data, please speak to one of our staff or view our privacy policy here: www.lancaster.gov.uk/privacy . The health information you have provided on this form will only be used to offer advice tailored to you, and to ensure that we do not provide you with any services which may be unsuitable or unsafe. We would also like to contact you with details about relevant special offers, events and services that might be of interest to you. These communications may be handled by our official contracted marketing partner. Please indicate below if you consent to being contacted by:

Email: Yes No SMS: Yes No

We take your privacy very seriously, and will not pass your information to any other third parties for marketing purposes.

Participants name:..... **Participant age and Date of Birth**

Email:..... **Telephone:**.....

Signed (Parent/guardian):..... **Date/Session time:**.....