

# User Conditions of Ropes Course Activities



When participating in an activity at Upzone, you accept the following:

## Safety

- In the park, you are responsible for your own safety by ensuring you are following Upzone's rules.\*
- You must take part in the safety briefing and follow all the instructions that the Upzone staff give to you during the activity.
- You are not allowed to have loose items in your pockets during the activity (phone, keys, wallet, etc.)
- You are not allowed to wear jewelry during the activity (rings, necklaces, watches, bracelets, earrings, piercings, etc.)\*

## Physical and mental requirements

- You are not allowed to climb if you weigh over 120 kg (265 lbs).
- You are not allowed to climb if you are under the influence of alcohol.
- You are not allowed to climb if you are pregnant.

**We recommend that you talk to your physician if you have any medical condition or previous injury that could be affected by the activity. We want to make it possible for everyone to climb, but to ensure we can keep a high safety standard some adjustments may need to be done.**

## Generally, we recommend:

- That an adult climbs with children who are shorter than 145 centimeters (4'9")
- That you ask for tips during the activity if you have a previous sports injury (especially shoulder injury), and always judge for yourself what movements you can do or not.
- That you do not participate if you have previous neck or back injuries since these can be affected if you fall in the harness.
- That you bring your medicines if you have, for example, diabetes, asthma, heart problems, or similar.
- If you have epilepsy, you have not had any seizures the past year.
- If you have a hearing impairment, you need to climb with someone the staff can easily communicate with since we may need to call out safety instructions while you are climbing in the course.
- If you have Downs Syndrome, Autism, or similar, that you climb with someone you feel safe with who can help you in the course if needed.

**Climbing can be a physically and mentally challenging activity, it is always up to you to judge what you are capable of or not.**

## Loan of equipment

- You are not allowed to smoke while you are wearing the equipment or anywhere in the park.
- You are not allowed to visit the bathroom while you are wearing the equipment, please let us know if you want help to take off the harness to visit the bathroom. Make sure that someone in the staff checks that your harness fits correctly on you before climbing again.
- You must take off the equipment at the assigned spot by the check-in and leave it to the staff when your time is up.
- If you purposely destroy, damage or lose the equipment, you must pay the replacement cost of 4500 SEK / harness and 300 SEK / helmet.

## Approval of the use of visual material

Any photographs that the Upzone staff takes in connection with activities may be used as marketing material on e.g. instagram, facebook or our website

Participants Name: \_\_\_\_\_ Booked Date: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Booked Time: \_\_\_\_\_

**Do you have any of the mentioned conditions listed below "Physical and mental requirements" or similar?**

YES  NO

If Yes, please specify (only for the knowledge of the staff)

\_\_\_\_\_

*I confirm with my signature that I have read and approve all of the listed terms, and that the information I have provided are correct. I (Guardian) give the participant, who are younger than 18 years old, permission to participate in the activity.*

Deltagarens (eller målsmans) underskrift: \_\_\_\_\_

\* In the event of possessions and property damage, Upzone is only liable in the event of gross negligence on the part of the staff. Upzone assumes no responsibility for damages or accidents that arise due to non-compliance with the terms of use or if the participant has provided incorrect information in the terms of use or to the Upzone staff. Upzone takes no responsibility for stored personal items.