DISCLAIMER & PARTICIPATION AGREEMENT

Introduction to Skiing (Level 1)

- Awareness of the ski slope safety code
- Understanding of equipment
- Walking and turning on the flat
- Straight running exercises (Chips)
- Starting snowplough glides (Pizza)

THIS IS A LEGAL DOCUMENT – PLEASE READ CAREFULLY

HELMETS MUST BE WORN BY EVERYONE

I guarantee that I/my dependent am/are fit for this sporting activity and do not suffer from back problems, a weak heart, or any other medical conditions that might be affected by this activity.

I/my dependent is/are not under the influence of alcohol or drugs.

I/my dependent am/are aware that I am participating in an extreme sport and knowingly accept the risks involved. I/my dependent am/is aware that there is a chance of falling and consequently a risk of bodily injury or death.

Please be aware that if you/your dependent are overweight or unfit, the chances of injury are increased.

If you are on your own, please leave emergency contact details with staff.

Once the lesson has started, no one else will be able to join in.

Gloves must be worn at all times.