Rage room waiver

Participation in rage room sessions

I voluntarily choose to participate, or give permission for the participant named in this form to participate, in rage room sessions provided or organised by **[Rage Room Venue Name]**.

Rage room sessions may include:

- Smashing glass, ceramics, furniture, appliances and electronics in an enclosed room
- Using bats, crowbars, hammers, sledgehammers and other tools provided by the venue
- Throwing permitted items at designated walls or targets
- Solo sessions, group rooms, parties and team events
- Entering preparation areas, waiting areas and shared venue spaces

I understand that participation is voluntary and that the participant may stop at any time and leave the room.

The venue may refuse, restrict or end participation if it reasonably believes that a participant cannot take part safely, has failed to follow instructions or presents a risk to themselves or others.

Bookings, deposits and fees remain subject to the venue's cancellation and refund policies.

Participant eligibility

I confirm that the participant meets the venue's minimum age and participation requirements, and that they can swing a heavy tool, control their movements and follow instructions.

Where I sign for a minor or another person who cannot legally provide their own consent, I confirm that I am their parent, legal guardian or otherwise legally authorised to provide consent on their behalf.

I understand that a rage room is a recreational activity and not a medical, psychological or anger-management treatment. Anyone who feels distressed, unsafe or overwhelmed should stop and tell staff.

I confirm that the participant is physically and mentally capable of participating safely, except for any condition or limitation disclosed to the venue before participation.

Rage room risks

I understand that this activity deliberately breaks objects with force, and that pieces can fly in any direction, including back toward the participant and over or around protective equipment.

Sharp fragments may remain on the floor, on surfaces and on clothing, and may be hidden in debris.

Possible risks include:

- Cuts and lacerations from thrown or broken glass, metal and ceramic shards
- Puncture wounds, including through clothing, shoes and gloves
- Eye, face, neck and head injuries, even when a face shield is worn
- Being struck by a swung tool, a thrown item or a rebounding object or fragment
- Hand, wrist, elbow, shoulder and back injuries from repeated swinging or a missed strike
- Bruising, crush injuries and injury to feet and toes from heavy items
- Slips, trips and falls on debris
- Breathing dust or fine particles, and contact with fluids or residues from broken items
- Electric shock, burns or fire from electronic items or their components
- Hearing damage or discomfort from noise
- Infection, including tetanus, following a cut
- Overheating, exhaustion, faintness or emotional distress
- Equipment failure, including a broken tool or a tool head coming loose
- Injury caused by another participant
- Serious injury, permanent disability or, in rare cases, death

I understand that the venue cannot eliminate every risk associated with a rage room.

I voluntarily accept the ordinary and inherent risks of participation.

Mandatory protective equipment

I agree to wear all the protective equipment the venue requires, including a full face shield, gloves and closed shoes, for the entire time I am in the room.

The venue may also require a helmet, safety glasses under the face shield, ear protection, a dust mask, overalls or other protective clothing.

I agree to:

- Check that the face shield, gloves and other equipment fit before entering the room
- Keep my equipment on until I have left the room and staff tell me I may remove it
- Stop and leave the room if equipment becomes loose, damaged or uncomfortable, and ask for a replacement
- Wear ear protection where provided, particularly when striking metal or glass
- Wear closed, sturdy shoes and clothing that covers my arms and legs, as the venue directs

I understand that protective equipment reduces risk but does not remove it, and that participants may be refused entry if they do not wear it or their footwear or clothing is unsuitable.

Loose jewellery should be removed and long hair tied back before entering the room.

Room and occupancy rules

I agree to attend the venue's safety briefing and follow all instructions from staff.

Unless the venue has booked a group room, only one occupant may be in a room at a time. Nobody may enter an occupied room without staff permission.

In a group room, only one person may swing or throw at a time unless staff have assigned separate zones. Everyone else must stand in the safe area and stay out of the swing range.

I agree to:

- Check that nobody is within reach or in the path of a swing or throw before I strike
- Throw only at the designated wall or target, and never toward a person, a door, a window or an observation panel
- Stop immediately when told to stop or when the door opens, and put my tool down before anyone enters
- Keep a firm grip on tools, and never let go of one on purpose or throw it unless staff allow it
- Avoid standing directly over glass or ceramic as I strike it, and avoid kicking or punching any item
- Leave the room by the marked route and avoid picking up shards or debris with my hands

The venue may remove any participant who ignores safety rules or behaves recklessly, violently or disruptively.

Tools and objects provided

I will use only the tools and objects provided or approved by the venue, for the purpose staff explain. I will report loose heads, splintered handles or damaged tools immediately.

I may not remove tools, broken items or debris from the room, even as a souvenir, unless the venue allows it.

I may be charged for damage caused deliberately or through misuse, including damage to doors, walls, cameras, observation panels and items outside the session.

Hazardous items and electronic waste

I agree not to bring any hazardous item into the room. This includes:

- Firearms, ammunition, knives, explosives or fireworks
- Batteries, aerosols, pressurised containers or gas canisters
- Chemicals, fuels, paints, solvents or cleaning products
- Light bulbs, fluorescent tubes or anything containing mercury
- Items from outside the venue, unless staff have inspected and approved them

If the venue allows me to bring my own items to smash, I will declare them first, and I accept that staff may refuse them. I confirm that any item I bring belongs to me or that I have the right to destroy it.

The venue aims to remove batteries and other hazardous components from the items it provides, but I understand that it cannot guarantee that every item is free of chemical residue, electrical charge or hazardous material.

Electronic items such as printers, screens and computers may contain sharp parts, stored charge, toner, dust, fluids or other substances. I will stop and tell staff if I notice smoke, sparks, a strong smell, leaking fluid or a swollen battery, and I will leave the room if told to do so.

I will wash my hands after the session and clean any cut straight away.

Spectators and venue environment

Spectators must remain in marked viewing areas and may not enter a room unless they are booked, have signed and have put on the required protective equipment.

Children must stay with a responsible adult at all times, whether they are taking part or watching.

Floors around the rooms may be dusty or slippery, and small fragments may be carried outside the room on shoes and clothing. I will take care when removing protective equipment and will shake out clothing where staff direct.

Rooms may be loud, dim or enclosed, with music or lighting effects. I will tell staff if this may affect me.

Physical condition and health

I agree to inform the venue about any condition that may affect safe participation, including:

- A current injury or physical limitation
- Hand, wrist, elbow, shoulder or back problems
- Heart, circulation or blood-pressure conditions
- Asthma, allergies or other breathing difficulties

- Epilepsy, seizures, fainting or loss of consciousness, including sensitivity to lighting effects
- Limited vision, hearing or balance difficulties
- Recent surgery or medical treatment
- Pregnancy or possible pregnancy
- Mental-health conditions that may be affected by intense, loud or enclosed activity
- Medication that thins the blood or affects coordination, judgment or alertness
- A restriction recommended by a healthcare professional

I understand that staff are not medical professionals unless expressly stated otherwise.

I will stop and inform a staff member if I experience pain, dizziness, breathing difficulty, unusual weakness or another concerning symptom.

Alcohol, drugs and impairment

I will not participate while impaired by:

- Alcohol
- Recreational or illegal drugs
- Medication that affects judgment, coordination or alertness
- Fatigue, illness or another condition that makes participation unsafe

I understand that the venue may refuse or end participation if it reasonably believes that a participant is impaired.

The venue may refuse entry to a room, even after a booking has been paid for, if it reasonably believes that a participant has been drinking to an unsafe degree or is under the influence of drugs. Any alcohol served on site does not change this rule.

Personal belongings

I understand that clothing and personal belongings may become dirty, wet, damaged, lost or stolen.

I am responsible for protecting phones, jewellery, glasses, clothing and other personal property.

To the fullest extent permitted by applicable law, the venue is not responsible for ordinary loss or damage to personal belongings unless caused by liability that cannot legally be excluded.

Emergency assistance

If the participant becomes ill or injured, I authorise the venue and its staff to:

- Provide reasonable first aid
- Stop the participant from continuing
- Contact an emergency contact
- Contact emergency medical services
- Arrange transportation to an appropriate healthcare facility
- Share relevant information with emergency responders
- Take reasonable action to protect the participant's immediate safety

I understand that the venue cannot guarantee that an emergency contact will be reached before assistance is provided.

I accept responsibility for medical, ambulance and treatment expenses unless applicable law or legally established liability requires otherwise.

Assumption of risk

I knowingly and voluntarily accept the ordinary and inherent risks associated with rage room sessions.

I accept responsibility for injuries, losses or complications caused or materially contributed to by:

- Relevant information I concealed or provided inaccurately
- A health condition or limitation I failed to disclose
- My failure to wear or keep on the required protective equipment
- My failure to follow room rules or staff instructions
- My bringing a hazardous or unapproved item into the room
- My incorrect or unauthorised use of a tool
- My reckless, unlawful or prohibited conduct
- My participation while impaired or medically unfit

Liability release

To the fullest extent permitted by applicable law, I release **[Rage Room Venue Name]** and its owners, directors, room hosts, safety supervisors, employees, contractors and representatives from claims arising solely from:

- Ordinary and inherent rage room risks knowingly accepted in this form
- Relevant information I concealed or provided inaccurately

- My failure to wear protective equipment or follow reasonable safety rules or instructions
- Incorrect or unauthorised use of tools, or a hazardous item I brought into the room
- My reckless, unlawful or prohibited conduct
- The conduct of another participant in a group room where it was outside the venue’s reasonable control

This release does not exclude or limit liability that cannot legally be excluded or limited.

It does not apply to fraud, intentional misconduct, gross negligence, reckless conduct, breaches of mandatory safeguarding duties, violations of mandatory consumer rights or any other liability that applicable law prohibits the venue from waiving.

Privacy and recordkeeping

I understand that the venue may collect and retain information where reasonably necessary to:

- Register and identify participants
- Confirm consent and eligibility
- Manage bookings and activities
- Understand relevant health or support needs
- Maintain safety and incident records
- Respond to injuries, complaints or legal claims
- Meet insurance, safeguarding and legal obligations

Information will be handled according to the venue’s privacy notice and applicable data-protection laws.

Final declaration

By completing and signing this form, I confirm that:

- I have read and understood the entire waiver.
- The information provided is complete and accurate.
- I understand that a rage room session may cause serious injury.
- I understand and accept the ordinary and inherent risks.
- I will wear a face shield, gloves, closed shoes and all other required equipment.
- I agree to follow all room rules and staff instructions.
- I will not bring any hazardous or unapproved item into the room.
- I will not participate while impaired or medically unfit.

- I authorise reasonable emergency assistance where necessary.
- I had an opportunity to ask questions before signing.
- Participation is voluntary.
- I understand that this form does not remove rights or protections that cannot legally be waived.

Participant completion

Contact details

First name *

Last name *

Phone

Email *

Session type *

- ◯ Solo room
- ◯ Group room or party

☐ I have read, understood and agree to the Rage Room Liability Waiver and Assumption of Risk above. I confirm that the information provided is accurate, that I am authorised to sign for the participant where applicable and that I voluntarily accept the risks of rage room sessions. *

Signature *