Ropes course waiver

Participation in ropes course activities

I voluntarily choose to participate, or give permission for the participant named in this form to participate, in ropes course activities provided or organised by **[Ropes Course Operator Name]**.

Ropes course activities may include:

- Being fitted with a harness, helmet, lanyards and connectors
- Safety briefings and practice on a ground-level training element
- Climbing and crossing high or low elements such as nets, bridges, beams and swinging logs
- Moving between platforms, using ladders and riding short zip sections
- Team challenges, school groups, camps and private events
- Being lowered, retrieved or assisted by staff where necessary

I understand that participation is voluntary and that the participant may stop at any time, although leaving a course from height may require staff assistance and time.

The operator may refuse, restrict or end participation if it reasonably believes that a participant cannot use the safety system correctly, has failed to follow instructions or presents a risk to themselves or others.

Bookings, deposits and fees remain subject to the operator’s cancellation and refund policies.

Height, weight and eligibility

I confirm that the participant meets the operator’s minimum age and participation requirements, and the height and weight limits for the course level they will use.

I understand that the participant needs to reach and operate lanyards and connectors without help unless staff are directly assisting them, and that height limits exist for that reason. I confirm that the height and weight given in this form are accurate.

The operator may measure or weigh the participant, and may direct them to a different course level or refuse participation if they cannot use the equipment safely.

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 confirm that the participant is physically and mentally capable of climbing, balancing, supporting their own weight and following instructions at height, except for any condition or limitation disclosed to the operator before participation.

Ropes course risks

I understand that a ropes course involves physical activity at height on moving, unstable and exposed elements, and that some of those challenges are deliberate parts of the experience.

A safety system is designed to limit a fall, not to prevent one, and the participant may fall, swing or strike part of the course before the system catches them.

Possible risks include:

- Falling from an element, platform or ladder, including falls onto the ground or into a safety system
- A swinging fall that throws the participant into a pole, tree, platform or element
- Bruises, grazes and rope or cable burns
- Crushed or trapped fingers, hands, hair or clothing in carabiners, pulleys and cables
- Fractures, dislocations, sprains and strains, including wrist, ankle, knee and shoulder injuries
- Head, neck and back injuries
- Bruising and pressure injury from a harness, or suspension-related faintness
- Exhaustion, dehydration, overheating or panic at height
- Being struck by another participant or a dropped object
- Having to wait on an element or platform for rescue or for staff to arrive
- Equipment failure, including failure of a harness, lanyard, connector, cable or element
- Exposure to weather, insects, wildlife, plants or uneven ground at outdoor sites
- Serious injury, permanent disability or, in rare cases, death

I understand that the operator cannot eliminate every risk associated with a ropes course.

I voluntarily accept the ordinary and inherent risks of participation.

Harness, lanyards and self-belay

I agree to wear the harness, helmet, lanyards and other equipment supplied by the operator, in the way that staff instruct, and to allow staff to check the fit before I go onto the course.

The course may use a continuous belay, interlocking or smart lanyards, a magnetic system, or twin lanyards that the participant moves by hand. I will use only the system explained for that course, and I must demonstrate it to staff if asked.

On a self-belay course, the participant is responsible for their own connection between staff checks. Staff cannot watch every participant at every moment.

I agree to:

- Stay clipped in to the safety line at all times once I am on the course
- When using twin lanyards, move one at a time so that one is always attached
- Attach connectors only to the marked safety line, never to an element, a handhold or another person
- Check that each connector is fully closed before moving on
- Leave harness buckles and connectors alone except as I have been taught
- Stop and call for staff if I am unsure whether I am connected correctly, if the system does not move or if anything looks damaged

I understand that being unclipped at height, even briefly, could result in a fatal fall, and that doing so is grounds for immediate removal from the course.

Course and element rules

I agree to attend the safety briefing, complete any training element and follow all instructions from instructors and staff.

I agree to:

- Follow the marked route and the direction of travel, and not skip, reverse or leave elements unless told to
- Stay within the number of people allowed on each element and platform
- Wait until the element ahead is clear before moving on to it
- Keep hands away from pulleys and from the moving parts of connectors
- Choose a course level that suits my ability and height
- Stop immediately when told to stop, and call for help rather than attempting a self-rescue
- Tell staff immediately if I feel unwell, exhausted or unable to continue

I agree not to shake, swing or bounce on elements to unsettle others, or to climb on any structure that is not part of the route.

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

Supervision and groups

The operator sets its own staff-to-participant ratios and may also require a set number of adults to accompany children or groups. I understand that a ratio does not mean that a staff member will be beside each participant at all times.

Group leaders, teachers and parents must follow any supervision duties the operator gives them, including staying on the course or the ground as directed.

Children must stay with the responsible adult or staff member assigned to them, and must use only the course levels and safety systems that the operator has approved for them.

Spectators must remain in marked viewing areas and away from the areas directly below elements, because dropped items and falling participants can cause injury.

Clothing and course environment

I agree to wear secure closed-toe shoes and clothing that allows free movement and sits comfortably under a harness.

Long hair must be tied back and tucked away. Loose clothing, scarves, hoods, drawstrings and dangling jewellery must be removed or secured, because they can catch in pulleys and connectors.

Phones, cameras and other items may be carried only in the way the operator allows, as dropped items can injure people below.

Staff may pause or close the course because of lightning, high winds, heavy rain, poor visibility or other unsafe conditions. Elements and ground areas may be wet, muddy, uneven or slippery, and tree-based courses may have roots, branches and insects.

Physical condition and health

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

- A current injury or physical limitation
- Neck, back or spinal problems
- Shoulder, wrist, knee or ankle problems
- Heart, circulation or blood-pressure conditions
- Asthma or other breathing difficulties
- Epilepsy, seizures, fainting or loss of consciousness
- Limited vision or balance difficulties
- Recent surgery or medical treatment
- Pregnancy or possible pregnancy
- A fear of heights, panic attacks or severe anxiety at height

- Medication that affects balance, 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 operator may refuse or end participation if it reasonably believes that a participant is impaired.

Because participants may be responsible for their own connection to the safety system, the operator may refuse entry to the course, even after a booking has been paid for, if it reasonably believes that a participant is under the influence of alcohol or drugs.

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 operator 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 operator 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 operator 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 ropes course activities.

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

- Inaccurate height, weight or other information I provided
- A health condition or limitation I failed to disclose
- My unclipping, or my failure to stay clipped in as instructed
- My incorrect or unauthorised use of a harness, lanyard or connector
- My failure to follow course rules or staff instructions
- My unsuitable clothing, footwear or loose items
- 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 **[Ropes Course Operator Name]** and its owners, directors, course instructors, belayers, spotters, course managers, employees, contractors and representatives from claims arising solely from:

- Ordinary and inherent ropes course risks knowingly accepted in this form
- Inaccurate height, weight or other relevant information I provided
- My failure to stay clipped in or to follow reasonable safety rules or instructions
- Incorrect or unauthorised use of harnesses, lanyards or connectors
- My reckless, unlawful or prohibited conduct
- The conduct of another participant where it was outside the operator'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 operator from waiving.

Privacy and recordkeeping

I understand that the operator 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 operator’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, including height and weight, is complete and accurate.
- I understand that a ropes course may cause serious injury.
- I understand and accept the ordinary and inherent risks.
- I understand how the safety system works and will ask staff if I am unsure.
- I agree to stay clipped in at all times and to follow all staff instructions.
- 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 *

Participant’s height (include cm or ft/in) *

Participant’s weight (include kg or lb) *

☐ I have read, understood and agree to the Ropes Course 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 ropes course activities. *

Signature *