

Everest Costa Brava Regulation

Instructions/guidelines at “High Ropes Course”

This type of high ropes course is unique. Our technical safety equipment in the high ropes course is in perfect order and condition. However the correct use of the safety equipment is the attendants' responsibility only. Therefore it is inevitable to be concentrative and careful with yourself and with the safety equipment and the fixed gears. Otherwise bad or even fatal injuries can be caused. Please protect yourself by observing all of our warning and information signs, safety information, the general conditions and the following instructions/guidelines! Thank you. Throughout the stay in the high ropes course all instructions of the staff have to be observed. Each customer has to take part in the complete practical and theoretical safety-instruction carried out by our staff. The safety equipment (harness, safety rope with carabiners and safety roller) cannot be used without participation in the safety instruction carried out by our staff. After the safety instruction each attendant has to care for his/her safety equipment and to get through the course self-dependent.

Special guidelines for the high ropes course Everest Costa Brava:

Both safety carabiners always need to be hooked in the safety rope. When changing the carabiners to another wire only one carabiner may be removed and then hooked in another rope. Never remove both safety carabiners at the same time from the safety rope!

Please check the safety equipment of your partner. Each carabiner that safes your life is thus checked by 4 eyes (yours and your partners') which are always better than 2. Each station may only be passed by 1 person. There may be **not more than 3 persons** on each platform at the same time. Locked or restricted areas must not be passed. Children with a body height under 1.40 m need to be accompanied by an adult during the course. School classes and children's groups (per 5 children under 1.40 m) optionally can be accompanied by an adult or need to book additional safety staff.

The access to the high ropes course **requires** a physical and mental condition which neither is a danger to you nor to others. If in doubt please refer to our safety staff and inform us about any impairments of health. Persons who are influenced by **drug use (such as alcohol etc.)** **must NOT participate!**

The entrance to the high ropes course requires a body height of min. 1.30 m. Persons suffering from any diseases and/or being under medical treatment such as spine, bone or heart diseases, hypertension, cardiovascular diseases and also pregnant women and persons with a weight of more than 120 kg **MUST NOT** take part for reasons of their own safety! Our staff is authorized to exclude persons who do not meet the required demands described above (mental and physical condition).

By accepting these instructions/guidelines you assure that there is no objection to the participation in an activity which is physically demanding and requires a great deal of self-dependent safety action. By signing this document you further more confirm that you have intently read, understood in content and agree to these instructions/guidelines. By signing this consent form you also accept the general conditions of the Everest Costa Brava (for underage persons the legal guardian is liable). In case of violation the management of the Everest Costa Brava reserves the right to exclude the regarding persons from the area. We CAN NOT assume any liability for valuables and/or clothing committed to us.

**Agreement about the instructions/guidelines
at "High Ropes Course"**

I herewith agree to the above instructions/guidelines and to the general conditions of the Everest Costa Brava.

First name, last name: _____

Postal address: _____

Phone or mobile No.: _____

Email: _____

How did you hear about us? (please check where applicable)

Internet

Friends/ family/ job

Advertisement (leaflet, newspaper article, etc.)

Radio advertisement (radio station) _____

Other _____

Authorization Protection of Personal Data

According to the provisions of organic Law 15/1999 of 13 December on the Protection of Personal Data, the concerned parent / accompanying persons is informed and authorizes the inclusion of their personal data and if the child personal data, to a file owned by INVERSIONES GF MEDITERRANEA, S.L., with the purpose of managing the registration of interested Everest activities Costa Brava.

Checking the following boxes you provided consent for:

Recording your image during activities and publish them on social networks and on the website of the company

Receive commercial information of the activities and services of the company.

You are informed that you may also exercises your right to access, rectification, cancellation and opposition of your personal data, by letter or communication to G. F. INVESTMENTS MEDITERRANEA, S.L., Crta. Santa Cristina D'Aro, 85 Platja D'Aro, 17249- Girona. G. F. INVESTMENTS MEDITERRANEA, SL, undertakes to fulfill its duty to maintain the secrecy of personal data contained in the file and guarantees they adopt all security measures legally required to ensure the confidentiality of such data.

Place

Date

signature