

## Croghan Hill Challenge Ltd.

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### SAFETY BRIEFING

Croghan Hill Challenge comprises of approximately 50 obstacles, ranging from:

- uprights;
- crawling;
- tunnels;
- climbing poles;
- climbing ropes;
- rope bridges;
- trenches;
- drops (ranging from 6ft)
- steps (up and down);
- walls;
- cargo nets;
- water-slides.

**PLEASE NOTE:** All obstacles are optional, and if participants are not 100% confident in their ability to negotiate a particular obstacle, please avoid it.

Care is of paramount importance, both for yourself and other participants, and in particular on the slides, drops and climbs. Interfering with obstacles and pushing or shoving other participants while trying to complete the course is not allowed. It is important to keep a safe distance between participants to avoid an accident as injury to fellow participants is not covered under our insurance policy.

### SUITABILITY TO PARTICIPATE

Declaration of suitability:

Please state that you do not suffer from any of the following:

- injuries
- medical conditions
- allergies
- pregnancy
- phobias and fears
- any other relevant information

### DISCLAIMER OF LIABILITY

Participation in the Croghan Hill Challenge is a potentially dangerous activity with a risk of serious injury. While training and a good level of fitness minimises this risk, such risks cannot be completely eliminated. No guarantees as to a participant's safety can be given and the Croghan Hill Challenge Ltd., its promoters, agents or any related parties does not make any claim that participation in the Croghan Hill Challenge will be accident or injury free. Participants take part **STRICTLY AT YOUR OWN RISK AND MUST ACCEPT FULL RESPONSIBILITY FOR THE RISKS ASSOCIATED WITH PARTICIPATING IN THE CROGHAN HILL CHALLENGE AND ITS RELATED ACTIVITIES.**

Name of Participant: \_\_\_\_\_

(BLOCK CAPITALS)

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_