

## Croghan Hill Challenge Ltd.

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### DESCRIPTION OF ACTIVITIES

#### A) TEAM BONDING ACTIVITIES:

- Helium Rod Challenge:** Group has to raise a plastic Rod Chest high and lower it to the ground using thumbs only.  
Risk Assessment: **LOW risk of injury**
- Bucket Challenge:** Group divided into pairs of which one person is blind-folded, has to hold a rope attached to a bungee and depend upon his partner for instructions. The group has to capture the bucket and move it and then release the bucket.  
Risk Assessment: **LOW risk of injury**
- Train Challenge:** A team of 9 people blind-folded have to maneuver guided by a driver by non-verbal commands.  
Risk Assessment: **LOW risk of injury**
- Skis Challenge:** Teams of 6 people have to work in harmony to operate/move on skis like centipedes.  
Risk Assessment: **LOW risk of injury**
- Caterpillar Challenge:** Teams of 6 have to operate in harmony in a Caterpillar Belt.  
Risk Assessment: **LOW risk of injury**
- Conveyor Belts Challenge:** Team of 6 have to carry one member on their bodies by rotating in harmony.  
Risk Assessment: **LOW risk of injury**
- Triathlon Challenge:** The Skis, Caterpillar, Conveyor Belt are all completed together in competition between teams.  
Risk Assessment: **LOW risk of injury**

#### B) 5K RUN:

This comprises of two lapses of a 2.5k cross country run which has no obstacles and is totally roped off.

**I declare that I have read the above description and I am aware of what the activities involve.**

Name of Participant: \_\_\_\_\_  
(BLOCK CAPITALS)

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

# Croghan Hill Challenge Ltd.

## DECLARATION OF FITNESS TO PARTICIPATE IN CROGHAN HILL CHALLENGE ACTIVITIES

*Croghan Hill Challenge Activities are strenuous and require one to be in good health and good physical condition.*

I hereby declare that I am physically fit and do NOT suffer from any physical infirmities or chronic illness which would affect my ability to engage in Croghan Hill Challenge Activities, and that I am NOT now under any treatment for any of the following:

- |   |                                  |
|---|----------------------------------|
| 1. Cardiac or pulmonary condition or disease. | 5. Nervous disorders             |
| 2. High or low blood pressure.                | 6. Kidney or related diseases.   |
| 3. Fainting spells or convulsions.            | 7. Shortness of breath           |
| 4. Epilepsy                                   | 8. Inner or middle ear problems. |
|   | 9. Diabetes.                     |

*If you suffer from any of the above conditions, you must inform your instructor now. Failure to do so may cause permanent damage or injury to yourself or endanger the lives of other participants in Croghan Hill Challenge Activities.*

I declare that I do not suffer from previous injuries or surgery, which might be aggravated by participating in Croghan Hill Challenge Activities.

I further declare that I am not currently on any regular medication and have not taken alcoholic beverages or drugs during the last eight (8) hours.

It is against Rules of Regulations of Croghan Hill Challenge Ltd. to take either alcohol or drugs while engaging in Croghan Hill Challenge Activities.

I agree to adhere to these Rules at all times.

NAME: \_\_\_\_\_ (BLOCK CAPITALS)

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

*(IF UNDER 18 OR OVER 50 YEARS YOU MUST INFORM YOUR INSTRUCTOR)*

# Croghan Hill Challenge Ltd.

## INDEMNITY & ASSUMPTION OF RISK FORM

NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEL NO. HOME: \_\_\_\_\_ MOBILE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

IN CASE OF EMERGENCY NOTIFY: \_\_\_\_\_ TEL: \_\_\_\_\_

### EXEMPTION FROM LIABILITY:

With regard to participating in Croghan Hill Challenge Activities and the use of Croghan Hill Challenge Ltd. equipment I hereby undertake to indemnify Croghan Hill Challenge Ltd. against all liability to myself or other person/persons in respect of death or injury (including that due to neglect or default on the part of any of the above named, their servants or agents) suffered by me as a result of using the services, equipment or facilities provided by Croghan Hill Challenge Ltd., I declare that this indemnity shall not be terminated by my death but shall be deemed to be a continuing indemnity binding on my legal representatives and my estate in general.

### ASSUMPTION OF RISK

I understand that I will be performing Croghan Hill Challenge Activities. I **ALSO UNDERSTAND THAT CROGHAN HILL CHALLENGE ACTIVITIES WILL EXPOSE ME TO RISK OF PERSONAL INJURY AND DEATH.** I freely and voluntarily choose to assume all risks inherent in Croghan Hill Challenge Activities, including risks of equipment malfunction or failure to function which may result from some defect in design/manufacture, improper or negligent operation or use of the equipment, for the thrill of participating in Croghan Hill Challenge Activities.

### INSURANCE

Croghan Hill Challenge Ltd. does not supply insurance cover for individual participants of Croghan Hill Challenge Activities. I understand I am not covered for personal injury or personal injury or general liability insurance during Croghan Hill Challenge Activities. Individuals may take out their own insurance with insurance provider of their own choice.

### REPORTING OF INJURY OR SUSPECTED INJURY

I will report immediately any injury or suspected injury to my instructor. I agree to make a full and complete written report before leaving the scene of the alleged or suspected injury.

I have seen and have had explained to me and consequently understand the warnings of outlining the risks involved should I participate in Croghan Hill Challenge Activities.

I have read this agreement carefully, I fully understand its contents and I can sign of my own free will.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ (PRINT NAME) Date: \_\_\_\_\_

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## **If needed at later stage**

### 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 Croghan Hill Challenge is a potentially dangerous activity with a risk of serious injury. While training and good level of fitness minimizes this risk, such risks cannot be completely eliminated. No guarantees as to 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.