

Safety rules briefing

1 General concepts

1.1 Extreme activities

For the purposes of this document, extreme activities include outdoor and indoor recreation and sports. It includes, among other things, mountain climbing, rock climbing, ice climbing, speleology, skiing, ski touring, freeriding, hiking (trekking), via ferrata, canyoning, rafting on mountain rivers, expeditions to remote and inaccessible places, etc. And also the use of auxiliary facilities within the programme offered, such as motor vehicles, ski lifts and lifts, helicopter, ski rafts, ferries, boats and so on. In addition, extreme activities include accommodation in hotels, mountain shelters and huts, campsites and tents within the city limits or in the countryside.

1.2 Guest

A participant in an extreme activity.

1.3 Mountain guide

UIAGM/IFMGA Mountain guide, accompanying a guest during an extreme activity.

2 Main statements

2.1 The guest must follow the mountain guide's instructions, which are directly related to safety.

2.2 The guest is obliged to follow the itinerary chosen by the mountain guide. Leaving such an itinerary is at the guest's own risk.

2.3 It is the guest's responsibility to have a sufficient amount of suitable equipment, as well as clothing and footwear necessary for safe participation in the extreme activity. The list of equipment is agreed upon with the mountain guide before the start of the extreme activity.

2.4 It is the guest's responsibility to use all the equipment at his/her disposal to ensure his/her safety, such as a climbing helmet, safety harness, avalanche detector, sunglasses and other equipment. Missing equipment can be provided by the mountain guide or rented.

2.5 It is the guest's responsibility to inform the mountain guide of his or her state of health.

2.6 The guest is required to have an insurance policy that covers the costs of search and rescue operations as well as medical care in the country where the extreme activity takes place.

2.7 During extreme activities, it is the guest's responsibility to be sober and in an adequate state of mind. The use of alcohol and intoxicating substances is prohibited.

3 Risk acceptance, guest details and signature

It has been brought to my attention and is fully understood that engaging in extreme activities is potentially dangerous to human health and life, that regardless of the precautions taken, various extreme accidents caused by nature or man may occur, which may result in injury or death. The most likely accidents include: avalanches, rockfalls and landslides, landslides and mudslides, floods, heavy precipitation (snow and rain), thunderstorms, falls and falls from rocks and trails, falls into glacial crevasses and rivers. It is also clear to me that a mountain guide cannot guarantee absolute safety from various emergencies during extreme activity. I am informed that maintaining personal hygiene may be difficult during extreme activities, which in turn may lead to various diseases.

By my signature, I confirm that I have carefully read this safety manual, that I accept all of its terms and conditions and that I understand all of its points. Parents or legal guardians are responsible for minors and sign the safety instructions.