

**YOU MUST READ THESE SAFETY RULES OF PARTICIPATION BEFORE YOU START. READING AND COMPLYING WITH THESE RULES MAY REDUCE (BUT NOT ELIMINATE) THE RISK THAT YOU WILL HAVE A SERIOUS ACCIDENT.**

## PARTICIPATION REQUIREMENTS

- All participants must be at least 16 years old and physically able to carry and throw an axe at the target safely.
- Participants must not be under the influence of alcohol or drugs.
- All participants must have completed the Assumption of Risk and Release of Claims form prior to participating in the activity.

If you do not fit these criteria, you may not participate in the Axe Throwing.

## BEFORE STARTING

- A gentle warm-up or stretch is advisable to avoid pulls or strains from the activity.
- You will be provided with a safety brief prior to participation at which time you will be instructed on safety guidelines, throwing technique and the structure of play. Do not begin the activity until you have completed the safety brief and your instructor has advised that you may begin.
- Tie up long hair, tuck away necklaces and remove hoop/dangling earrings and all loose jewelry.
- If you need glasses or contacts to drive, you should wear them while throwing axes.
- Discard chewing gum as it is a choking hazard.
- Do not smoke, eat or drink while participating in Axe Throwing. There will be water stations nearby should you get thirsty.

The Axe Throwing range is made up of two Lanes. Before throwing axes, all participants must complete the training where a Go Ape instructor will provide safety guidelines, throwing technique and the structure of play. If you or any member of your group does not understand English, you must make your instructor aware of this. If you decide you do not wish to proceed beyond training, Go Ape will refund your money.

**YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY, AND THE SAFETY OF ANYONE YOU ARE SUPERVISING. Misconduct or dangerous behavior will not be tolerated and will result in your session ending early.**

- Follow all directions given to you by your instructor throughout the time of your activity.
- AXES: We do not permit **any** axes or weapons to be used outside of those specifically provided to you by Go Ape. The use of outside axes is strictly prohibited.
- Participants must throw overhand only; one or two hand throwing is permitted. Please follow the verbal instructions on throwing techniques
- SPECTATOR LINE: Spectators and participants not currently throwing axes must remain behind the Spectator Line. NEVER enter the throwing area until invited to do so by instructor.
- RED SAFETY LINE: NEVER cross the safety line until both throwers' axes are at a complete stop.
- AXE RETRIEVAL: After axes are thrown, participants are permitted to cross the Safety Line to retrieve their axes. Pick up your axe using the handle and avoid any splinters. NEVER leave the throwing lane with an axe.
- CLOSED-TOE SHOES ARE REQUIRED. It is recommended that participants wear properly-fitting clothing that allows a good range of motion, avoiding loose clothing that can snag on objects. You may be asked to remove any clothing items or accessories that present a safety risk.
- Misconduct and or dangerous behavior will not be tolerated. If staff, in their sole discretion, determine you are not following rules or behaving dangerously, your session will be terminated and no refund issued.

## MEDICAL WARNING/RESTRICTIONS:

Axe Throwing is designed for use by participants of average mobility and strength who are in reasonably good health. Certain pre-existing medical conditions, including but not limited to obesity, high blood pressure, pregnancy, heart disease or other cardiac condition, severe pulmonary problems, and other pre-existing musculo-skeletal problems may impair the safety and well-being of participants, as may other medical and psychological conditions. All such conditions likely increase the inherent risks of the experience. The Activity is not recommended for Participants with pre-existing medical injuries or underlying medical conditions that may put them at greater risk of injury, illness, heart attack or death. Participants with pre-existing or underlying medical conditions are strongly recommended to consult with his/her physician prior to participation

**REMEMBER: FOLLOW THE INSTRUCTIONS PROVIDED TO YOU BY YOUR INSTRUCTOR AND NEVER THROW AN AXE WHEN THERE IS SOMEONE IN A LANE!**

If you are seen not following any of these Safety Rules of Participation or exhibiting dangerous behavior, you will be required to stop the Activity. By participating in this activity, you acknowledge that you have received and read these Safety Rules of Participation and agree to comply with them.