

**FULL ON AS (DAGALI FJELLPARK)**

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Safety rules Rafting &amp; Canyoning, FULL ON AS, Perstulvegen 100, 3588 Dagali, 28.5.2021

# Safety rules

## Rafting & Canyoning

*Dagali Fjellpark has a good safety management system, and we take all precautions to minimize risk during the implementation of all our activities. The participants will receive careful briefing and training in how to behave in different situations that we assume may arise during the activities. Nevertheless, participation in our activities is associated with some unpredictable dangers, therefore we ask you to be aware of it.*

*All participants in our activities must fill out a self-declaration before the activity starts. Persons under the age of 18 must have the guardian approval to be able to participate in activities. Children under the age of 12 must be accompanied by an adult all the time.*

### Activities – risk assessment:

#### **Rafting:**

Rafting takes place in Hol municipality on the river Numedalslågen, which offers several sections where you can raft. Every day the water level on the bridge in Dagali is read. Then the trips are planned. It is determined which section is suitable for family trips, classic trips, and FULL ON rafting.

Classic rafting corresponds to grade 4 (4+), FULL ON rafting to grade 4+ (5). Family rafting is grade 2 (3).

Family rafting and classic rafting correspond to the low-risk activities, FULL ON rafting corresponds to the medium risk activity.

#### **Canyoning:**

Canyoning takes place in Ølmøså under Sønstevaten in Nore and Uvdal municipality.

Classic canyoning corresponds to the low-risk activity, FULL ON canyoning corresponds to the medium risk activity.

### Safety training:

- You are obliged to pay attention during the safety training.
- Make sure that you have understood what has been included in the safety training.
- You are obliged to follow the guide's instructions and commands.
- Ask if anything is unclear.
- If you take medicine or have previous injuries that may affect the activity, you are obliged to inform about this in advance of the activity.

### Age limit:

- The limit for family rafting is 8 years or 120 cm.
- The limit for classic rafting is 12 years or 140 cm.
- The limit for FULL ON rafting is 15 years.
- The limit for classic canyoning is 14 years and weight under 120 kg.

- The limit for FULL ON canyoning is 18 years and weight under 120 kg.
- Persons under 18 years must have the guardian approval to be able to participate.

#### **Participation in the activities is not allowed for people who:**

- cannot swim
- are influenced by alcohol or other drugs
- are pregnant
- are outside age/height/weight requirements
- have heart/lung problem
- have back/neck problems
- have other serious injuries or disorders.

#### **Safety equipment:**

##### **Helmet:**

Helmet has a strap with clips under the chin. Some helmets have a tightening mechanism in the back of the head.

- The helmet must be worn on the head during the entire activity.
- The strap under the chin must be tightened so it cannot slip over the chin.
- Tightening mechanism must be tightened so the helmet is tight.
- If you are unsure whether the helmet fits correctly, contact the guide immediately for an inspection.

##### **Life jacket:**

Life jacket has four clips and three adjusting straps on each side of the jacket.

- The jacket must be fastened with all clips, adjusting straps tightened and the jacket must be tight during the entire trip.
- If you are unsure whether the jacket fits correctly, contact the guide immediately for an inspection.

##### **Harness:**

Harness has three buckles - one on the hip belt and one in each thigh belt.

- The harness must be fastened during the entire activity.
- If you are unsure whether the harness fits correctly, contact the guide immediately for an inspection.

##### **Wetsuit and shoes:**

- You will get a wetsuit and shoes by a guide upon attendance. You are obliged to use both during the activity.
- If you want extra warmth, use of wool underwear is recommended.
- You must wear swimwear under the wetsuit.

#### **GDPR - processing of personal data:**

- FULL ON AS will never provide any customer's personal data without their knowledge or clearly expressed and prior consent to third parties for marketing purposes.
- On the basis of the request, FULL ON AS deletes all provided customer's personal data, as long as the data is not needed for fulfilment of contractual and legislative obligations or protection of the company's legitimate interests.

## SELF-DECLARATION Rafting & Canyoning

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| <p>1. I confirm that <b>I can swim</b>.</p> <p>2. I confirm that I do not have or have had <b>diseases that can cause acute seizures</b>.</p> <p>3. I confirm that I am not <b>pregnant</b>.</p> <p>4. I accept that <b>photos and video</b> of me taken in connection with the implementation of activities with FULL ON AS can be used commercially and in the company's marketing.</p> <p>5. I confirm that in connection with the activity <b>I will receive safety information</b> about situations that may arise along the way.</p> <p>6. I confirm that by participating in the activity, <b>I agree to have received sufficient safety information</b>, and that I will be informed of risks and possible injuries.</p> <p>7. I am aware that FULL ON AS has <b>liability insurance, but not accident insurance for the participants</b>. I therefore know that I am not insured through FULL ON AS if an accident occurs as a</p> | <p>result of a situation I am to blame for, or for which FULL ON AS cannot be blamed.</p> <p>8. I accept that neither FULL ON AS, nor persons acting on behalf of FULL ON AS, can be held liable for any kind of damage that should occur to me in connection with the activities. By injury is meant both injury to person and objects.</p> <p>9. I accept that third parties, including family, may not make claims against FULL ON AS or against persons acting on behalf of FULL ON AS.</p> <p>10. Any claims against FULL ON AS are regulated by Norwegian law, and any lawsuits that do not lapse on the basis of the above must be brought at FULL ON AS local court.</p> <p><b>11. I have read the above, and understood what the statement entails. I understand that by signing below, I accept the risks that activity under the auspices of FULL ON AS entails, and at the same time I accept the above disclaimer.</b></p> <p>12. I agree to the processing of personal data.</p> |
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## Risk assessment: Rafting

**Who is at risk: All participants, other users of the river**

Hazard	Probability, level of severity	Measures	Remaining hazard
Drowning	High probability Deadly	<ul style="list-style-type: none"> <li>All participants must wear a lifejacket that is properly fitted</li> <li>Correct number of guides in relation to group and conditions</li> <li>Effective group supervision and management</li> <li>Participants' swimming skills should be known in advance</li> <li>Non-swimmers must be accompanied by qualified personnel</li> <li>Procedure for "man overboard" should be reviewed and practiced</li> <li>Rafts must be equipped with surface-mounted safety ropes</li> <li>Throwbag should be easily accessible and ready for use</li> </ul>	Low
Hypothermia	High probability Deadly	<ul style="list-style-type: none"> <li>Appropriate clothing adapted for conditions</li> <li>Participants vital signs should be monitored during the activity</li> </ul>	Low

		<ul style="list-style-type: none"> <li>The trip leader looks at and calculates changes on river and weather, as well as the participant's condition. The activity can be canceled or postponed.</li> <li>Adapted first aid equipment should be available and ready for use</li> </ul>	
Moving and handling of boats, equipment and swimmers	High probability Serious	<ul style="list-style-type: none"> <li>Use mechanical assistance to lift/move where convenient</li> <li>Use the right number of people to distribute the weight to move a boat or equipment or to help swimmers return to the raft</li> <li>Coordinate loading and unloading on trailers</li> <li>Guide and use good lifting techniques</li> </ul>	Low
Sharp objects upon entry and exit of river	Likely Small	<ul style="list-style-type: none"> <li>River shoes should always be used</li> <li>Prior to accession, areas should be checked for sharp objects</li> <li>Participants are informed of potential danger</li> </ul>	Low
Risk of being stuck in the boat, vegetation or stone	Likely Serious	<ul style="list-style-type: none"> <li>Participants are instructed on the correct sitting position in the boat</li> <li>Participants are informed about the dangers of vegetation and rock and what to do if you fall out of the fleet</li> <li>Avoid dangerous rocks and vegetation</li> <li>„Sit down“ command is reviewed and practiced</li> <li>Securing all loose straps and ropes</li> <li>Participants are instructed in the correct floating/swimming position in the river</li> </ul>	Low
Adverse weather and river conditions	Likely Serious	<ul style="list-style-type: none"> <li>Activity and location are assessed and approved by the trip leader on a daily basis</li> <li>Data regarding water level and weather forecast shall be interpreted correctly and taken into consideration when trip leader and guides plan the trip</li> <li>Continuous risk assessment during the activity</li> </ul>	Low
Head Injuries	Possible Serious	<ul style="list-style-type: none"> <li>Helmets should always be worn</li> </ul>	Medium

## Risk assessment: Canyoning

Who is at risk: All participants

Hazard	Probability, level of severity	Measures	Remaining hazard
Falling	High probability Deadly	<ul style="list-style-type: none"> <li>Safety talk</li> <li>Appropriate group/leader ratio for the environment</li> <li>Effective group supervision and management</li> <li>Control all ropes, anchors, harnesses and carabiners before use</li> <li>Proper instructions before rappelling</li> </ul>	Low

**Safety rules Rafting & Canyoning, FULL ON AS, Perstulvegen 100, 3588 Dagali, 28.5.2021**

		<ul style="list-style-type: none"> <li>• Have guides securing the ropes at all times</li> </ul>	
Hypothermia	High probability Deadly	<ul style="list-style-type: none"> <li>• Appropriate clothing worn for expected conditions.</li> <li>• Awareness of participant's condition throughout activity</li> <li>• The tour guide assesses changes in the river and weather conditions, as well as the participant's condition. Based on that the trip could be cancelled or postponed</li> <li>• Communication with vehicle/Fast evacuation</li> <li>• Appropriate first aid equipment available and ready to use</li> </ul>	Low
Slipping on rocks	High probability Serious	<ul style="list-style-type: none"> <li>• Safety talk</li> <li>• Continuously reminding participants of the hazard</li> <li>• Walk slowly</li> </ul>	Medium
Sharp objects in and around the canyon	Likely Small	<ul style="list-style-type: none"> <li>• River shoes should always be used</li> <li>• All areas should be checked for dangerous objects before use</li> <li>• Participants made aware of any potential hazard</li> </ul>	Low
Entrapments in rope	Likely Small	<ul style="list-style-type: none"> <li>• Participants briefed on hazards of getting stuck on the rope</li> <li>• Tie up loose straps and hair before rappelling</li> <li>• Appropriate first aid equipment available and ready to use</li> </ul>	Low
Adverse weather and river conditions	Likely Serious	<ul style="list-style-type: none"> <li>• Data regarding water level and weather forecast shall be interpreted correctly and taken into consideration when trip leader and guides plan the trip</li> <li>• The activity and the site approval of the trip leader on daily basis</li> <li>• Continual dynamic risk assessment during the activity.</li> </ul>	Low
Falling objects	Likely Very serious	<ul style="list-style-type: none"> <li>• Participants instructed in hazards regarding falling objects</li> <li>• Keep participants away from edge above</li> <li>• Keep participants away from "landing area"</li> <li>• No descending straight above each other</li> </ul>	Low
Guide incapacitated	Possible Serious	<ul style="list-style-type: none"> <li>• Appropriate group/leader ratio for the environment</li> <li>• Briefing amongst the guides before entering the canyon</li> <li>• De-briefing amongst the guides after the activity ends</li> </ul>	Low
Participants separated	Possible Serious	<ul style="list-style-type: none"> <li>• Guides repetitively do a head count of the participants</li> <li>• The participants should always inform the guides about their whereabouts</li> </ul>	Low