

## RESCUE 3 NORGE – LIABILITY RELEASE FORM RESCUE COURSES

As a course participant on a rescue course with Rescue 3 Norge AS, you must be aware of the following risks:

- Foot entrapment is the biggest risk when using a wrong swimming position in the river.
- Dehydration may occur with insufficient fluid intake
- On cold days low water temperatures may increase risk of hypothermia.

***Rescue training takes place in an element where misjudgements can fast lead to very critical situations. Personal safety must be first priority during the entire course.***

### Information about you:

- Can you swim: YES NO
- Shoulder / back / neck problems. NO / YES If yes: \_\_\_\_\_ Other: \_\_\_\_\_
- Epileptic, diabetic, asthma, angina or other medical conditions that can occur by cold water or stress. NO / YES If yes: \_\_\_\_\_
- Other things that can put yours or others safety at risk: \_\_\_\_\_
- Do you wear lenses / glasses on the river? YES NO
- Do you have travel/ accident insurance\*: YES NO
- I agree that Rescue 3 Norge can use photos taken on the course for marketing/media: YES NO

As a participant, you undertake to follow the rules Rescue 3 Norge AS has set with regard to equipment, PPE, safety and infection control measures.

If you do not follow the instructor's instructions during the course, he/she may refuse you further participation. Refund of course fee will not be given. If you are under the influence of drugs, alcohol or narcotics, you may not participate.

### Insurance\*:

Participation in courses is at your own risk. We do not accept responsibility for financial consequences of possible accidents/injuries that may occur during courses.

Members of Norsk Folketrygd with a residential address in Norway should have a combination travel/accident insurance. Other participants are recommended to take out a travel insurance in their own country.

Covid-19: The course follows infection control measures in accordance with the authorities' rules and recommendations at all times.

**I declare that I have understood that my participation on a rescue course run by Rescue 3 Norge AS happens on my own responsibility.**

Course date:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip code/Place: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Next of kin: \_\_\_\_\_ Tel: \_\_\_\_\_

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

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

*All your information will be treated confidentially.*