



RISK ACKNOWLEDGEMENT AND MEDICAL DECLARATION FORM

Welcome to Wellington Whitewater Adventures LTD!

White water rafting, Inflatable Kayaking, Canyoning and Abseiling.

Since 2020 we've been passionate about adventures in the commercial world offering epic experiences to our guests.

Adventure tour risk levels vary with the grade of the tour, it is important to choose the activity that best suits you considering its risks.

Safety and regulations:

- Rafting, inflatable kayaking, canyoning and abseiling are regularly audited by AdventureMark to comply with New Zealand adventure activities regulations.

Pre-Activity requirements:

- **Disclosure:** Before participating an activity you must read and accept our risk disclosure using our risk disclosure form provided
- **Briefing:** A full safety briefing will be provided at the start of each activity.

Rights and responsibilities:

- **Exclusion rights:** Wellington white water adventures ltd reserves the right to withdraw anyone who may endanger themselves or others, including those under the influence of alcohol or drugs. We may cancel or modify trips if safety concerns arise.
- **Liability limitation:** Wellington white water adventures ltd is not liable for loss, damage, disruption to travel plans or mental injury except as required by the consumer guarantees act 1993 or other New Zealand laws.
- **Agreement:** By accepting this disclosure you confirm you are of legal age (or have parental/guardian consent if under 18) and agree that this disclosure binds your heirs and successors.

Media consent:

- Wellington white water adventures ltd may capture and use photographic images, audio or video recordings of your activity for marketing or promotional purposes.

Inherent Risks:

- **Natural Hazards:** New Zealand's weather can be extreme and change rapidly leading to conditions like rising rivers, landslides, rockfalls and other unforeseen hazards. The climate may vary from very hot to very cold increasing the risk of exposure. Earthquakes are also a concern presenting sudden and potentially severe hazards. Additionally, stinging insects and plants may pose a risk.
- **Vehicle and roads:** Some activities involve road travel, which includes risks associated with sharing roads with other vehicles.
- **Conduct of the guide and others:** The behaviour of guides, staff and other participants can affect safety.

Rafting specific hazards:

- Rivers are dynamic environments with hidden risks. Natural obstacles such as rocks and strong currents can pose severe hazards that may not immediately be visible. Risks include falling out of the raft or the raft flipping over causing collisions and big swims. Rafting may also include the risk of inhalation of water and drowning. The seriousness of these events generally increases with the grade of the river (please see below for grades.)
- All rivers are amplified by remote outdoor environments which often means limited access to medical services. By participating, you accept all associated risks including the potential of physical injury, death or property loss.

River Grades:

- **Grade 1:** Rapids are small regular waves, The passage is clear and easy to recognize and negotiate. Care may be needed with obstacles like fallen trees and bridge piers.
- **Grade 2:** Rapids have regular medium sized waves (less than 1meter), low ledges or drops, easy eddies and gradual bends. The passage is easy to recognise and is generally unobstructed although there may be rocks in the main current, overhanging branches or log jams.
- **Grade 3:** Rapids with fairly high waves (1-2meters), broken water, stoppers and strong eddies, exposed rocks and small falls. The passage may be difficult to recognise from the river and maneuvering to negotiate the rapid is required.
- **Grade 4:** Difficult rapids with high, powerful, irregular waves, broken water, often boiling eddies, strong stoppers, ledges, drops and dangerous exposed rocks. The passage is often difficult to recognise and precise and sequential maneuvering is required.

Canyon specific hazards:

- **Slippery Surfaces** – Wet rock, algae, and moss increase risk of slips and falls.
- **Loose or Falling Rocks** – Natural erosion and human activity can cause rockfall hazards.
- **Anchor Failure** – Natural or artificial anchors for abseiling can fail if improperly set or degraded.
- **Rope Hazards** – Rope damage from abrasion, tangling, or jamming; risk of hair, clothing, or fingers caught in devices.
- **Incorrect Abseil Technique** – Poor rope management or control can lead to falls or collisions.
- **Complex Terrain Navigation** – Steep, confined spaces make communication and rescue difficult.
- **Exposure to Heights** – Risk of falling from cliffs, ledges, or during transitions between sections.

This risk disclosure is provided in accordance with the requirements of the Safety Audit Standards and the Health and Safety at Work Act 2015 .

Risk disclosure and acknowledgement:

I accept that this activity takes place in a dynamic and natural environment and therefore inherently involves risks and potential hazards. The risks and hazards include but are not limited to falling from heights, drowning, slipping, equipment failure and risks associated with driving on public roads. I also understand that unpredictable or uncontrollable natural hazards or events (such as earthquakes, tsunami, tree fall, rock fall landslide and floods) may occur. I am aware that participating in the activities offered by Wellington White water adventures limited (hereafter named as "the organizer") can be hazardous if they are not conducted with care, control, and responsibility. I acknowledge that these risks could result in my injury (physical or mental) or even death. I acknowledge that the organizer can not guarantee my safety, but will take all reasonable and practical steps to keep me safe while I am involved in the activities. However, I accept full responsibility for my own actions or inaction. By signing, I agree that I have read and understood the risk disclosure information.

Medication/health conditions:

- I have informed the staff of the organizer (or will, prior to undertaking the activity) of any medical conditions, previous injuries and any medication I am currently taking which may affect my ability to undertake the activity.
- I confirm I am physically fit and able to participate in the activities and I have not been advised otherwise by a qualified medical person.
- I consent to receive any medical treatment that may be deemed necessary by the organizer in the event of injury, accident or illness while undertaking the activities.
- I understand it is my responsibility to disclose any conditions (health or otherwise) that may affect the safety and enjoyment of myself and those around me.

Conditions of participating inactivity:

- I agree to participate with care, and obey the rules set out by the organizer and instructions given by the guides (or representative of the organizer) at all times.
- I accept that if I do not adhere to the instructions and rules, or if I act dangerously, recklessly or in a way that might endanger myself or others, the organizer may remove me from the activity. If this occurs, I acknowledge I will not receive a refund.
- I accept the organizer reserves the right to cancel this activity if it becomes a concern for my safety or the safety of others.
- I agree to wear appropriate clothing and use/wear all safety clothing and equipment (as required by the organizer) at all times when participating in activities.

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