

SPECIFIC DISCLAIMER

Snowshoeing

Winter hiking in the mountains with snowshoes (special equipment attached to hiking boots to provide greater flotation on snow) is a physical activity that takes place on snow-covered mountain terrain, following trails of varying difficulty. It can nevertheless be demanding, requiring both physical and mental effort, as well as an appropriate level of preparation and equipment, depending on the length of the route and the environment in which it takes place.

What you need to know:

Characteristics of the activity and specific risks:

The risks involved are those typically associated with physical activity carried out in a harsh and remote winter environment. These may include injuries caused by falls and/or falls from height, slips, tendon injuries due to overexertion or improper use of the limbs, frostbite of various types, sunburn or snow rash, heat exhaustion, physical fatigue, and similar conditions.

Essential personal clothing and equipment:

Snowshoes, trekking poles, winter hiking or snow boots (trainers are not permitted), suitable winter or ski clothing, a windproof jacket, gloves, and a backpack (a 30-litre pack is sufficient for day trips). We also recommend sunglasses or ski goggles, a hat, a change of clothing, a thermos, water, and snacks.

General safety information:

Before the start of the activity, the Mountain Guide will conduct a briefing to provide essential safety and activity-specific information. Participants are required to cooperate fully and follow all instructions given by the Guide.

For multi-day excursions and, in any case, for trips taking place in high mountain environments, personal equipment must include winter hiking boots, gaiters, a mountain backpack with rain cover (we recommend a 50–60 litre pack for multi-day tours), a waterproof and windproof jacket with hood, technical microfibre and fleece base layers, a windproof fleece, hiking socks, ski mountaineering trousers, a sun hat and wool hat, two pairs of gloves (waterproof gloves are strongly recommended), an insulated water bottle (minimum 1 litre), sunglasses, sunscreen, lip balm, and trekking poles.

Physical preparation and minimum technical skills required:

Except for multi-day or high-altitude activities, no specific prior experience is required. However, participants must be in good general physical condition and willing to undertake an activity that involves physical and mental effort. The use of drugs or alcohol is strictly prohibited.

"I, the undersigned, with reference to the activity I have booked, hereby declare, having carefully read the information document and the following legal notes, the following:"

- I declare to have attentively read the disclaimer together with the specific document containing detailed information regarding the activity booked and the manner in which this activity will be carried out by the Mountain Guides of Mmove®.
- I also declare to have fully understood the contents of the disclaimer together with the specific document and to confirm I wish to participate in the above mentioned activity in the manner described in the documentation;
- I declare to be aware of the fact that the activity which I have agreed to take part in involves taking risks, only partly minimised by the presence of a Mountain Guide. Nevertheless, I am aware of the remaining risk, which can never be completely eliminated and I agree therefore not to bring any action against the Mountain Guides and/ or the organisation in case of accident;
- I agree and oblige myself to scrupulously abide by all the rules, instructions, indications, warnings given to me by the Mountain Guide, before, during and after the activity until return to base, and to abstain from any personal initiative, collaborating at all times for the successful outcome of the activity according to what was indicated and/or requested;
- I also agree from now on to accept and not question any eventual decisions by the Mountain Guide, to postpone, suspend or change the excursion, recognising forthwith the validity of the motive for such a choice;
- I agree and am obliged to take with me adequate clothing as described in the specific document, and also to wear and use all the material and equipment which the Mountain Guide gives me, following all the indications and instructions given. I declare I am aware of the risks arising from the use of the gear, which must follow the indications given but still under my own responsibility. I also agree to reimburse any possible damage caused by the improper use of the material supplied by the organisation;
- I also declare that I have adequate experience for the activity I have registered for, am of sound health and not affected by any physical pathologies which could influence the successful outcome of the activity or could prevent me from carrying out the activity or be worsened by the activity and/or cause the Mountain Guide to adopt any specific measures and provisions. In which case, I agree to make direct contact with the organisation at least 48 hours beforehand in order to permit Mmove to accept/refuse/modify my booking. In any case, I agree to accept the evaluation by the Mountain Guide as to my suitability or not to take part in the activity and/or the means to deal with any part of it;
- I am aware that during the transfers by minibus of the organisation it is obligatory to fasten seat belts and indemnify Mmove from the payment of any eventual fines from omitting to do so.
- I declare that I do not hold Mmove responsible for the theft or loss of any personal property left on board the organization's transport.
- I agree forthwith to the publication and use for publicity and/or promotional purposes on the part of Mmove of any video or photographs taken during the activity and depicting me.
- I agree not to use/divulge/circulate photographs/videos taken by me during the activity and depicting third parties/other participants without the permission of those involved;
- I also confirm that I authorise the management of my personal data under the terms of Legislative Decree No.196 of 30 June 2003