

SPECIFIC DISCLAIMER

Climbing

Climbing can be defined as the ascent of an obstacle, it may be on a rocky crag, the natural expression and preferred terrain on which climbing has developed in all its forms, on rock, on an artificial climbing wall or on any kind of urban structure. The route undertaken during a climb is called a climbing route. To achieve this, requires the knowledge and the use of rope climbing techniques with individual alpinism or sports equipment. It is a complex discipline characterised both by distinctive physical and motor skills as well as an important psychological and mental component. Difficulties vary depending on the type of environment tackled.

The risks are typical of climbing and alpinism in general, together with those that result from a difficult and inhospitable climate (rock falls, falling from a height, slipping, loss of balance, sudden change in the weather, etc. ...)

What you need to know:

Characteristics of the activity and adequate measures to mitigate specific risks

To undertake the activity of climbing it is obligatory to have all the specific and appropriate equipment to ensure your safety and aid your ascent (climbing shoes, helmet, harness, descenders, quickdraws, carabiners,)

Essential personal clothing and equipment

In addition to the material mentioned above, all participants are requested to have adequate clothing according to the type of climbing activity previously chosen (indoor or outdoor, crags, high-altitude activity, ...). For outdoor activity it is advisable to have sunglasses, hat/cap and 1-2 lt of water

General precautionary information

Before starting the activity, the Mmove Guide will hold a briefing to supply specific information regarding the activity which is about to be undertaken. All participants must collaborate and follow all the indications of the Mountain Guide.

Optional equipment

Action camera, possibly to be made available by Mmove®

Physical preparation and minimum technical requirements for the type and length of activity

A good knowledge of the techniques of climbing is required depending on the climbing activity previously chosen. For a first approach to indoor climbing or for some crags, it is not necessary to have any specific competence, but it is essential to be in good physical shape, not suffer from vertigo and not have a fear of the void. No drug or alcohol abuse.

"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