

**PARTICIPANT'S DECLARATION OF COMPLIANCE WITH THE SAFETY RULES AND INSTRUCTION RECEIVED**

**Name of the speleological excursion:** ..... **(hereinafter referred to as "the Excursion")**

**Name and surname of the participant:** .....

**Date of birth:** .....

**Address:** .....

**I am a member of the speleological society:** .....

I hereby declare that

1. I have knowledge and experience with the exercise of speleological activities and with movement in caves;
2. my health condition allows me to take part in the Excursion, my physical and psychological abilities are not diminished by an illness, stress, sickness or other influences, in particular consumption of alcohol, medication or other narcotic and psychotropic substances;
3. I have been informed about the necessity to use during the Excursion only the tools and parts of equipment which are intended for such activity, in particular safety helmet, lights, footwear and clothing;
4. I have been acquainted with the plan of the Excursion and I undertake to observe it and I will not change the plan of the Excursion nor will I abandon the Excursion participants without the knowledge of the Excursion leader;
5. I will follow the instructions of the Excursion leader during the Excursion and I will conduct myself in such a way as not to endanger my health and life or that of other Excursion participants;
6. if I become aware of a condition which threatens the safety of the Excursion participants, I will immediately do everything in my power to avert the condition and I will immediately notify the Excursion leader about such condition;
7. in case of an emergency (accidents, cave-ins, etc.), I will provide assistance to the persons affected, especially immediately give first aid, if such assistance is needed, furthermore I will notify the Excursion leader and other participants of the Excursion of the emergency event and, if necessary, I will call the Integrated Rescue System (hereinafter referred to as "**IRS**") via telephone number 150 or 112;
8. I have been informed of the number of Excursion participants;
9. I have been instructed by the Excursion leader in safety and how to move safely in a cave, including how to climb ladders; I have been also instructed by the Excursion leader that during the Excursion

there may be situations when more than one person will be on a ladder and that the movement of more than one person on a ladder may be life-threatening;

10. I have been informed of the conditions of the Excursion (darkness, humidity, cold) and the plan of the Excursion, in particular of the vertical and horizontal profile of the Excursion, the length and width of each ladder;
11. I have been informed of all risks related to the participation in the Excursion and I understand these risks, in particular the risk of fall from height;
12. I have been instructed by the Excursion leader in the possibility of using the technique of self-belaying while climbing the ladders and I declare that\*;

I require to use self-belaying

I do not require to use self-belaying

*\* mark the required*

13. I have sufficient amount of information to make a free decision whether to participate in the Excursion and to assess whether my health condition allows me to participate in the Excursion;
14. I agree to participate in the Excursion at my own risk.

In ..... on .....

\_\_\_\_\_  
Participant