

fortified

WARRIOR

SAFETY RULES

Obstacle Training is FUN
But Let's Keep it Safe!

- 1** Do not enter the obstacle areas until permission is given from the Fortified Staff.
- 2** Before attempting obstacles you must receive the **SAFETY ORIENTATION** with instructions on proper use of obstacles and proper falling technique.
- 3** A **LIABILITY WAIVER** must be signed in order to participate - Minors must have a Parent/Legal Guardian Signature - **NO OTHER ADULT / NO EXCEPTIONS**
- 4** **Participants must FOLLOW DIRECTIONS from the Fortified Staff** - if participants are not willing to follow directions they will be asked to sit-out or leave the obstacle training area until they are willing to follow directions.
- 5** **SPECTATORS & PARENTS** are encouraged to watch & cheer participants on from outside the obstacle area but should not sit on, stand in way of or get on obstacles.
- 6** **NO CLIMBING or SITTING** on fencing or boundaries, sides of spider climb, on top side of cargo nets or obstacle rigs, or any other areas not designated for use.
- 7** **NO CLIMBING up the warped wall** with feet in hand holds, no climbing onto or standing on top of the warped walls without permission from Fortified Staff.
- 8** **HIGH RISK OBSTACLES** must be attended by staff to monitor & spot participants. (Including but not limited to large warped walls, rope climb, distance laches, zipline, devil steps, incline monkey bars, ring toss, pegs, and slack-line / balance obstacles)
- 9** Do not wander through obstacle space unaware of people working on obstacles around you. **Always BE AWARE OF YOUR SURROUNDINGS.**

YOUR SAFETY IS YOUR RESPONSIBILITY

Obstacle training can be dangerous. Falls from any height can result in serious injury. We have safety rules in place to help protect you!