

## Day of introduction

HANGGLIDING OR PARAGLIDING



Introduction to: 🛛 Hanggliding 🖓 Paragliding

## Disclaimer for day of introduction to hanggliding or paragliding

## 1. Information

On a day of introduction, you will be given the possibility to try out hang- - or paragliding under supervision. We will walk you through basic start- and landing techniques in theory and practice and most will during their attempts experience being lifted off the ground for the first time. For your own safety it's important to use a helmet, gloves and supportive boots.

This opportunity will give you the possibility to decide whether flying is something you would like to continue doing.

Good luck

## 2. Declaration

I understand and acknowledge that these activities have inherent dangers that no amount of care, caution, instruction, or expertise can eliminate, and I voluntarily assume the risk of death or personal injury sustained by participating in these activities. I am aware that many life- and accident insurances do not cover injuries sustained through hang- or paragliding activities.

I have informed those responsible for the day of introduction of any illness I have which may affect the activity including, but not limited to, diabetes, epilepsy, heart disease etc.

I understand and acknowledge that the instructor and NLF/HPS (including NLF's affiliated clubs) or any of NLF's (including NLF's affiliated clubs') officers, directors and members cannot be held responsible for liability, claims, demands or causes of action that I hereafter may have for injuries, damages or death arising out of my participation on a day of introduction to hanggliding og paragliding.

I understand and acknowledge, with effect also for my heirs/relatives, that I cannot sue or make claim against NLF/HPS (including NLF's affiliated clubs) or any of NLF's (including NLF's affiliated clubs') officers, directors and members for damages or other losses sustained as a result of my participation in gliding activities.

I have evaluated the activity with respect to the authorities' advice concerning social distancing in regard of Covid-19.

I have read this form and release of liability and I fully understand its contents and meaning. I sign it of my own free will.

Place and date

Signature of participant

Name in capital letters

If the participant is younger than 18 years of age, he/she must have the signature of both parents to confirm that they agree that their son/daughter can participate on a day of introduction to hang-, para- or speedgliding.

Signature of parent

Name in capital letters

Signature of parent

Name in capital letters

Møllergata 39, 0179 Oslo. Tlf (+47) 23 01 04 50. Bank 5002.05.01577 Foretaksnummer: NO-974 953 552 MVA. www.nlf.no post@nlf.no

Side 1 av 2



Insurance coverage		
	Insurance Benefits:	Basic insurance
Α	Treatment guarantee – deadline for start-up survey/treatment	3 months
В	Dentist and treatment expenses	Kr 50.000
C	Accidental deaths-by insured's death payable to bereaved family	Kr 200.000
D	Treatment expenses-maximum time is 2 years.	Kr 50.000
E	Disability	Kr 600.000
F	Liability in respect of third party as athlete, coach or manager. If applicable, maximum EUR 1.500.000	Kr 15.000.000
G	Repatriation-Home transport only	Kr 350.000
Н	Personal belongings lost by accident (not personal aircraft equipment)	Kr 5.000
I	Image Diagnostics (MR, CT, Ultrasound and x-ray)	Kr 3.000

Participants on a day of introduction to hanggliding or paragliding are automatically insured under the pilot's license with basic insurance coverage.

Insurance terms and conditions can be found at: <u>https://www.nlf.no/hps/forsikring</u>.

Date

Signature of passenger

Name in block letters

If the participant is younger than 18 years old, he/she must have a signature from both parents to confirm they have been informed about the insurance coverage.

Signature of parent

Name in capital letters

Signature of parent

Name in capital letters