

Basic training in:  Hanggliding  Paragliding  Speedgliding

## Self-declaration form for basic training i hang-, para- or speedgliding

### 1. General information

Basic training in hang-, para- or speedgliding can only be given by the hang-, para- and speedglidingsection of NLF (NLF/HPS) or by a club affiliated with NLF. The basic training will give the participant theoretical and practical training so that one after completed and passed training will be able to fly a hang-, para- or speedglider in accordance with the rules and regulations given by the authorities and as described in the safety system of NLF/HPS.

To obtain a student licence for hang-, para- or speedgliding the participant must demonstrate practical skills to the instructor as well as pass the theoretical exam for the subjects that are part of the training.

To participate in basic training, one has to be a member of NLF, the HPS-section and an affiliated club as well as sign up for the compulsory basic insurance. You sign up for membership and buy the accident/3.party insurance through Min Idrett. Extended insurances beyond the compulsory are also available through Min Idrett.

<https://www.nlf.no/hps/forsikring> - Talk with you instructor about insurance coverage)

### 2. Declaration

I understand and acknowledge that hang-, para- or speedgliding activities have inherent dangers that no amount of care, caution, instruction, or expertise can eliminate totally, and I voluntarily assume the risk of death or personal injury sustained by participating in hang-, para- or speedgliding activities. I have made an assessment of and are aware of my assessment responsibility when it comes to the risk involved.

I have signed up for a membership in NLF, the HPS-section and an affiliated club and have bought the compulsory insurance through Min Idrett which covers eventual accidents or 3. party responsibilities that might arise during basic training. I am familiar with the terms and conditions for this insurance. I am also aware that many life- or accident insurance do not cover injuries sustained during flying activities with a hang-, para- or speedglider.

I have informed those responsible for the basic training and the instructor(s) of any health issues I have that might be relevant in connection with the flying activities, hereunder, but not limited to diabetes, epilepsy or heart conditions.

I understand and acknowledge that the instructor(s) 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 in basic training.

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

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.**

\_\_\_\_\_

Date

\_\_\_\_\_

Signature of student

\_\_\_\_\_

Name in capital letters

If the student is younger than 18 years old, he/she must have a signature from both parents to confirm that they agree to that their son/daughter can be participate in basic training within hang- or paragliding.

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Signature of parent

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Name in capital letters

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Signature of parent

\_\_\_\_\_

Name in capital letters