

**YOU ARE ABOUT TO TAKE PART IN A POTENTIALLY DANGEROUS ACTIVITY. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES AND ADVICE. IF YOU DON'T FOLLOW THESE SAFETY RULES YOU COULD HAVE A SERIOUS ACCIDENT.**

**ALL PARTICIPANTS MUST HAVE COMPLETED A RISK ACKNOWLEDGEMENT AND CONSENT FORM PRIOR TO PARTICIPATING IN THE ACTIVITY. UNDER 16S MUST HAVE THE FORM SIGNED BY A RESPONSIBLE ADULT.**

## RULES:

- All participants must be over the age of 16 and be physically able to throw an axe at the target safely.
- Participants must not be under the influence of drink or drugs.
- Always listen to your instructor and follow the instructions given to you.
- Axes must never be thrown when a person or animal is within the lane.
- Pick up your Axe using the handle and look out for splinters.
- Dangerous behaviour will result in the end of your session.
- Closed toe shoes must be worn by all participants.
- Entry to the range, past the spectator rail is by invitation only.
- Do not cross the safety line until both throwers Axes have come to a complete stop and your instructor confirms it is okay to do so.

## BEFORE YOU START:

Axe throwing is not a particularly strenuous activity however a gentle warm up and stretch will serve you well before you begin.

Your instructor will happily share their Axe-pertise with you, listen to them and you will soon be splitting the bullseye.