

The use of the slopes for skiing, snowboarding, ringos and tobogganing are by nature physical and demanding sports which have inherent hazards associated with them. Whilst SSC does take all necessary precautions to try and ensure the safety of all participants, unfortunately accidents may occur. For your own protection it is essential to have arms and legs covered for skiing, boarding and ringos; for tobogganing it is recommended that arms and legs are covered at all times. Gloves are required at all times. Helmets are available to use if you wish to. Any equipment issued is non-transferable

If you suffer from back or neck pain, carry a previous injury, or are pregnant we recommend that you do not participate. We also recommend all valuables and glasses are removed prior to slope use.

TO WARN YOU: THE TOBOGGAN MAY SWERVE & TURN DURING DESCENT, AS A RESULT YOU MAY ROLL OFF THE TOBOGGAN. RINGOS WILL SPIN & GO BACKWARDS DURING DESCENT. THE LIFT IS USED TO ASSIST WALKING TO THE START OF THE RINGO RUN; THIS CAN BE PHYSICALLY CHALLENGING. SHOULD YOU FIND THIS DIFFICULT WE RECOMMEND USING THE STEPS. SHOULD YOU NOT FEEL COMFORTABLE WITH ANY OF THIS WE WOULD ADVISE THAT YOU DO NOT PARTICIPATE.

The management accepts no responsibility whatsoever for any loss or injury resulting from any persons' involvement in the use of the slopes, except where this loss or injury results from the negligence of Suffolk Ski Centre employees or agents.

It is a requirement by the Suffolk Ski Centre insurers that all participants are required to be signed in on this form, with a parent/guardian signing on behalf of any participant under 16 years, thereby authorising them to take part. By signing this form, you accept all of SSC's terms, conditions and regulations and will accept any staff decision. We recommend you watch the safety video and insist on receiving a full briefing before commencing with your activity. Full T&C's on reverse.

DATE	TIME	FIRST AND SURNAME (Print)	AGE IF UNDER 16	SIGNATURE	PARENT/ GUARDIAN COUNTER SIGNATURE

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It is required that all the following terms and conditions are adhered to at all times. If you do not agree with or follow these, we reserve the right to cancel your session and cease your activity.

- All slope users have a duty of care to take measures to avoid injury to themselves and others.
- It is our duty to monitor the participation of your activity. Any decision made by staff is final. Rudeness towards staff will not be tolerated.
- Parents/guardians are responsible for the supervision of their children. We request you familiarise yourself with the relevant rules and information to help staff enforce with minors.
- Footsteps, seating areas and paths are provided for safe movement whilst on site. We request slope users and spectators keep to these designated areas and not venture on to grass/fenced off areas.
- No refund will be offered as a result of mechanical failure of any uplift facility.
- Bookings will go ahead at all times, regardless of weather, unless staff deem it unsafe to continue.
- Any person deemed to be acting in an unsafe, destructive, disruptive or aggressive manner will be removed from the activity or site without refund or credit.
- We recommend removing any loose items before taking part.
- Ski and board lessons:
 - Tuition is only permitted by authorised instructors.
 - Lessons run at the pace of the least experienced and at a level deemed safe by the instructors
 - Any decision made by your instructor is final
- Ski and board practice:
 - All slope users must meet the minimum safety requirements of being able to control speed and direction, link turns, use of a drag/button lift and stop on command. Any person that does not meet these requirements will be removed from the slope without refund or credit.
 - Helmets are compulsory for the use of jumps, rails and slalom poles.
 - Slope users must follow the FIS safe way code and respect other slope users.
- Ringos:
 - Age and time restrictions apply to sessions. This is for your safety and enjoyment and will be enforced by staff.
 - The lift is physically demanding. If you struggle to use it there are footsteps provided.
 - Spectators must not step on to or through the lift track and remain a safe distance away.
- Tobogganing:
 - Slopes are watered regularly. As a consequence, you may get wet.
 - Age and time restrictions apply to sessions. This is for your safety and enjoyment and will be enforced by staff.
 - You may roll off, spin round and go backwards.

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