



INFORMATION ON ALTOLARIOGUIDE ACTIVITIES

Name

Surname

Telephone number

Residence

Tax ID code

Altolarioguide, Through its members Claudio Pozzi and Daniele Curti, it organizes courses, excursions, trips and expeditions in Italy and abroad in the following activities: sport climbing, trad climbing, ski mountaineering, freeride, splitboarding, canyoning, trekking, via ferratas, ice climbing, mountaineering, snowshoeing and heliskiing.

The above activities, due to their nature and the environment in which they are carried out, present objective risks that cannot be avoided. In particular:

1. CLIMBING:

Climbing is an outdoor activity that involves overcoming an obstacle, which may be a rock face—a typical natural feature on which this activity has developed in all its forms and styles—a boulder, an artificial wall, or an urban structure. Progressing along a climbing route, called a climbing route, requires knowledge and use of climbing techniques, along with the use of individual mountaineering equipment. Climbing, in all its forms, is a complex activity, both physically and mentally, and its difficulty varies depending on the route being tackled.

The environment in which the activity takes place is by its nature impervious and presents its own objective and intrinsic risks, which cannot be completely eliminated even through the intervention of the Guide and the application of the risk management procedures indicated by the same.

The most significant objective risks, connected to the type of environment and activity, can be identified, by way of example but not limited to: a) falling rocks, trees or parts thereof, objects moved by animals or other objects from above; b) sudden changes in weather conditions; c) the possibility of slipping, loss of balance, crushing and/or trapping of limbs during progression; d) lack of immediate accessibility by the rescue system present in the area in the event of an accident; e) misuse of technical equipment.

2. MOUNTAINEERING:

Mountaineering is an outdoor discipline based on overcoming the difficulties encountered while climbing a mountain (slope and/or wall). The ascent can take place on rock, snow, ice, or mixed routes, using rock, ice, or skiing techniques, depending on the season. The difficulties vary depending on the chosen route and the season: in the summer and on routes at lower altitudes, progression difficulties generally involve overcoming vertical obstacles, requiring mountaineering techniques such as roped climbing or the use of specific mountaineering equipment. For high-altitude and winter ascents, the difficulties described above are compounded by those related to the presence of snow and ice, as well as low temperatures. Overcoming these challenges requires the use of additional specific technical skills (snow and ice climbing) and specific mountaineering equipment (ice axes, crampons, ice screws). When mountaineering at high altitudes or in winter, physical capabilities decrease due to the altitude and harsher weather conditions, with the potential for physiological disorders related to the specific type of environment.

The environment in which the activity takes place is by its very nature impervious and presents its own objective and intrinsic risks, which cannot be completely eliminated even through the intervention of the Guide and the application of the risk management procedures indicated by the Guide. The most significant objective risks, connected to the type of environment and activity, can be identified, by way of example but not limited to: a) falling rocks, ice, trees or parts thereof, trees or parts thereof, objects moved by animals or other objects from above; b) dehydration and heat stroke; c) sudden changes in weather conditions, with the consequent risks of hypothermia and frostbite; d) the possibility of slipping, loss of balance, crushing and/or trapping of limbs during progression; e) at high altitudes and in general in snowy environments, the possible occurrence of avalanches; f) lack of immediate accessibility by the rescue system present in the area in the event of an accident, g) improper use of technical equipment.

3. VIA FERRATA:

A via ferrata is an outdoor activity consisting of a rock climb along a route equipped with metal cables, brackets, ladders, and artificially fixed anchors to facilitate access to a summit or any other mountaineering destination that would otherwise only be reachable with knowledge of specific roped climbing techniques using individual mountaineering equipment.

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The most significant objective risks, connected to the type of environment and activity, can be identified, by way of example but not limited to: a) falling rocks, trees or parts thereof, objects moved by animals or other objects from above; b) sudden changes in weather conditions; c) the possibility of slipping, loss of balance, crushing and/or trapping of limbs during progression; d) lack of immediate access by the rescue system present in the area in the event of an accident; e) misuse of technical equipment.

4. TECHNICAL TREKKING:

Technical trekking is an outdoor activity consisting of walking along more or less challenging trails located in mountainous terrain, which require physical and mental commitment as well as adequate preparation and suitable equipment tailored to the type of route chosen and its duration.

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The most significant objective risks, related to the type of environment and activity, can be identified, by way of example but not limited to: a) falling rocks, trees or parts thereof, objects moved by animals or other objects from above; b) sudden changes in weather conditions; c) the possibility of slipping or losing balance while moving forward; d) the onset of tendon injuries due to fatigue or improper use of limbs; e) the possibility of physical and/or psychological overexertion; f) the onset of sunburn, heat stroke and/or sunburn; g) misuse of technical equipment; h) lack of immediate access to the rescue system present in the area in the event of an accident.

For the technical trekking sections where climbing techniques are used, please refer to the “Climbing” section above.

5. CANYONING

Canyoning is an outdoor discipline that involves descending narrow gorges crossed by rivers, with obstacles primarily consisting of rock faces, waterfalls, slides, and flooded corridors. The environment in which the activity takes place is by its very nature impervious and presents its own objective and intrinsic risks, which cannot be completely eliminated even through the intervention of a Guide and the application of the risk management procedures indicated by them.

The most significant objective risks, related to the type of environment and activity, can be identified, by way of example but not limited to: a) falling rocks, trees or parts thereof, objects moved by animals or other objects from above; b) sudden changes in weather conditions, with the presence of possible floods, changes in temperatures and the resulting risks of hypothermia, frostbite and drowning; c) the possibility of slipping, crushing and/or trapping of limbs during progression or during jumping and tobogganing activities; d) unforeseen obstructions in the riverbed that force the group of participants to exit the canyon; e) misuse of technical equipment; f) in the event of an accident, the lack of immediate access to the rescue system present in the area, with the consequent impossibility of evacuating the injured person quickly.

The Alpine Guides of *Altolarioguide* They assure you that they will do everything possible to reduce the risks. These risks are minimal, but you should be aware that they cannot be eliminated completely.

Furthermore, you must be aware that carrying out the aforementioned activities requires an adequate state of health and adequate psychophysical and athletic preparation, which, by requesting to participate in them, you declare to possess.

Your non-sensitive personal data will be known to *Altolarioguide* for carrying out activities. *Altolarioguide* declares to process the data in compliance with current legislation for the sole purposes related to your participation in the activities. Photos and photographic recordings may be taken by *Altolarioguide* and, with your consent, may publish on your website or on your profiles on online platforms or social networks.

By signing, you declare that you have read and understood the above and that you have been informed by *Altolarioguide* of everything necessary in relation to the specific activity that he/she will carry out, and gives consent to the processing of his/her personal data in the terms indicated.

The date is the signature.

By subscribing, you consent to the publication on the website or on profiles on online platforms or social networks of *Altolarioguide* of the audiovisual material that portrays it in the carrying out the activity in which he will participate.

The date is the signature.

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