



Outlife Adventures Pvt. Ltd.

Bldg.No.8-2-350/B/B,
A.K Enclave Complex,
Road No 3, Lane Adjacent to Pizza Corner,
Banjara Hills, Hyderabad 34.
Landline: 040-6888 8087.
Email: info@outlife.in
Website: www.outlife.in

Safety Measures

Safety is the key to the success of any adventure sports / outdoor activities. We have taken all the measures to ensure the safety of the participants. The process to review safety measures is continuous with us.

Rappelling & Sports / Rock Climbing

Equipment used for rappelling and Rock Climbing is certified internationally under UIAA standards and is maintained routinely by outlife for safety worthiness. Below are the details of equipment we use:

1. 10 mm good condition Static rope / Dynamic Ropes with breaking strength of 20 and 8 KN respectively
2. ATC Are graded internationally to bare 24 Kilo Newtons
3. Rock Empire Figure 8 of 25 kN
4. Rock Empire Carabineers 20 to 40 KN
5. Rock Empire Harness – 6 KN
6. Petzl Safety helmet
7. Gloves
8. Keeping safety in mind, we attach a redundant safety belay line to the harness.
9. A demonstration of the right technique and guidelines are briefed before the activity.
10. The person rappelling down will be harnessed and hooked on to the main line and safety line before rappelling.
11. All participants are double checked for safety equipment and belay line before they attempt rappelling.
12. All instructors are well trained and have conducted many successful rappelling and sports natural rocks climbing sessions at locations keeping safety as the first priority in mind.
13. The anchoring for rappelling and climbing is done based on the SERENE principle which makes it very safe and redundant.

River Crossing

1. Twin cables are pushed over the river / water body, and all safety measures are taken on location.
2. We use high quality ropes and pulleys and certified equipment.
3. Safety is a priority, so participants are double-clipped to a cable at all times and accompanied by professional instructor.

Capture the Flag Activity

1. Participants are allowed to move on open areas of the forest reserve but one should refrain from teasing any wildlife, on any chance encounter or disturb the flora.
2. First-aid box is a mandatory in our kit at the activity location.
3. Full hands & full leg length garments, cap/hat with sports shoes are advised during the months of January, February and March. It is always advisable to follow the instructions of the instructor and adhere to the do's and don't's.
4. During the activity, participants are advised to remain watchful of uneven ground, dangling branches, avoiding touching of plants, flowers, ant or termite hill.

Raft Building Activity

1. The crew and instructor are trained to handle all short of difficulties of participants during the activity including first aid and water rescue
2. The raft building equipment used is of the near best quality available, suitable for learning purposes.
3. The participants are provided with the life jackets as a safety measure.
4. The water at the location is checked by the instructor, before hand for the activity.
5. The Participants are advised to apply water repellent SUN tan lotion / gel before the activity and change into suitable garments for the activity.
6. We've put together the short check-list of things to bring, in our expectation document. Participants are advised to go through it and make sure that you come prepared.
7. Participants are advised to not swallow or drink the water in which the activity is being held.

Important Notes

We request the decision making team to go through the following points.

1. First aid and trained first aiders are part of any routine.
2. We do not encourage persons with severe heart disease, epilepsy, high blood pressure, physically challenged, expecting mothers to go for any outdoor adventure activity.
3. Alcohol consumption is strictly prohibited for at least 12 hrs prior to any outdoor activity.
4. Non swimmers can participate in the water based sessions in certain sections of the water body, as per the instructions of the instructor / facilitator.
5. We reserve the right to alter or cancel any outdoor session depending on the unavoidable circumstances or due to the adverse weather condition.
6. All participants have to sign the shared `Disclaimer` before starting for the activity location.
7. All foreigners are to produce a copy of their valid passport and visa copy before joining the outdoor activity.
8. Participants need to disclose their age and any medical condition to the outdoor activity facilitator / instructor, prior to attempting any activity. The decision of the instructor is final on all health related issues.
9. Smoking is not allowed in the wilderness areas and any area notified as no-smoking zone at the location and during team travel.
10. Participants are responsible of all their valuables and gadgets at all times.
11. Usage of mobile phone during any outdoor activities has to be avoided at all times.
12. Our adventure and facilitator support crew instructions to participants need to be followed for safety and security reasons at outdoors.