

AXE THROWING SAFETY INFORMATION

Axe throwing is an activity that involves physical exertion. The activity you are about to participate in has risks. Following the safety rules the instructor informs you of will reduce that risk. Failing to follow these rules and advice could result in injury.

In consideration of participating in the sport of Axe throwing , I represent that I understand the nature of this activity and that I am qualified, in good health, and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this activity involves risk of bodily injury which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place and that there may be other risks either not known to me or not readily foreseeable at this time: and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my own participation. Ridgeway Axe Throwing (D.C. & R.J Allen & Partners) does not accept any liability unless due to our negligence.

To minimise risk please:

- Remove all jewellery and piercings.
- Long hair to be tied back.
- Bring any medication needed to the activity.
- Suitable closed toe footwear to be worn.
- Suitable clothing to be worn.
- Over 10s only

Please give details of any health conditions and medication, if unsure please consult your doctor for approval to participate.

I confirm that the participant has read and will abide by all the information provided on this leaflet and that the medical information provided regarding them is true to the best of my knowledge.

Printed Name of Participant* _____

Signature of Participant* _____

Date Signed*: _____ Date of Birth*: _____

Phone number*: _____ (for track and trace)

E-mail*: _____

Would you like to sign up to our mailing list to hear about more events and discounts on axe throwing?

YES / NO

PERMISSION FOR PHOTOGRAPHY

I grant permission for Ridgeway Axe Throwing to use photographs in any social media and advertising

YES / NO

Throwing Axe Technique & Safety Briefing

To minimise risk during activity please:

- Remove all jewellery
- Tie back long hair
- Bring any medication needed to the activity
- No alcohol on site
- Wear suitable closed toe & sturdy footwear
- Wear suitable clothing
- No alcohol to be consumed directly before a session
- Over 10s only

Whilst throwing the thrower should:

- Stand on the throwing line and adopt their most comfortable throwing stance. Usually a right handed throw would mean positioning the left foot forward of the right and vice versa to ensure stability when throwing.
- Hold the throwing axe in the preferred throwing hand by the base of the handle.
- Place the thumb of the throwing hand to the side of the handle, not on the top.
- Face the target keeping your eye on the bulls-eye.
- Keep their wrist stiff, raise the throwing arm until the throwing axe is just over the shoulder. They should not take their eye off the target.
- Throw the throwing axe overarm keeping the wrist straight. Do not flick the wrist.
- Release the throwing axe as their arm comes forward in a similar position to throwing a ball overarm.
- Do not throw too hard.
- Depending on the resulting throw and angle of embedding the activity leader may decide on adjustment for successive throws.

Important Safety Measures to follow for throwing axe sessions

- Only purpose made throwing axes and throwing axes should be used as outlined above.
- Only use the Axes provided.
- Axe throwing must only take place under the supervision of an appropriately knowledgeable activity leader.
- Participants should wait until instructed by the activity leader before retrieving the axe.
- When transporting a throwing axe, the participant should walk and hold the axe to the side of their body with sharp edges downwards and away from the body and other people. Sheave the axe for transporting.
- The activity leader is the only person who can instruct a thrower to remove a throwing axe from a target unless they have explicitly delegated or shared this responsibility.
- Any observers should be instructed to stand in a safe location by the activity leader as per the range diagram.
- Participants deemed to be deliberately throwing too aggressively should be managed appropriately by the activity leader to ensure their own and others safety.
- The age, maturity and ability of each participant should be considered. Min age 10.
- To avoid accidental head or upper body injury when retrieving throwing axe, it is important to remove those items that are embedded into a target before those lying on the floor.
- If any equipment is damaged it must not be used - either repair or replace the damaged item in accordance with the manufacturer of the device.
- A throwing axe should be offered handle first to another person.
- The transport of equipment to and from a throwing area should be managed by the activity leader.
- Throwing axes must be stored in a locked toolbox or similar secure place when not in use and when in transit between throwing sessions.