

# Relaxed Holidays

## with Formula Sports

**Municipal Youth and Sports Department presents  
Essential conditions for participating in « Formula Sports » activities**



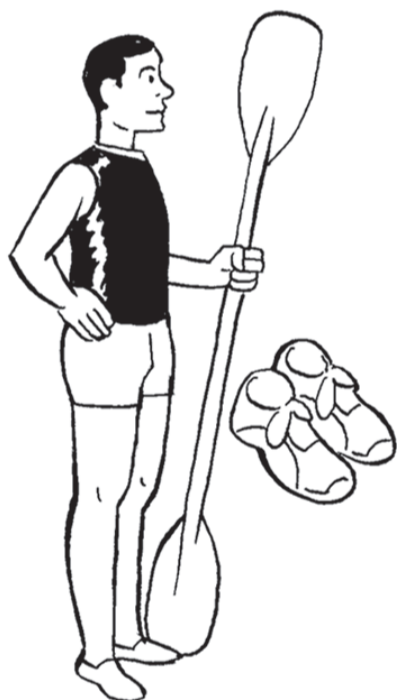
**Knowing how to swim if participating in nautical activities (kayaking, rowing...).**



**Provide a swimming certificate (eg: anti-panic swimming test, certificate of proficiency prior to the practice of nautical and aquatic activities, attestation that you are at ease in the water ...) or sign a waiver stating the participant is able to swim when participating in water activities for children and adults.**



**Everyone wishing to participate in the proposed activities (Kayak, canoe, Nordic Walking and walking) must be aware that most of these activities require you to be in good physical condition. It is therefore recommended that you talk to the staff of the Municipal Youth and Sports Department to ascertain if you are physically capable of participating in the activities.**



**Swimwear is very recommended for kayaking and rowing (plus old trainers).**



**Wearing the lifejacket is mandatory.**



**It is strongly recommended to take a shower after water activities.**



**Every participant undertakes to respect scrupulously:**

**- Safety instructions related to the practice and use of equipment made available by the management staff.**



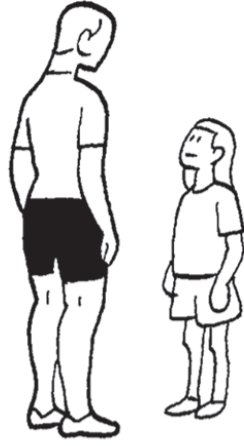
**- To return the equipment in good condition (Any damaged material may result in an invoice for compensation for the damage suffered by the municipality).**



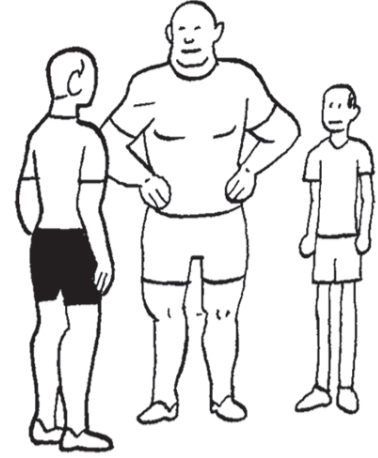
**- Other users of the activity sites, including fishermen during canoeing.**



**The duration of activities may be adapted according to:**  
**- Attendance**



**- The age of the participant (maturity, traction, morphology).**



**- Physical abilities of each person**



**- Climatic conditions.**



**The staff of the Municipal Youth and Sports Department may refuse access to certain activities to persons:**  
**- Judged insufficiently prepared.**



**- Whose behaviour is likely to endanger their lives, that of other users and that of the supervising staff (taking alcohol, illicit substances, medicines ....).**



**- According to the number of participants (maximum number and sufficient supervision).**



**Every participant undertakes to respect scrupulously the cleanliness of the premises and the activity sites, flora, fauna and the environment, in particular by bringing back any rubbish during the excursions.**



**Every participant undertakes to respect scrupulously private properties crossed or bordering activity sites (hiking, Nordic walking)**



**Children must be accompanied. For those children whose responsible adults are absent during activities, a registration form with parental authorization must be completed (form provided by the campsite reception or by the supervisory staff).**



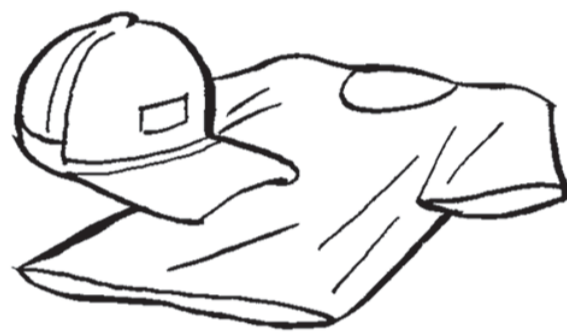
**Provide sun protection (all activities).**



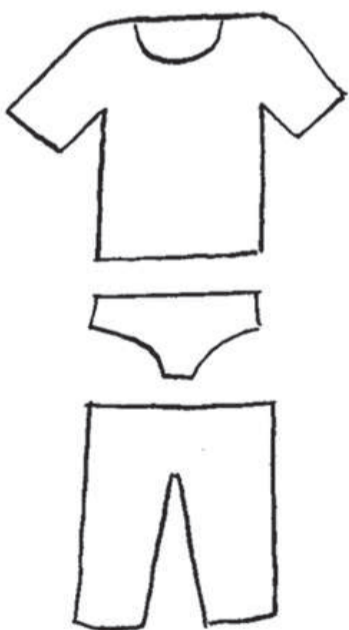
**Provide drinking water for all activities.**



**Provide good walking shoes (for hiking, Nordic walking).**



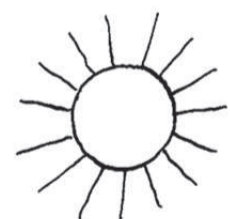
**Provide cap, T-shirt, (all activities).**



**Provide change of clothes (nautical activities).**



**Every participant undertakes to respect scrupulously the management staff.**



**THE MUNICIPAL YOUTH AND SPORTS DEPARTMENT CANNOT BE HELD RESPONSIBLE FOR CLIMATIC HAZARDS AND RESERVES THE RIGHT TO CANCEL AT THE LAST MOMENT CERTAIN ACTIVITIES DUE TO BAD WEATHER CONDITIONS.**