

# Ice rink important notice

Ice skating, like most sports, is physically challenging and carries with it risks that we cannot entirely eliminate. These include the risk of personal injury, damage or death; ice is incredibly slippery and the blades on ice skating boots are sharp.

**Please follow the rules below when on the ice:**

- You must act responsibly and sensibly at all times.
- You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- You must follow any safety warnings or instructions displayed or given to you by a member of staff. Ask a member of staff if you are unclear.
- We are not qualified to express an opinion that you are fit to safely participate. If in doubt, you must obtain professional or specialist advice from your doctor before participating.
- You must show proof of a negative lateral flow test within a 24 hour period to gain entry.

In the absence of any negligence or other breach of duty by Royal Holloway, participation is entirely at your risk.

