

INHERENT RISKS			
Inherent risks from the weather	Inherent risks from the environment	Inherent risks from the practice of the activity	Inherent risks caused by the client
ZIP LINES			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Injuries caused by falling to the ground due to a wet surface from the rain - Violent winds - Lightning - Sudden heavy rain or snowstorm 	<ul style="list-style-type: none"> - Being crushed by a falling tree or branch - Sprains or fall caused by rugged ground - Insect bites (bees, wasps, mosquitoes, deer flies) - Glass cuts from broken bottles (vandalism) - Poison ivy - Presence of birds of prey - Wall nesting - Wild animals 	<ul style="list-style-type: none"> - Fear of heights - Hair stuck in the equipment (pulley, carabiner) - Fingers stuck in the equipment (pulley, carabiner) - Falls due to a bad maneuver or bad use of the equipment - Falls off the top of the platforms - Falls from not using the equipment in a proper way - Falls during the completion of the activity - Falls due to broken equipment or bad maintenance of equipment - Broken anchor points - Broken security straps or harnesses - Burnt hands from the steel cables of ropes - Injuries after a contact, bump or hit (bruises, cuts) - Torn muscles - Collision with the zipline landing platforms - Collisions between people on the cable - Medical complications caused by stress or fear - Muscle weakness (inability to complete the activity) 	<ul style="list-style-type: none"> - Misunderstanding of the warning and information signs - Excess weight causing an inability to wear the harness in a proper way - Small size/weight causing an inability to wear the harness in a proper way - Using the equipment and infrastructures outside of the operating hours or without supervision - Too many people on platforms or bridges causing a break in equipment or platforms (not following security instructions)
FAT BIKE			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Injuries caused by falling to the ground due to a wet surface from the rain - Violent or strong winds - Lightning - Darkness - Sudden violent or heavy rain or snowstorms 	<ul style="list-style-type: none"> - Being crushed by a falling tree or branch - Sprains or falls caused by rugged or wet ground - Ice patches on the trail - Falling ice from trees or rock walls - Collision with or running into off-trail fixed objects (trees, rocks, etc.) - Wild animals - Proximity to water 	<ul style="list-style-type: none"> - Falls due to a bad maneuver - Falls from not using the equipment in a proper way - Falls during the course of the activity - Falls due to broken equipment or bad maintenance of equipment - Injuries after a contact, bump or hit (bruises, cuts) - Torn muscles - Collision with fixed objects (trees, rocks, ice...) - Collisions between people - Medical complications caused by stress or fear - Muscle weakness (inability to complete the activity) - Head injuries after a fall - Sprains - Broken bones - Scrapes and scratches on hands and knees - Chronic breathlessness - Getting lost - Injuries from the equipment 	<ul style="list-style-type: none"> - Misunderstanding of the warning and information signs - Small size/weight causing an inability to wear the harness in a proper way - Using the equipment and infrastructures outside of the operating hours or without supervision - Misuse or negligent use of equipment causing a break - Use of medication, alcohol or judgment-altering substances - Overestimating physical abilities and technical knowledge
SNOWMOBILE			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Weather (rain, hail, snow) - Darkness - Blindness or dazzlement caused by the sun First aid kit equipment or communication devices freezing or degrading from the cold, making them unusable 	<ul style="list-style-type: none"> - Ice patches on the trail - Avalanche and falling stones - Bumps or holes on the trail - Overflow of water or mud on the trail - Rocks or tree roots hidden underneath the trail, under the snow or in the mud - Tight curves or hidden intersections not identified by a sign - Broken safety key or culvert - Wrong or hidden road signs - Wild animals - Collisions with an off-trail rock or tree - Tree or branch on the path 	<ul style="list-style-type: none"> - Collision with another vehicle (ATV or road crossing vehicle) - Collision with another user (dog sled, skier, hunter, forester, hiker) - Smashing or stalling through ice and snow - Running out of gas - Mechanical breakdown - Off-road vehicle stopped midway across the trail - Burns or cuts on the mechanical parts of the vehicle - Getting off-trail due to a bad maneuver - Traumatic injuries related to the excursion or a fall - Muscle stretching, snapping and spasms - Medical complication caused by stress or fear - Muscular weakness (inability to complete the course) - Technical weakness (technical incapacity to complete the course) - Emotional weakness (psychological inability to finish the course) - Getting lost 	<ul style="list-style-type: none"> - Excessive euphoria, hysteria - Promiscuity - Helmet, balaklava or other equipment worn improperly - Misunderstanding of the road signs - Spontaneous mental disorders
Injury due to using the survival equipment or tools			

HIKING / SNOWSHOEING / TRAIL ACCESS			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Injuries caused by falling to the ground due to a wet surface from the rain - Weather (rain, hail, snow) - Lightning - Darkness 	<ul style="list-style-type: none"> - Being crushed by a falling tree or branch - Sprains or falls caused by rugged or wet ground - Insect bites (bees, wasps, mosquitoes, deer flies) - Glass cuts from broken bottles (vandalism) - Poison ivy - Presence of birds of prey - Wall nesting - Wild animals 	<ul style="list-style-type: none"> - Falls due to a bad maneuver or bad use of the equipment - Injuries after a contact, bump or hit (bruises, cuts) - Head injuries after a fall - Torn muscles - Medical complications caused by stress or fear - Muscle weakness (inability to complete the activity) - Sprains - Broken bones - Scrapes and scratches on hands and knees - Chronic breathlessness - Getting lost - Injuries from the equipment (crampons, walking poles) 	<ul style="list-style-type: none"> - Stressed caused by a tight schedule - Alcohol and drugs - Macho attitude and pressure to perform (peer pressure) - Misunderstanding communications (language difficulties) - Altercations between individuals (staff and clients) - Stampede caused by the arrival of a VIP or famous person - Suicidal tendencies
CITÉ DES BOIS			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Injuries caused by falling to the ground due to a wet surface from the rain - Violent winds - Lightning - Sudden heavy rain or snowstorm 	<ul style="list-style-type: none"> - Insect bites (bees, wasps, mosquitoes, deer flies) - Glass cuts from broken bottles (vandalism) 	<ul style="list-style-type: none"> - Fear of heights - Hair stuck in the equipment (pulley, carabiner) - Fingers stuck in the equipment (pulley, carabiner) - Falls due to a bad maneuver or bad use of the equipment - Falls off the top of the platforms - Falls from not using the equipment in a proper way - Falls during the completion of the activity - Falls due to broken equipment or bad maintenance of equipment - Broken anchor points - Broken security straps or harnesses - Burnt hands from the steel cables of ropes - Injuries after a contact, bump or hit (bruises, cuts) - Torn muscles - Collision with the zipline landing platforms - Collisions between people on the cable - Medical complications caused by stress or fear - Muscle weakness (inability to complete the activity) 	<ul style="list-style-type: none"> - Inexperience - Lack of technical knowledge - Overestimated physical abilities and technical knowledge - Tiredness - Immaturity - Negligence - Negative influence of the pairs (peer pressure) - Low cardiorespiratory capacity - Low muscle strength - Physical handicap - Medical conditions - Acrophobia (fear of heights) - Stress (panic) - State of shock - Lack of concentration - Emotional disturbance - Use of medication, alcohol or judgment-altering substances - Spontaneous mental disorders or suicidal tendencies
VIA FERRATA / RAPPELLING			
<ul style="list-style-type: none"> - Illness or sickness caused by the sun or heat (sunburn, heatstroke, dehydration) - Illness or sickness caused by the cold (hypothermia, frostbites) - Injuries caused by falling to the ground due to a wet surface from the rain - Violent or strong winds - Lightning - Darkness - Sudden violent or heavy rain or snowstorms 	<ul style="list-style-type: none"> - Being crushed by a falling tree or branch - Sprains or falls caused by rugged or wet ground - Insect bites (bees, wasps, mosquitoes, deer flies) - Glass cuts from broken bottles (vandalism) - Poison ivy - Presence of birds of prey - Wall nesting - Wild animals 	<ul style="list-style-type: none"> - Physical fitness of the climber - Level of difficulty of the passage - Inexperience or negligence of the insurer - Inadequate protection system or equipment - Climb without a safety or protection system (belay system) - Used, obsolete or inadequate equipment - Rain, wind and other weather conditions - Rock geology - Ice conditions - Passage or presence of animals - Topology - Blocks separated from the wall or weakly linked to the wall - Temperature (freeze / thaw variation) - Nearby blasting (vibrations) - Earthquakes - Bad use of equipment - Bad maintenance and storage - Falls of the climber - Bad installation - Injuries after a contact, bump or hit (bruises, cuts) - Proximity to water 	<ul style="list-style-type: none"> - Absence of supervision - Inexperience - Lack of technical knowledge - Ignorance of the path's characteristics and appropriate approach - Overestimated physical abilities and technical knowledge - Tiredness - Immaturity - Negligence - Negative influence of the pairs (peer pressure) - Low cardiorespiratory capacity - Low muscle strength - Medical conditions - Smoking - Physical handicap - Acrophobia (fear of heights) - Stress (panic) - State of shock - Lack of concentration - Emotional disturbance - Use of medication, alcohol or judgment-altering substances - Spontaneous mental disorders or suicidal tendencies

This list has been developed for information purposes only and does not claim to be exhaustive or limiting, depending on the context and risk management that has been performed.