



**TERMS, CONDITIONS and LIABILITY WAIVER, for HOUSE GUESTS OF
INDER JIT SINGH also using accommodation and travel related services
of Spashram RiverMountain Retreat, coordinated by Inder Jit Singh, and
his Journeys brand Tiger Paw Adventure Journeys**



Please visit www.executivegurukul.com

You will see: we have a MEDINET which comprises of Medical Experts . Unnamed experts include lung specialists of world renown in North America. We also have dovetailed genomemapping for advanced analysis.

This is to tell you that while the protocols at our affiliate SPASHRAM RETREAT ARE SIMPLE, they is based on information from a wide ranging set of experts and feasibility in the circumstances.

1. We do not use thermal scanning. This is because of the asymptomatic nature of the CORONA VIURUS
 2. We do not use PPE Kits and Face shields due to the extertions of the mountainous terrain.
 3. We do ensure the following:
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Staff is vaccinated | tested | minus of of symptoms;

Staff uses CARBOLIC with HAND WASHING along with Potassium Permanganate . The scientific studies on the use of these as generally being more efficacious than many sanitisers is documented and available by way of information, should you want it.

The social distancing protocols between strangers (those not habiting together) ;

Mask usage – nasal and mouth coverage when in close proximity;

staff entering rooms for cleaning use disinfectant sprays which are also available in your accomodation.

Should you desire, at a surcharge (Rs 400 per person) In Room Dining Service so that you are distanced from others and dining is in the openair)

Gloved service-though this puts a strain on us as we have to work extra hard at disposal of polyurethane based items.

Yogic nasal passage cleaning asanas and lung efficacy and breathing protocols available.

MORE ON MEDICAL AND HEALTH

It is vital that persons with medical problems make them known to us well before trip departure. We have the right to send back anyone in the interest of their own health and safety if medical issues and encumbrances have been withheld from us and we are unable to cater to person specific requirements on this account. Any person who feels physically or mentally incapable of journeying in the mountains, and sojourning in the outdoors can jeopardize the health and safety of all. Therefore please make yourself fully aware of the region, as well as the orientation and imagery provided of our specific site. We do not have a road to drive into the lodge area but instead have a walking path along the contour of the hill. This is as gently meandering a path as could possibly have been built but it has steep drops on the side before the river. This allows for grand and majestic views and a motor road would have ruined the landscape and the hanging foliage from the mountain above. The walk takes an average person 8 to 10 minutes and one has to be "walking fit" with no cap on age. We have had 76 year olds who are mobile, negotiate this without hitch. The Leopard Longhouse-the first structure at the base of the path is connected to the beach area by 60 steps which are low in height but built of local hewn stone. If your eyesight is poor please advise us in advance. Human help is provided for these sections but bear in mind that this is nature and river mountain terrain and not golf cart city terrain.

Hospital facilities are often unavailable and evacuation can be prolonged, difficult, and expensive. We assume no liability regarding provision of medical care but can certainly aid in providing this on advance notice

General

Responsibilities of visitors

Visitors have certain responsibilities to the host establishment and to other residents. They are responsible for understanding the conditions implied in the activities you select on arrival. General good and common sense conduct is expected of you. This is also a home, and items, books et al may please be treated with respect.

NOTE: TRAVEL AND MEDICAL INSURANCE HIGHLY RECOMMENDED

Road conditions in certain areas may NOT always be good, and to cover the distances involved, hours on the road may become long. But frequent comfort halts are provided while on the move. **NB- The roads and travel conditions in this part of India are generally quite good.**

Accommodation: This is a private property and includes the collection and artifacts of the owner. Common sense on what to touch or not, not placing metal objects directly on polished surfaces, handling sliding glass doors in showers or other furniture and furnishings, with the greatest care so as to not face any embarrassment at time of check out which will make for a complicated and unpleasant situation.

Lady/female Travellers: Every effort will be made to keep the trip as a 'woman-friendly' trip at all times **while bearing in mind that one may be entering an environment which is conservative old fashioned, or overly patriarchal.**

Electricity: Breakdowns are not unusual, so flashlights are provided. You may carry -reading headlamps. **We do have inverters as back ups limited to 24 hours.**

Water: Bottled water is available in most places even while the problem of disposing off plastic waste is a challenge we are greatly concerned about. As such we use Himalayan spring water and this is provided for drinking, tooth brushing. Drinking ice will be provided to the extent possible as it has to be brought from Rishikesh. Some is available from our fridge. **We try and use recycled glass bottles filled with spring water to reduce plastic waste.**

Medical: There is a modest first aid kit available with staff. For medical emergencies the state ambulance is available or a private evacuation to the Jolly Grant Hospital near the Jolly Grant airport. Limited medical facilities are available in places and this must be duly noted before applying for the trip. Please carry insect repellent (for Sep-Oct and March onwards) and sun screen. If you have medical and health conditions, you must inform us well in advance of your date of departure.

Food Extra special attention is always paid to your food, to see that it is hygienically prepared and is palatable for our **Indian** and **Western** clientele. **Alcohol and wines are not available in remote areas and you may wish to carry your stocks.**

BAGGAGE: While your property and goods are safe at all times please remember to not provide unnecessary temptation to staff who are generally much poorer. As such when you leave the room it is better to leave bags zipped and room bolted . We have locks and keys if required but don't wish to burden you with the responsibility of carrying these. A safe is available in the Longhouse.

Walks: Villagers off the highway (Singtali) find it intrusive to have outsiders walk in and hence we discourage this. It is recommended that one either walks on the main road toward the hamlet of Kudiya (a four km round trip) or in the direction of Byasi, or cross the bridge halfway to the opposite bank of the river toward Kudiya. Crossing the river by raft and onto the other bank is recommended but this needs prior notice.

RELEASE OF RISK

While Inderjit Singh, Spashram River Mountain Retreat and **TIGER PAW ADVENTURE JOURNEYS AND SUB CONTRACTORS** endeavor to take - as past record well testifies, - the most prudent possible safety measures; it is presumed and accepted that every individual visiting the site has accepted **ASSUMPTION OF RISK AND LIABILITY** whether signed or not as delivered by email/text/message OR READ FROM OUR WEBSITE www.spashram.co.in

PAYMENT OF EXTRAS AND ANY DAMAGES IS ALSO PRESUMED PRIOR TO CHECK OUT RELEASE OF RISK AND ASSUMPTION OF LIABILITY BY SIGNATORIES

The onus of carrying all **RISKS and ASSUMPTION of LIABILITY**, in any situation, rests solely and entirely with the participants, subscribing to undertake any adventure, travel or tour related services through us directly, or through any of contractors, or suppliers .

This **RELEASE OF RISK AND ASSUMPTION OF LIABILITY** undertaking has been read, understood and acknowledged by me/us, as such, before signing the same.

Further, my/our consent is hereby **GIVEN**_____ / **NOT GIVEN**_____ for any medication or medical aid being rendered, in any **Emergency**. I am / covered by an **Insurance Policy**, during this tour; details of which can be provided, if required.

MY/OUR BLOOD GROUP IS AS BELOW:

Name:	Blood Group
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- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Participant (name) has allergic reactions to following:

PENICILLIN: Yes_____ No_____ **OTHER SUBSTANCE:**

MEDICAL EMERGENCY AND CONTACTS

I / We confirm that I / we have adequate and appropriate Insurance for undertaking this trip.
In case of a medical emergency my / our insurance underwriter may be contacted on the following 24X7 International numbers, with the following policy reference:

Name of Underwriter:

Policy reference:

Phone Number:

Email Address:

In case of other emergencies while I / we are travelling with yourselves, the following person/persons may be contacted at.....

Name:

Phone Number:

Email Address:

Postal Address:

Signed by as Individual/Group Leader

(Name.....)

Date..... Passport No|DL.....

Address.....

Tele mob/Fax/ E Mail.....

BOOKING ESSENTIALS CONTROL FORM

DATES-MEAL SERVICES EXTRA AND TRANSPORT

NAME OF PARTY AND BOOKING PERSON

ARRIVAL DATE

DEPARTURE DATE AND MEAL

No of VEGETARIAN____ NON VEGETARIAN____ GLUTEN FREE____ JAIN____ VEGAN____

TRANSPORT NEEDED

DATE AND TIME PICK UP POINT_____

DATE AND TIME FOR DROP POINT_____

EXTRA SERVICES DESIRED_____

Guests are advised to carry RT-PCR, True-NAT/ RAT(Negative) report and 15 days of final vaccination certificate also valid for smooth hassle-free entry at Uttarakhand Border and stay at hotel. [Refer UK Govt advisory no. 1143/USDMA/792(2020) TC]

Guests coming from other state need to register themselves on govt. portal for registration on weblink : <http://smartcitydehradun.uk.gov.in/>