



Risk Benefit Analysis is central to our decision making process.

Challenge is positive, and essential to people development. Risk can be balanced by benefits.

Confidential Health Questionnaire

Full Name **Mobile**

Email *receive news / link to pics online*

Emergency Contact 1. Name Mob

2. Name Mob

I am within the Adventurous Experiences **Age & Size Guidance** for my chosen activity If no, please detail

It is important that we know about any medical conditions or injuries you have. This is so that our coaches can be more informed.

Please answer these questions truthfully.

Have you received medical treatment in the last 6 months that may affect your ability to fully participate in the planned activity? **Yes / No**

.....
If **yes** then please discuss this with the coach prior to the activity, as some modification to the activity may have to be made to ensure your safety and enjoyment.

Do you have 'trick joints' ie regular shoulder dislocation? **Yes / No**

Do you have any of the following: Diabetes, Asthma, Epilepsy, or Hay fever? **Yes / No**

Do you have any known allergies? **Yes / No**

Details
.....

Please make the coaches aware at the beginning of the session if you will be carrying medication, an EpiPen or an inhaler.

Do you have a mental or physical condition, or known physical weakness such as back or knees? **Yes / No**

Details
.....

Are you able to swim 50 metres? **Yes / No**

The role of the Adventure Sports Coach is to facilitate progressive challenge (by participants), through exposure to the natural dynamic environment. Please read our statement overleaf carefully, before signing.

Safety is an attitude





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Health and Safety in our Adventure Sports

We provide you with a level of safety appropriate to the activity outcome. However certain inherent risks remain which are integral to the activity. **Accidents can happen without any contributory negligence from the centre, or its staff. The centre can accept no responsibility for loss or damage to personal property or for personal injury not arising because of its own act or default.**

Things you may encounter include, but may not be limited to:

Rough or rugged terrain, physical effort that at times may be more than you are used to. The likelihood of slips, trips or falls may be greater than you are used to. This may contribute to feelings of discomfort, fear and apprehension, or even accidental injury, illness, or trauma.

Adventurous Experiences has clear obligations and responsibilities and we take these very seriously. Participants are expected to contribute to their own and each other's safety by following the instructions our coaches will be giving you.

Acknowledgment of Risk

I recognise & confirm:

- That this activity may require an attitude and approach different from other activities I have been involved with,
- That inherent risks remain - the nature of the risks may be different to those which I am familiar with,
- By signing this I do NOT release Adventurous Experiences from any of its obligations towards me, nor does it affect my legal rights. I have however read and understood the content of this document,
- That Adventurous Experiences may use images taken during the course of activities for promotional purposes.

Declaration

I understand that I will be involved in activity that requires physical effort and that I need to have a reasonable level of health in order to participate. If I have any concerns whatsoever about my physical fitness or health, I will consult the opinion of my GP prior to activity. I hereby certify that the above information is to the best of my knowledge correct. I undertake to inform the coach in charge of the activity in the event of any changes in my health prior to or during the activity.

Signature **Date**

Under 16? Parent/Guardian..... **Date**

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