



Rock and River Outdoor Pursuits

T. 01704 822644

E. info@rockandriver.co.uk

W. www.rockandriver.co.uk

Cliffs Farm, Wood Lane, Mawdesley, Lancashire, L40 2RL

Confidential Medical Form

Please print in capital letters and return both forms to the trip organiser by your deadline.

A parent or guardian must sign for participants under eighteen years of age.

Participant Name

Date of Birth

Group / School Name

Date of Activities

Address

Email Address

We'd like to send you the occasional email about special offers and events at Rock & River. We'll only send things we hope you'll find interesting, but if you change your mind it's one simple step to unsubscribe. We won't share your details with anyone else.

Please tick here if you'd prefer not to be contacted

Contact Number

Home

Work

Mobile

Next of Kin –

Name

Relation to participant

Next of Kin Contact Phone Number(s)

Medical Information

Please list any medical problems / allergies the participant has (continue on a separate sheet if necessary)

Please list any medication the participant has (e.g. Inhalers etc)

Is the participant water confident

Rock & River occasionally uses photography for publicity. We would like your permission to photograph/film you/your relative for possible inclusion on our website or other publicity material. The image(s) will remain the property of Rock & River and will be used only for the designated purpose of promoting Rock & River. You/your relative's details will remain strictly confidential. If you wish to opt out, please tick here



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Acceptance of Risk

Important: Please read the following document before signing:

I _____ (print participant name) wish to participate in an activity day at
Rock and River Outdoor Pursuits on the _____ (date).

To be accepted by the participant or a parent/guardian of the participants of Rock and River's Activity Days.

If under 18 it is the responsibility of the parent/guardian to ensure that the young person attending is aware of the risks involved in participating in adventurous activities and that they understand the importance of the following terms.

1. I / my child and I understand and fully accept that participating in outdoor activities entails some risk, and that while risks are minimised, accidents and injury may occur.
2. I will ensure that I am / my child is fully prepared for their activity day, bringing appropriate clothing and footwear for the activities they are participating in and the weather conditions, plus a full change of clothes, adequate food and drink, and any medication they may need.
3. I will ensure that whilst on Rock and River's premises, or under Rock and River's instruction, I / my child will listen carefully to and abide by all oral instructions and rules given to them by Rock and River Staff Members. We understand that failure to do so may result in an accident.
4. We agree that they will wear all safety equipment provided by Rock and River in the manner demonstrated by Rock and River Staff. We understand that where social distancing rules apply I / my child must fit my / their own equipment, under the careful supervision of the instructor. I / they will not be able to participate in the relevant activity if they cannot fit the equipment safely. Please note they will be guided through this and the equipment will be checked by the instructor.
5. We understand that certain elements of participation in outdoor activities will involve physically challenging activities.
6. I acknowledge that I am / my child is responsible for my / their own behaviour whilst on Rock and River's premise or under Rock and River's instruction. Offensive, aggressive or disruptive behaviour will result in the participant leaving the session, or premises.
7. I acknowledge that I am / my child is also responsible for their own possessions whilst at Rock and River. We advise that valuable possessions are left at home.
8. In the unlikely event of an accident, or loss or damage to personal effects, we acknowledge that Rock and River will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the activities (with the exception of death or personal injury caused by Rock and River's negligence) and we waive all and any claims against Rock and River in this respect.
9. To the best of my knowledge, I have declared all medical conditions which may make it more likely that I / my child is involved in an incident which could lead to injury to themselves or others.
10. I understand that I / my child must abide by any covid measures in place at all times whilst at Rock and River, and that failure to do so may result in me / my child not being able to participate in activities or being asked to leave the site.

I have carefully read and understood the above and in signing below I agree to these terms.

Signed

(Parent / guardian must sign for under eighteen year old participants)

Print Name

Date