

## **ACKNOWLEDGEMENT OF RISK**

The following must be read and signed by each person participating in activities provided by North Wales Active.

Any person under 18 and in full time education must have their form signed by a parent or guardian.

North Wales Active places safety as a top priority and some adventurous activities involve some risks for the people taking part.

The chances of serious injury are extremely low, the chance of minor injuries (bruises, bumps and - less likely - minor fractures) are possible as a result of taking part in adventurous activities.

The Instructor could also get injured, he will brief you on how to help in an emergency.

North Wales Active will minimise the dangers by:

- Carrying out a careful assessment of all risks before commencing the activity.
- Only using experienced and qualified instructors for the activity.
- Giving clear safety instructions to everyone participating.
- Ensuring all equipment is well-maintained and suitable for the activity.
- Asking participants to supply any medical information that could hinder them whilst on this activity.

By signing this form I am aware that there are risks involved in adventure activities and will declare any injuries or medication to North Wales Active staff that could hinder me whilst on this activity. I also understand that Loss or damage to personal equipment/clothing Could happen and therefore act responsibly and obey all instructions by North Wales Active staff.

**Coronavirus** - I also declare that:

Neither I, nor any members of my household, have displayed any of the symptoms of COVID-19 in the last 14 days. Nor are we in isolation following contact.

I confirm I have read and understood this agreement by signing the form.

### **Office use**

**Lead Name**.....**Date**.....**Time**.....

**Contact No**.....**Activity**.....

**Participants**.....

**Wetsuit sizes - S**.....**M**.....**L**.....**XL**.....**XXL**.....

**Kids**.....

**Socks**.....

**Photos**.....

**Notes**.....

**ACKNOWLEDGEMENT OF RISK - SIGN SHEET CONTINUED**

Name.....Age.....Signature.....

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