**PLEASE COMPLETE THIS FORM IN BLOCK CAPITALS**

**Course or Activity:**……………………………………………………………………………………………………. **DATE**……………………………………………….

**Name** ……………………………………………………………………………..……………………………..…………………………………………………...…………………

**Address**…………………………………………………………………………..…….…………………………………………..……… Post code: ………………………….

**Daytime tel** *……………………………………………………………..………………..* Mobile …………………....……………………………….

E-mail ……………………………………………………………………………………….Age ……… Date of Birth \_ \_ / \_ \_ / \_ \_ Gender :M or F (delete as appropriate)

**Please inform us of any health problem or condition which:**

• May be adversely affected by physical exercise…………………………………………………………………………………………………………………………………..

• May be adversely affected by weight carrying…………………………………………………………………………………………………………………………………….

• Is being controlled by medication………………………………………………………………………………………………………………………………………………………..

• Involves your circulatory, respiratory, nervous, or skeletal system, recent injury, illness or complaint

…………………………………………………………………………………………………………………………………………………………………………………………………………………..

• If you are allergic to any medication, please specify…………………………………………………………………………………………………………………………..

 • Do you wear contact lenses or spectacles? *Yes / No\* contact lenses / spectacles / both\**

**COVID19 Wellbeing**

* Have you been in contact with any person who is a confirmed case of COVID-19 in the past 14 days? YES/NO
* Do you currently have a fever or any flu like symptoms such as persistent cough, runny nose or sore throat? YES/NO

**Please give an emergency contact name and phone number**

Name……………………………………………………………………….………..……..……. Relationship to you….…………………………………………………………………………………
Contact Numbers daytime *Std codes & ext* ………………………………………………… evening …………………………………………………………………………………….

Details of any relevant previous experience relating to the activities you have chosen to participate in with dates. (*Please use extra sheet if required*) ………………………………………………………………………………………………………….…………………………………………………………………………………………….…………

I have had brought to my attention the terms and conditions of booking, in particular, those relating to cancellation. I understand that bookings are accepted on the understanding that Ace Adventres safety regulations are observed. I accept that Ace Adventures are not under any liability whatsoever in respect of loss or damage to personal property, not caused by the negligence or default of either Ace Adventures, their suppliers, their agents, and employees whilst attending the course. I have had my attention drawn to the information on insurance cover terms and conditions.

*I confirm that I have been made aware that it is my own responsibility to provide insurance cover for course cancellation/personal accident and covid cover.*We strongly recommend that you are insured.

***Print name …………………………………………………….. Signature ………………………………………………………..….. Date ……….……………………***

**Payment**

If your course or activity is less than 4 weeks away, full payment is required at the time of booking. If your course or activity is more then 4 weeks away we require a 50% non refundable deposit, and the final balance 4 weeks before your course or activity. Payment by BACS to

Santander 090126 93257698 Your name as reference please.. Booking forms can be emailed or posted to us.

**Acknowledgement of Risk**

 **Print the name of person attending course……………………………………………………………………………………**

**Indoor Climbing Disclaimer Notice**

***Indoor climbing is a physical and demanding sport, which obviously has inherent hazards associated with it. Whilst M A Handford t/as Ace Adventures takes all necessary precautions to try and ensure the safety of all participants, unfortunately accidents will occur in consequence. Each participant should familiarise themselves with the hazards and try and minimize these as much as possible by complying with Ace Adventures risk management guidelines.***

***The management accepts no responsibility whatsoever for any loss or injury resulting from any persons involvement in indoor climbing. Furthermore, it is understood and agreed that individuals participate at their own risk.***

**The course/ event they are attending**

Ace Adventures (the activity supplier), would like you to read the following carefully. It may affect your safety and the safety of others attending your course. Once you have read it we would like you to sign the bottom of the form as an indication that you have read and understood it, and return it to us, together with your personal information/ application form.

Signing this Acknowledgement of Risk in no way compromises, your legal rights, nor does it release Ace Adventures from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for!

We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However, you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character.

Amongst other things, some of these risks can contribute to:

* The loss or damage of your personal clothing or equipment,
* Feelings of discomfort, fear and apprehension, or even
* accidental injury, illness, or trauma which in extreme but thankfully very rare. Cases can be very serious.

The level of real (as opposed to apparent) risk associated with the activities of Ace Adventures is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with normal adult undertaking recreational activities appropriate to their ability, fitness, age, etc.

Depending on which course, programme or event you are undertaking you may be involved with any or all of the following. If you are not comfortable with any of these you should let that be known to us at the time of your arrival with us, and preferably also in advance. Alternatively, you may decide to withdraw from the course. T&C of Booking still apply.

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

***Rough or rugged terrain***. This may be on mountain or moorland, forestry or rough. Cultivated land etc. If you are used only to footpaths, tarmac surfaces, and gentle inclines etc this may come as a bit of a surprise by putting greater strain on joints and muscles than you are used to.

***Physical effort***. All our courses involve physical effort that at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, which may make some activities ill, advised you should make us aware of them. Rest assured however, that we could accommodate almost anyone provided we know about the condition.

***Water activities***. All normal and appropriate precautions will be taken, such as the use of buoyancy aids when appropriate. However, some situations may become stressful for some people. If you have an unusual aversion to water you should let that be known to us, although **the ability to swim is not a requirement except when Coasteering**

**Environmental risks and hazards.**

These may include such factors as lightening, floods or rock-fall although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot.

Slips and trips - this is the commonest type of accident throughout society and our courses are no exception. We will endeavor to ensure that the consequences of such a slip are not serious but you should be aware that the likelihood of falling over or slipping is likely to be greater than you are used to. Moreover, given the nature of the environment in which these may occur the situation can compound giving rise to a more serious incident.

Ace Adventures has clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute not only their own and each other’s safety by following the instructions our staff will, from time to time, be giving you.

**Acknowledgement.**

I recognise:

* That this course, programme or event may require an attitude and approach different from other activities I have been involved with.
* That the nature of the risks may be different to ones, which I am familiar with.
* That certain inherent risks remain,
* By signing this, I do NOT release Ace Adventures 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

**Signature of participant ……………………………………………………….***(In all cases)* **Date…………………………**

**Print you name ……………………………………………………………….**

**Signature of Parent / Guardian …………………………………………………………………Date ………………………..**

**Print you name ……………………………………………………………….***(Required if participant is under 18 years old)*