

## Individual Booking Form

Name		Date of Birth	
Activity Date		Course/ Activity	
Address			
Email		Mobile Number	
Nominated Emergency Contact Person Details	Emergency Contact's Name: Their relationship to you: Contact Number:		

Due to the physical nature of outdoor activities and the sometimes-remote locations that they may be conducted in, we ask that you are honest in providing details of any recent injuries, illnesses or ongoing medical conditions to us. Do you have, or have you ever had any of the following? Please indicate any that apply and include relevant details below.

- |                      |                          |                        |                          |
|----------------------|--------------------------|------------------------|--------------------------|
| Asthma               | <input type="checkbox"/> | Major Surgery          | <input type="checkbox"/> |
| Diabetes             | <input type="checkbox"/> | Infectious Disease     | <input type="checkbox"/> |
| Epilepsy or seizures | <input type="checkbox"/> | Psychiatric Conditions | <input type="checkbox"/> |
| Heart Conditions     | <input type="checkbox"/> | Allergies              | <input type="checkbox"/> |
| Vertigo or Dizziness | <input type="checkbox"/> | Mobility Problems      | <input type="checkbox"/> |

Please give details of anything mentioned above. Also, please include any recent injuries or other physical, medical or psychological & behavioural conditions. Include any medication you are taking. Use back of form or contact us directly to give more details when required.

To allow us to correctly equip you for your activity, please complete the following information for all 'off-ground' or rope-based activities. These include; caving, climbing, abseiling, weaseling, tyroleans and anything else requiring a harness or helmet. Archery, Walking/Navigation and Bushcraft activities do not require you to complete this next section.

Height in cm		Weight in Kg		Waist in cm	
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Please complete this section, in addition to the above one, for all caving, mining and potholing led activities. If supplying your own wellington boots please ensure they have a rubber (not plastic) sole with good tread depth. If you would like us to provide welly boots, please give your regular shoe size below. If left blank, we will not provide you with wellingtons.

Welly Size		Chest in cm		Head Circumference greater than 61cm?	<input type="checkbox"/>
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Fitness questionnaire (don't panic!). Please answer as accurately as you can by ticking the appropriate box. How would you cope with the following activities?

Activity	Okay	Hard	Impossible
Walking briskly for 10 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walking briskly for 2 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Running for 10 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Climbing a ladder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up & down the stairs 10 times	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crawling for 50 metres	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Push ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Peak Instruction is dedicated to providing safe and enjoyable adventurous activities and courses. However, the nature of the activities we provide and the locations we use means that risk of personal injury or death may be present despite all efforts made to reduce it and all participants are reminded that a real element of risk may always be present. Participants in activities and parents or legal guardians should be aware of and accept these risks as part of the course and be responsible for their own involvement. All under 18's must be accompanied by a parent or legal guardian unless by written agreement.

**Please see full Terms & Conditions (including Data Protection Statement) on [www.peakinstruction.com](http://www.peakinstruction.com)**

I understand that by not fully disclosing any required or relevant medical or psychological information that this may lead to dangerous occurrences or even death. I understand that it is my responsibility to bring and carry any medication which I require. I consent to all medical treatment required in the case of an emergency, in accordance with the recommendations of a medical practitioner. I accept the right of the course director to cancel the course after it has begun in the event of extreme weather or dangerous occurrence. I also accept the right of the course director to remove me from the course if, by personal action, I place myself or anyone else in danger. Such actions may result from the use of alcohol and drugs or poor judgement by me. In this event I should expect to forfeit all course fees. We may use photographs and videos of you during the activities for publicity purposes; please let us know if you do not wish to be photographed by us.

**By booking onto a Peak Instruction activity or course you are declaring that:**

- You and any Under 18's in your party are physically and medically capable of undertaking the booked activity.
- You or any Under 18's in your party do not require a translator and can follow instructions in English.
- You take responsibility for your own personal safety, that of your group and that of any Under 18's in your party.
- You agree to follow the advice and direction of the instructor always (this includes all pre-course guidance).
- You understand that failing to do so may result in injury or death to yourself or others.
- You will bring all medication which is required for any illness, condition or injury you may have.

**Signed** (type or insert image for digitally completed forms)

We cannot secure a place on a course until we are in receipt of a booking form. Please return the booking form by email (with a typed signature) or by post along with your payment. Please do not send photographs of completed forms. By returning the form via email you are accepting that you are transmitting data via an unencrypted method. If this is a concern, please use the post or contact us for other options. We cannot be held responsible for any loss, damage or theft of personal equipment and belongings during our courses. We advise you to leave items of value at home or to have them suitably insured against damage and loss under your own policy. Peak Instruction carries insurance for Public, Products and Professional Liability. We can provide you with a copy of our policy on request. These policies do not cover personal injury and we would advise you to seek your own cover. The British Mountaineering Council (BMC) offer excellent personal injury insurance for outdoor activities.