

## Individual Booking & Equipment Form

Name	Click or tap here	Date of Birth	Click or tap here
Activity Date	Click or tap here	Course/ Activity	Click or tap here
Address	Click or tap here to enter text.		
Email	Click or tap here	Mobile Number	Click or tap here
Emergency Contact Details	Emergency Contact's Name: Click or tap here to enter text. Their relationship to you: Click or tap here to enter text. Contact Number: Click or tap here to enter text.		

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"/>	Recent Major Surgery	<input type="checkbox"/>
Diabetes	<input type="checkbox"/>	Skin Conditions	<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 ticked above. Due to the physical nature of outdoor activities and the often-remote locations that they may be conducted in, we ask that you are honest in providing details to us. Also, please include any infections (transmittable) or other physical, medical or psychological & behavioural conditions. Contact us directly to give more details if required.

Click or tap here to enter text.

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)**

**PARTICIPATION STATEMENT** - I understand that by not fully disclosing any required or relevant medical information that this may lead to dangerous occurrences or even death. 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 activity/course staff to remove me from the activity 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. In this event I should expect to forfeit all 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 for digitally completed forms)

Click or tap here to enter text.

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.

To allow us to correctly equip you for your activity, please complete the following sections that relate to the activity that you have booked.

Complete the below section for <b>all</b> activities involving heights, e.g. abseiling, climbing, caving, mining, tyroleans & zipwires. Tick to indicate you are within the range specified. If you are not, please complete the measurement form section at the bottom of the page so that we can ensure that equipment to fit you is available on the day.		
Harness or caving belt	Waist fitting range = 24-47 inches (60-120cm) Thigh fitting range = 17-27 inches (42-66cm)	<input type="checkbox"/>
Helmet	Head circumference range = 19-24 inches (48-61cm)	<input type="checkbox"/>
Weight	Equipment is normally rated to a maximum user weight of 120kg. Please tick to indicate you are under 120kg (18 stone 11 lbs)	<input type="checkbox"/>

If you are outside the range of any of the above items, please complete the relevant sections in the measurement form.

Complete this section for <b>caving/mining only</b> . Select the suit size that all your body measurements will fit comfortably into whilst you are wearing clothing. Make sure you account for thick, warm clothing when you complete this section.				
Suit size	Maximum Height	Maximum Chest Size	Maximum Waist Size	
Extra Small	5 ft 1 inch (154cm)	33 inches (83cm)	28 inches (71cm)	<input type="checkbox"/>
Small	5 ft 5 inches (165cm)	35 inches (89cm)	31 inches (78cm)	<input type="checkbox"/>
Medium	5 ft 9 inches (175cm)	39 inches (99cm)	35 inches (89cm)	<input type="checkbox"/>
Large	6 ft (182cm)	43 inches (109cm)	37 inches (94cm)	<input type="checkbox"/>
Extra Large	6 ft 2 inches (187cm)	45 inches (114cm)	38 inches (96cm)	<input type="checkbox"/>
2 Extra Large	6 ft 3 inches (190cm)	47 inches (119cm)	40 inches (101cm)	<input type="checkbox"/>

If you are outside the range of any of the above items, please complete the relevant sections in the measurement form. Also complete the measurement form if you or your child is smaller than the smallest suit size listed, we do have smaller ones!

If supplying your own wellington boots for <b>caving</b> , 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 here. If left blank, we will not provide you with wellingtons.	Welly Size	Caving Only
--	------------	-------------

<b>Measurement Form</b> – Only complete the sections of this form only if you fall outside of any of the ranges of the equipment listed in the tables above.					
Waist measurement	Enter text.	Thigh circumference	Enter text.	Height	Enter text.
Head circumference	Enter text.	Weight	Enter text.	Chest	Enter text.