Reach Outdoors Acknowledgement of Risk and Medical Form

Coasteering

Coasteering is a physically demanding activity that requires a certain level of fitness. I consider myself to be fit enough to take part in this activity based on the information I have been given by the Leading Guide.

I have made the Leading Guide aware if have any of the following conditions…

- I am currently pregnant
- I have a heart/respiratory condition (e.g. angina/asthma)
- I am diabetic
- I am epileptic
- I have allergies
- I have recently had an operation
- I have recurring skeletal/musculature problems

Being in the Coasteering environment can lead to injury. Although your Guide will lead you through the activity in a safe and enjoyable manner, scrapes and bumps cannot always be avoided. I acknowledge that by entering the Coasteering environment I may receive small scrapes and bumps

Your guide is there to look after your emotional wellbeing. The sensation of fear is part of the attraction to Coasteering but it is important that you keep communicating with your guide to let them know if you are too far out of your comfort zone. I agree to follow the guides instructions on the correct jumping technique, and follow the route that the guide takes me through. Reach Outdoors will not be held responsible if you choose not to follow the instructions of the guide.

Name Printed	Signature	Date