Reach Outdoors Acknowledgement of Risk and Medical Form

Kayaking

Kayaking 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 Instructor.

I have made the Leading Instructor aware if I 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
- If you are taking any medication

Kayaking does not require you to be a strong swimmer as you will be wearing a buoyancy aid. It is important though that you have a level of water confidence to enable you to feel comfortable floating in deep water with the assistance of a buoyancy aid.

Your Instructor is there to offer you advice and guidance and to ensure your safety and well-being during the session. You must stay with your Instructor and paddle only where they say it is safe to do so.

Name Printed	**Signature**	**Date**