

# Coasteering

## Acknowledgement of Risk, Medical Form & Privacy Policy



**Date:** ..... **Group:** .....

**Lead Guide:** ..... **Assistant Guide/s:** .....

Coasteering is a physically demanding activity that may involve climbing and scrambling over rocks, immersing and swimming in cold water and entering water from a variety of heights. This requires a moderate level of fitness and mobility.

Your safety is paramount to Reach Outdoors and therefore we need to be aware of any medical information relevant to your participation. This is unlikely to exclude you from the activity, but will help your guides to select the most appropriate route for yourself and the group. Please notify the Lead Guide if you have any of the following conditions and / or any other injury or illness which may affect your participation.

- Currently pregnant
- Have a heart/respiratory condition (e.g. angina/asthma)
- Diabetic
- Epileptic
- Any allergies
- Recently had an operation / or have any recurring skeletal/musculature problems

Reach Outdoors will not be held responsible if you choose not to follow the instructions of your instructor.

Coasteering comes with managed risk; please be aware that scrapes and bumps cannot always be avoided. In extremely rare circumstances participating in this activity could result in injury.

Your instructor will lead you through the activity in a safe and enjoyable manner and is there to look after your physical and emotional wellbeing. It is important that you keep communicating with your instructor to let them know if you are too far out of your comfort zone.

If you have any questions about the activity, please ask your guide. If you accept the above statement, please sign overleaf.

Please sign below to acknowledge:

- ✓ You have read the statement overleaf and that you accept the associated risks with this activity.
- ✓ You agree to Reach Outdoors Privacy Policy which can be found on our website: [www.reach-outdoors.com](http://www.reach-outdoors.com).
- ✓ You agree to follow the guides instructions on the correct jumping technique and the route that the guide takes you through.
- ✓ You consider yourself to be fit enough to take part in this activity based on the information provided overleaf.

Name Printed	Signature / Signing on behalf of under 18	Please tick if you have provided relevant medical information to the instructor(s), otherwise leave blank.	I agree for photos to be taken and used for marketing purposes by Reach Outdoors (please tick)	Emergency Contact Name and Number
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