

Paddle Sports



Acknowledgement of Risk, Medical Form & Privacy Policy

Date: **Group:**

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

Paddlesports is a physically demanding activity that involves paddling on the sea, it may also involve immersing and swimming in cold water. This requires a moderate level of fitness and mobility. You are not required to be a strong swimmer; however, it is important that you have a level of water confidence and feel comfortable floating in deep water with the assistance of a buoyancy aid.

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, or any other injury / 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
- Recurring skeletal/musculature problems

Reach Outdoors will not be held responsible if you choose not to follow the instructions of the guide. Paddlesports (kayaking, paddle boarding) comes with managed risk; please be aware that knocks and bumps cannot always be avoided. In extremely rare circumstances participating in this activity could result in injury.

Your Guide 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 guide to let them know if you are too far out of your comfort zone or feeling fatigued.

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.
- ✓ Agree to follow the guides instructions and the route that the guide takes 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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