

# Experience Lulworth Coasteering Consent Form



Full Name \_\_\_\_\_

Home Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Name	Age	Pre-existing medical information (See list below)

Coasteering is a remarkably rewarding activity but can be tiring both physically and mentally. Scrambling over rocks, jumping from heights and swimming along the coast can all take their toll. Thus, to participate in this activity it is required that you have an appropriate level of fitness and are able to carry out essential instructions given to you. You **MUST** be able to swim at least 25m (one standard swimming pool length) unaided. Please consult a member of staff if you have any ailments that affect your mobility.

If you have an existing medical condition, we recommend that you take advice from your GP to establish what sort of activity it is safe for you to take part in before signing up.

It is vital that we are aware of all existing medical issues or conditions/illnesses/allergic reactions that you have and any medication that is used to control these conditions.

Do you, or anyone named on this form suffer from any of the following conditions:

- Asthma
- Heart conditions
- Epilepsy/Seizures
- Back problems
- Recent dislocations or fractures
- Food allergies
- High blood pressure
- Pregnancy
- Recent surgery (within the last 18 months)

Please provide details of any conditions mentioned above, along with any other medical condition not mentioned. Please also provide details of any current medications that we should be aware of:

Doctors Name \_\_\_\_\_

Doctors Ph. No. \_\_\_\_\_

Next of Kin \_\_\_\_\_

Relationship \_\_\_\_\_

N.O.K Ph. No. (H) \_\_\_\_\_ (M) \_\_\_\_\_

*tick*

We have read, understood and correctly completed this form and have declared all of my existing medical conditions. We agree that we will not take part in any activity that we know may aggravate an existing medical condition.

We agree to be responsible participants whilst on the session, listen to the guide's instructions and agree to take care of all equipment issued to me. We understand that failure to do so may result in cancellation of the activity.

We are all able to swim 25m unaided.

We are aware that outdoor activities such as coasteering carry a certain element of risk. We understand that although every attempt will be taken to eliminate and mitigate serious hazards, a controlled level of risk is inherently valuable to make the session an adventurous and worthwhile experience. We also understand that Experience Lulworth cannot be held responsible for any injury or fatality to clients' who fail to act in the safe methods of coasteering instructed to them.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

