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### Emergency Contact Details

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Do you have any medical conditions and/or are you receiving any treatment or medication that we should be made aware of? If yes, provide details:

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Can you swim (ghyll scrambling and water sports)?

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### Photo and video consent

I consent Adventuring to take photo and videos as a means of promoting the business through publishing- Social media – displays – Presentation's – website

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### Understanding & Acceptance of Risk

Whilst we are dedicated to the safety of our clients & endeavour to ensure all activities are operated to a very high standard of safety, there is always an element of unforeseen risk. Anyone wishing to take part in an activity operated by Adventuring does so with this understanding. All activities offered can be physically demanding therefore, you should be in reasonably good health & physically fit before participating. It is always advisable to seek medical advice if unsure.

I confirm that the above details given are true and correct and that I am fit and able to participate in the activities.

I understand that all activities take place in the outdoors where conditions may be wet, slippery and hazardous. I accept that there is an element in unforeseen risk and agree to take part in the organised activities at my own risk

I agree to comply with the rules & regulations given by the staff at all times & should an instructor feel I am jeopardizing the safety of myself and/or others I will be excluded from the activity without refund.

I consent to any emergency medical treatment necessary by on-site first aiders or qualified medical respondents in the event of an accident.