

Participant Code of Conduct

Here at Anglesey Outdoors we do our very best make to make sure everyone taking part in our activities has the best time possible and gets the most out of it!

We do everything we can to:

- Keep you safe
- Be professional and respectful to everyone
- Recognise the needs of our groups and individuals
- Be as flexible as possible
- Be fun and enthusiastic
- Provide top quality kit
- Be friendly and approachable
- Be experts in the activities we provide
- Respect the environment and minimise our effects
- Encourage you to reach your full potential

What we expect in return from any participants is that you:

- Arrive on time and are raring to go! Activities run from 9:15 to 12:45 for a morning session and 1:15 to 4:45 for an afternoon session, this includes time for kit issue and return, and travel time (unless otherwise agreed). Please aim to be on site 15 mins prior to ensure there are no delays.
- The meeting place is at Anglesey Outdoors, Porthdafarch Road, Holyhead. Please go to reception.
- Bring the right kit as listed on the kit list provided or by checking on www.angleseyactivities.co.uk (Very important!)
- Bring this completed Medical and Consent form with you (very important, under 18's will be denied participation unless we have a signed form by their parents or legal guardian, if your over 18 we can give you one to quickly fill here if necessary).
- Be in a fit state to partake, so make sure you've eaten something wholesome beforehand and had a decent night's sleep.
- Not to be under the influence of alcohol or any intoxicating substances, or severely hungover! (If you are we cannot let you join us I'm afraid).
- Avoid smoking on activities, please let your instructor know if you will need a smoking break, and we do not permit smoking whilst wearing any of our equipment which may limit smoking breaks during certain

activities.

- Respect the equipment that we give you, it's expensive stuff and pride ourselves in providing you with good kit, so please look after it well. If you damage/lose kit through lack of care you agree to pay for the loss.
- Respect any sites we visit, do not litter, graffiti, take natural things away or cause any damage or pollution. Our ethos is to take only memories (and photos), leave only footprints.
- Understand that we have no control over the weather, but we do have control over safety, and if the two things won't agree we cannot promise that the planned activity will go ahead, we may be able to change to another activity as similar as possible and equally as fun or rearrange the date.
- Understand that every day, group, tide, venue, instructor and a whole load of other factors are different, so if you've done an activity before or have very specific expectations of an activity it will never be the same twice!
- Photos and videos of the activity will be taken to be shared with you afterwards, these may also be used on social media and for Anglesey Outdoors' marketing purposes. Please state overleaf if you have any issues with this.
- By joining us on any activity you consent to allow any emergency first aid treatment as appropriate.
- Appreciate that our instructors are trained, experienced and qualified, they will have an awareness of things that you might never have considered, and thus they must be respected, their instructions followed, and you must understand that their decision is always final.

Should you have any questions regarding this code of conduct please get in contact:

info@angleseyoutdoors.com / 01407 769351

We're looking forward to showing you what we do best!

The Team at