

Individual Medical and Consent Form



This form is to be completed by the participant if over 18, or by the parent or legal guardian of any participant under the age of 18 years. We **MUST** receive this form prior to activities.

Name:		Age:(at time of Visit)		Date of Birth:	
Home Address:				Gender M/F:	
School/Group (if applicable):		Activity Dates:			

Please complete the following as thoroughly and honestly as possible (giving any details or restrictions on questions answered 'YES')

Has the participant any of the following?	Answer YES/NO	Please give details (attach further info if required):
Disabilities of any sort?		
Medical conditions? <small>Asthma, diabetes, epilepsy, heart conditions, Reynaud's etc.</small>		
Medication usually carried or current treatments? <small>Inhalers, epipen, angina spray, any medications, include dosage</small>		
Behavioural or psychological conditions that may effect them during activities?		
Any allergies or intolerances?		
Suffered an infectious disease in the past 3 weeks? <small>State if you have been in contact with such diseases in this time</small>		
Any long term injuries or afflictions? <small>E.g. Back, knee, shoulder etc.</small>		
Is the participants tetanus vaccination up-to-date?		
Do you consent to the following:	Answer YES/NO	IMPORTANT MEDICAL NOTE If you do have any serious or complex medical needs/ conditions, you must get clearance from your doctor that you are fit and well to partake in our adventurous activities program, in some instances we may require this as written consent from your doctor. Contact us if in doubt or if you have any concerns.
Participant may receive emergency First Aid Treatment as appropriate?		
Participant may take antihistamine, paracetamol or travel sickness tablets as appropriate?		
Photos/videos may be taken of the participant and used anonymously for social media and promotional purposes?		

Please provide details of an emergency contact/next of kin and participants doctors details:

Emergency Contact Name:		Relation:		24hr Phone:	
Emergency Contact Address:				Alternative Phone:	
Participants Doctor Name and Address:				Doctors Surgery Phone Number:	

Participants Water Confidence: (will not affect participation as buoyancy aids are issued) Not confident Swims 25m Swims 50m+

Please read the following statement, inserting the name of the participant in the spaces, and sign if you agree to all statements.

I understand that Anglesey Outdoors (AO) will be providing adventurous outdoor activities for (insert participant name here) .
 I acknowledge that participation in outdoor activities carries an inherent risk, and that accidents and injuries can occur without any contributory negligence on behalf of AO staff. AO staff are qualified and experienced to keep any risk to a recognised minimum. In consideration of AO staff, I agree to indemnify these against all claims, costs, actions and demands whatsoever resulting from taking part in outdoor activities, or the administration of medicines or first aid, unless such claims, costs, actions and demands are the result of negligence of AO staff.
 I agree to have disclosed all details requested to the best of my knowledge, and agree that (insert participant name here) will abide by the participant code of conduct whilst partaking in activities with Anglesey Outdoors.

Signed: (Participant if over 18, parent/guardian if under 18)			
Print Name:		Date:	

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, 1:15 to 4:45 for an afternoon session, or 9:15 to 4:45 for a full day, this includes time for kit issue and return, and travel time (unless otherwise agreed).
- Find us at the Anglesey Outdoors site, just by 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 in

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. 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, what we will do instead though is another activity as similar as possible and equally as fun.
- 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!
- 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:

adventure@angleseyoutdoors.com

01407 769351

We're looking forward to seeing you!

The Team at