

**THIS IS AN IMPORTANT DOCUMENT. PLEASE READ BEFORE SIGNING**

ANY INFORMATION PROVIDED BELOW IS RECEIVED IN CONFIDENCE AND WILL ONLY BE SHARED IN AN EMERGENCY



# DECLARATION

**A new declaration must be completed for each day you participate in activities**

I understand outdoor activities have an inherent level of risk which however small cannot be eliminated entirely. I accept these risks and will follow all safety guidelines and advice. To the best of my knowledge I have no medical condition or special needs that may make me more susceptible to sustaining an injury or being a risk to others. I will declare any medication or medical issues affecting my mobility, balance, bones, back, ears, eyes, lungs, head or heart etc and disclose any conditions such as diabetes, epilepsy, dizziness, asthma, allergies, phobias or any behavioural issues. I will also describe any additional needs I may need extra support with.

I will comply with all instructions given by Mendip's team and authorise them to take appropriate emergency action if required. I accept that Mendip Activity Centre is not responsible for loss or damage to any personal possessions, valuables or clothing. I am aware of the risk of ticks and will check for tick bites if appropriate.

Participant's full name	Age	Activity date	Do you have any medical conditions or additional needs?	
			Yes	No

Please provide details of any medical conditions, medication or additional needs here:

I am fully authorised to make this declaration on behalf of the participant named above. I confirm that I have read and understood the information above and completed the medical declaration accurately.

Signed (must be over 16)	Print your full name	Telephone number of person to call in case of emergency



**Mendip Outdoor Pursuits Ltd** have specialist Public and Product Liability insurance of £5 million. We do not accept responsibility for loss or additional expenses due to sickness, weather, strikes or any other cause. Personal accident insurance is not included. Activities are occasionally observed and photographed for training and promotional purposes. © Mendip - All Rights reserved