

Acknowledgement of Risk

Please print the name of the participant

Date of Birth

Date 07/09/2015 for 12 months Outdoor and Adventurous Activities.

Penkford School would like you to read the following carefully. It may affect your safety and the safety of others attending activities. Once you have read it we would like you to sign the bottom of the form as an indication that you have read and understood it, and return it to us, together with your medical information form.

Signing this Acknowledgement of Risk in no way compromises your legal rights, nor does it release Penkford School from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for!

We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character. Amongst other things, some of these risks can contribute to:

- the loss or damage of your personal clothing or equipment,
- feelings of discomfort, fear and apprehension, or even
- Accidental injury, illness, or trauma which in extreme but thankfully very rare cases can be very serious.

The level of real (as opposed to apparent) risk associated with the activities we provide is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with a normal adult undertaking recreational activities appropriate to their ability, fitness, age, etc.

Depending on which activity you are undertaking you may be involved with any or all of the following. If you are not comfortable with any of these you should let that be known to us at the time of your arrival with us, and preferably also in advance. Alternatively you may decide to withdraw from the activity.

Things you may encounter include, but may not be limited to:

Rough or rugged terrain. This may be on mountain or moorland, forestry or rough cultivated land etc. If you are have only used footpaths, tarmac surfaces, and gentle inclines etc this may come as a bit of a surprise by putting greater strain on joints and muscles than you are used to.

Physical effort. All our activities involve physical effort which at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, which may make some activities

ill-advised you should make us aware of them. Rest assured however, that we can accommodate almost anyone provided we know about the condition.

Water activities. All normal and appropriate precautions will be taken, such as the use of buoyancy aids when appropriate. However, some situations may become stressful for some people. If you have an unusual aversion to water you should let that be known to us, although the ability to swim is NOT a requirement..

Environmental risks and hazards. These may include such factors as lightening, floods or rock-fall although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot.

Slips and trips. This is the commonest type of accident throughout society and our courses are no exception. We will endeavour to ensure that the consequences of such a slip are not serious but you should be aware that the likelihood of falling over, or slipping is likely to be greater than you are used to. Moreover, given the nature of the environment in which these may occur the situation can compound giving rise to a more serious incident

Penkford School has clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute to their own and each other's safety by following the instructions of our staff .

Acknowledgement.

I recognise:

- **These activities may require an attitude and approach different from other activities I have been involved with,**
- **that the nature of the risks may be different to those which I am familiar with,**
- **that certain inherent risks remain.**

By signing this I do NOT release Penkford school from any of its obligations towards me, nor does it affect my legal rights. I have however read and understood the content of this document

Signature of participant _____ Date

(in **all** cases)

Signature of Parent of Guardian _____ Date

(where appropriate)

Please print the name of the participant
