

Action Adventure Activities, hereafter referred to as A3 require you to read the following carefully. It will affect your safety & the safety of others. Once you have read it we would like you to complete our Sign In sheet confirming which activity you will be participating in & sign the form as an indication that you have read & accepted this information.

Who Signs for Who

Any participant 18 or over should read & sign for themselves, unless they are accompanied by a carer who may assume this responsibility. For anyone under 18 the sign in sheet should be completed by an accompanying parent/guardian who is also participating in the activity.

Safety

In booking any of our activities at A3, the participant and parent/guardian accepts there is inherent risk in these activities and accepts that cuts, bruises & minor injuries may be a normal part of participation. A3 takes all reasonable steps to provide you with the level of care & assurance appropriate to our activities. Please note that all of our activities require a moderate level of fitness, though none are particularly strenuous. All participants accept that they are primarily responsible for their own safety.

Many activities involve some personal risk. Participants in any of our activities accept the existence of an element of risk. Life insurance policies vary in their coverage, and some may exclude certain activities A3 offer.

Customers accept a level of risk in all activities provided by A3, & accept the company will not be held responsible for any accident or injury to customers or spectators, unless the company is deemed to be specifically negligent.

Customers themselves accept a duty of care to themselves, fellow participants, spectators and staff.

Medical Conditions

Please note that all of our activities require a moderate level of fitness, though none are particularly strenuous. On booking any activity you will be deemed to have accepted that you are fit enough to participate.

Certain medical conditions and pre-existing or historical injuries may limit or exclude participation in certain activities.

e.g. Heart condition, pregnancy, previous fractures, dislocations or muscular injuries, recent surgery. Whilst this is not an exhaustive list prospective participants must inform A3 of all and any factors that may have a bearing on their ability to safely participate in an activity.

Customers will be expected to accept a level of responsibility in that if they have any medical condition whatsoever, or are on any medication whatsoever, it is the responsibility of the customer to seek appropriate advice prior to arrival. For adult groups the onus is on individual participants to contact Action Adventure Activities with any relevant information, not the person leading the group and or making the booking. **Participants who have been prescribed an Inhaler, Epipen, GTN spray must bring this with them for their session in order to participate.**

In circumstances where A3 staff provide First Aid and direct the participant to seek further expert medical help, the participant/guardian agrees to do so at the earliest opportunity.

Acknowledgement of Risk (AOR) Page 2/2

Injuries

If you sustain an injury during participation in any of our activities please inform a member of staff **IMMEDIATELY!** For under 18's this would usually be done through their parent or guardian.

Alcohol/Drugs

Strictly no drugs to be brought onto or consumed on our grounds (YOU WILL BE ASKED TO LEAVE). No alcohol is allowed to be consumed before or during any activities. If a customer is believed to be intoxicated they will be expected to abstain from all activities. A3 reserves the right to breathalyse any customer we feel may be at risk and the company's decision will be final as to whether a customer can participate or not. No refund shall be given in either of these circumstances.

Photography and Video

For marketing purposes we will sometimes take photographs and videos of our activities. By completing the relevant sections of our sign in sheet you are consenting to the use of media in any marketing capacity A3 deems necessary.

Behaviour

A3 reserve the right to remove any individual from an activity where it is deemed that individual is creating unacceptable risk to themselves, other customers, spectators or staff. The customer is liable and accepts responsibility for every person/s in his or her party for damages caused by accident or by reckless behaviour. (DAMAGES TO BE PAID FOR IN FULL). Any kind of abusive behaviour towards A3 staff, other group members or spectators will not be accepted and we will not hesitate to call for police assistance to have you removed.

Restrictions

Many activities have height, weight and age restrictions. If a participant is under 18 then an accompanying parent/legal guardian must sign the AOR on their behalf.

Clothing

Protective clothing & equipment issued by A3 must be worn at all times during participation in relevant activities. All protective equipment is designed to reduce the possibility or level of injury, however it does not specifically prevent all injuries at all times. Participants agree to follow instruction given by staff, knowing that failure to do so will increase risk and may contribute towards an accident.

Many of our activities take place in an ever changing natural environment and whilst A3 carries out regular Risk Assessments there will always remain an element of risk. Copies are available on request.