



As INTO THE OUTSIDE will be responsible for your wellbeing, we require each individual to complete this form and return it by email to intotheoutside@hotmail.co.uk

Please reserve me a place on the Challenge Event/Walk/Kayak/MTB/Canoe/Trek/Scramble/Climbing Date(s)..... at a cost of £..... Where did you hear about INTO THE OUTSIDE?.....

Your details:

Title:..... First name:..... Other names:.....Surname:
 Address for correspondence:..... Postcode:.....
 Telephone:..... E-mail:.....
 DOB:..... Next of Kin:.....
 Their tel no:.....(Someone not on the adventure)

Medical Information form:

Have you been a hospital patient during the past 12 months? YES/ NO
 Have you received doctor's treatment during the past 12 months? YES/ NO
 Are you receiving or waiting for hospital treatment? YES/ NO
 Do you suffer from any allergies? YES/ NO
 Have you ever suffered from; heart disease, high blood pressure, asthma, epilepsy, diabetes? YES/ NO
 Are you taking any drugs or other medication? YES/ NO
 Have you ever had problems with your back or with any joints (knees etc)? YES/ NO
 Is there anything else you feel Into The Outside should be made aware of? YES/ NO

If you have answered YES to any question please give details in the below. Please continue on the back of this form if you require more space.

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Are you confident swimming 50 metres YES/NO
 Do you mind if we used photographs for social media and promotions YES/NO
 Can we add you to our mailing list for news on INTO THE OUTSIDE adventures YES/NO

Minimum Age

The Minimum Age for our walks is 18 years of age, under 18's must be accompanied by a parent or guardian.

Participation Statement

INTO THE OUTSIDE recognise that mountain walking, canoeing, mountain biking and kayaking are activities with a danger of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.

Booking form declaration

- By making a booking you are deemed to have agreed to the following conditions and participation Statement (above):
- You have read and accepted these booking conditions
- You are suitably equipped and fit for the activity, and you acknowledge and accept the dangers associated with outdoor / activities (see above)
- You do not suffer from any pre-existing medical conditions that may prevent active participation in the activity.

Signed:..... Print name:..... Date:.....