

**Life is a daring adventure...  
...or nothing at all**



**Confirmation of Booking Form (Individual)**

**Please complete, sign and return on 0870 7058623  
Or by post to The Fishergate Centre, Fishergate, York, YO10 4FB**

<b>Your Name:</b>		
<b>Address:</b> (If not UK resident use C/O address)		
<b>Telephone:</b>		<b>Mobile:</b>
<b>E-mail:</b>		
<b>Venue:</b>		
<b>Date(s):</b>		
<b>Event Details:</b>		
<b>Cost:</b>	£	
<b>Office Use Only</b>	<b>REF: RSA</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

<b>Next of Kin:</b>		
<b>Address:</b>		
<b>Telephone:</b>		<b>Mobile:</b>

**Health & Medical**

- Individuals participating in outdoor activities are putting themselves into a situation where trained and responsible adults may have to make decisions of care on their behalf.
- By participating in outdoor activities, participants may experience environments and conditions where prior knowledge of details of health may prove vital in ensuring the full safety of the participants.
- For these reasons, we would like to have details of **any medical conditions** or health problems that may affect your involvement in the activity.
- For each participant we would also like to have the name and telephone number of someone who may be contacted in cases of emergency (see above).

**Health Complaints / Medical Conditions**

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**Size (for safety equipment): Please state measurements in Inches / Pounds**

<b>Height:</b>	
<b>Weight:</b>	
<b>Chest:</b>	
<b>Waist:</b>	
<b>Shoe size: (UK or EU)</b>	
<b>Age (if under 18)</b>	

**THE FISHERGATE CENTRE FISHERGATE YORK YO10 4FB**

**T: 08456 123636 E: admin@rocksteadyadventure.co.uk**

Registered in England No. 05702410



**Acknowledgement of Risk**

Rock Steady Adventure would like you to read the following carefully. It may affect your safety, and the safety of others attending the activity programme. Once you have read it, please tick the box.

Adventure activities, such as rock climbing, kayaking, mountain biking etc. are hazardous pursuits. Rock Steady Adventure has taken all reasonable steps to manage the level of real risk to a level that we believe is acceptable. The level of real risk is generally confined to a similar level that a normal individual would experience when involved in normal active recreation and whilst the chances of serious injury are remote, the chances of minor injury (bruises, bumps and minor fractures) have to be seen as possible outcomes.

We are not able to remove all risk from the activities without destroying the activity, or the reason for doing it.

Please be aware that this is NOT a disclaimer, and does not release Rock Steady Adventure from its obligations towards you. It is to make sure that you know what you are letting yourself in for! If you have any questions, call us on 08456 12 36 36.

Only if you are comfortable with the level of risk to which you could be exposed should you tick the box.

Rock Steady Adventure and its representatives reserve the right to exclude any individual from adventure activities on the grounds of safety, and also to postpone an activity on the basis of weather or other environmental conditions out of the control of Rock Steady Adventure, or its representatives.

- I confirm the booking and details of the above**
- I have read and completed the Health & Medical section**
- I have read and understand the Acknowledge of Risk section**
- I have read, agree and understand the Terms & Conditions of booking**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_

(to be signed by Parent / Guardian if under 18)