

Coasteering Southwest

Pre Session form & Declaration

Coasteering Southwest take the safety & health of its participants as a priority. As with any sports/leisure or outdoor pursuit there are risks & hazards involved! Listed below we have highlighted the key points to be read & understood before any session can move forward. Any question please ask. :)

I UNDERSTAND THAT :

- Coasteering is physically & mentally intense and may require extreme exertion
- Coasteering can in some instances cause feelings of discomfort & fear
- The possibility of injury to myself exists
- Coastlines have varying terrain, many slip & trip hazards. Whilst coasteering I will get wet.
- Coasteering may cause bruising, lacerations or stiffness
- Coasteering is traversing the coastline and will involve; scrambling across uneven surfaces often wet, going through caves, crossing choppy waters and as such there is a significant risk of injury
- Coasteering involves navigating open ocean and as such will at times require you to swim aggressively
- Coasteering involves climbing up & down cliffs and safely jumping off them
- If at any point I remove my equipment without my guides previous knowledge & acceptance I will be putting myself at risk
- Having said all of this, every part of our coasteering routes are optional and can be as challenging as you would personally like it to be. Our focus is your safety and fun today :))

I CONFIRM AND AGREE THAT:

- I am physically fit and mentally able to take on the strain & exertion involved in coasteering
- I am not under the influence of drugs or alcohol
- I have no medical conditions or injuries that may affect me during the coasteering session – please make your guide aware if you do as we can adjust the session to suit. Also make us aware of any inhalers or medical aid that we need with us on the route today
- I am fully aware of the risk to myself & others in coasteering
- I will comply with the guides instructions today and use all equipment as instructed
- I am comfortable in an ever changing open ocean environment

I HAVE READ AND FULLY UNDERSTOOD THIS AGREEMENT. I AM AWARE THAT BY SIGNING THIS AGREEMENT I ACKNOWLEDGE & ACCEPT THE INHERENT RISK OF INJURY COASTEERING ENTAILS & I WAIVE ANY CLAIM THAT MAY RESULT FROM MY PARTICIPATION IN COASTEERING ACTIVITIES. I WILL NOW UNDERTAKE A SAFETY BRIEF & TRAINING. IF I DON'T UNDERSTAND ANY PART OF THE SAFETY BRIEF I WILL BRING IT TO MY GUIDES ATTENTION. PARTICIPANTS UNDER THE AGE OF 16 MUST HAVE THE FORM SIGNED BY A PARENT OR GUARDIAN OR ORGANISER- ONLY IF ALL THE ABOVE IS UNDERSTOOD. ALL PARTICIPANTS MUST BE OVER THE AGE OF 10 YEARS OLD

NAME.....

AGE.....

Sign.....

DATE.....