

INSTRUCTED ACTIVITY CONSENT FORM



Site:

Day:

Date:

Participation Statement:

All climbing activities have a risk of serious injury or death. Participants must recognise that even if they follow all good practice there may still be the risk of accident and injury. It is the responsibility of the participant to adhere to the **Conditions of Use**.

General Safety:

Your safety or that of your child and other users of the centre is of paramount importance to us. At all times participants must listen to and follow instructions provided by their instructor.

Additionally, they should:

- Exercise care, common sense and self-preservation at all times
- Be aware of other climbers around them and how their actions may affect them
- Stand well back from climbing surfaces
- Not stand directly under someone who is climbing
- Not distract people while they are climbing or belaying
- Not carry mobile phones or other objects that may fall and injure people below

Declaration of Fitness:

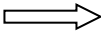
I certify that to the best of my knowledge, I and those in my care do not suffer from a medical condition which might have the effect of making it more likely that they be involved in an accident which could result in injury to them or others.

Consent:

I have read and understood the statements on the Instructed Activity Consent form and have seen and agree to abide by the Conditions of Use (Rock Box Do's and Don'ts).

Your Personal Information:

As part of your booking or registration process High Sports will request some personal information from you such as email address, phone number and home address. We will email you shortly after your booking to explain the type of information we send our customers and provide you with the option as to whether you want to receive communications from us. **We will never share your information with any other company.**



Once you have read and understood the consent statements overleaf please complete a line for each participant including ages for under 18's.

Name of Climber	Age	Name of parent/ guardian if under 18	Contact phone number	Signature of participant or parent/guardian if Under 18

DATE: