

DISCLOSURE OF RISK

Backcountry Survival, ask you to read the following. It may have a bearing on your safety, & that of others that are involved in activities with you.

Backcountry Survival has legal & regulatory obligations to provide a duty-of-care to all that participate in any of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care & assurances of safety that are appropriate to each of the activities. You should though be aware that there will always be certain risks that are inherent to outdoor activities. It is not possible to eliminate these risks without destroying the character & experience of each activity.

The level of real, as opposed to perceived risk associated with the activities is very low. However, the types of risk may be something with which you are not ordinarily familiar. For avoidance of uncertainty, **environments & situations that you may encounter include:**

- **Rough / rugged terrain:** may cause you to experience greater than usual strain on joints & muscles, & can lead to aches, pains & strains.
- **Physical effort:** our activities may involve you in a greater level of exertion than in your usual day-to-day environment.
- **Height & water:** whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful. Water-based activities may result in you getting wet &/or cold.
- **Natural environment:** weather conditions may be cold, wet, or very hot, & can also change rapidly & for the worse. There can also be unstable/slippery conditions underfoot. Sudden natural hazards such as rock falls & lightening can occur.
- **Slips & trips:** the most common cause of accident throughout society, the opportunity for slips, trips & falls is likely to be greater than that which you usually experience.
- **Loss or damage:** the environments and activities that you choose to experience may increase the potential for loss of or damage to your personal clothing or equipment.

As well as Backcountry Survival's part in ensuring as safe an environment as possible for each activity, participants also have a responsibility for safety. **Your responsibilities are as follows:**

- **Medical:** please make us aware of medical condition(s) or injuries, past or present, that may affect or make ill-advised your participation in any activity. We can then agree with you whether or not you should participate.
- **Dietary:** All food and water wild and otherwise acquired under the tuition of an instructor will be safe to consume. This is not to say that you may have an underlying and/or unknown allergy to these consumables. Sufferers of anaphylaxis, asthma, eczema or are prone to allergic reactions should disclose in the medical box below and notify instructor.
- **Fears & phobias:** before commencing any activity, please ensure that we are aware if you have any major concerns, fears or phobias about the situation(s) in which you are choosing to place yourself. We will work with you to help ease your feelings of discomfort/apprehension/fear, & ensure that you are as comfortable as possible.
- **Drugs & alcohol:** it is highly dangerous to participate in any activity whilst under the influence of drugs or alcohol. Backcountry Survival reserves the right to prevent any person from participating in any activity, should we suspect that they may have been drinking, or be under the influence of drugs.
- **Instruction:** you must accept & act upon all direction & instruction from our instructors.

Thank you for taking the time to read & consider this Disclosure of Risk. Prior to commencing your chosen activity/activities, Backcountry Survival will ask you to acknowledge your acceptance of the disclosed risks by signing a related Acknowledgment of Risk. In doing so you will confirm that you have read & understood the content of the Disclosure of Risk. A parent or guardian must counter-sign for anybody under the age of 18. Signing the Acknowledgment of Risk does not release Backcountry Survival from any of our obligations towards you, nor does it affect your statutory rights.

ACKNOWLEDGEMENT OF RISK

I hereby confirm that I have read & understood the Disclosure of Risk provided to me by Backcountry Survival
(If answering YES to medical conditions, please state or provide separate written details.

NAME	D.O.B	MEDICAL CONDITIONS	SIGNATURE	DATE

**WE LOOK FORWARD TO MEETING YOU, BEST WISHES FOR AN ENJOYABLE AND
INFORMATIVE COURSE**