



Disclosure of Risk

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

Backcountry Survival Ltd has legal and 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 and 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 and situations that you may encounter include:

- **rough / rugged terrain:** may cause you to experience greater than usual strain on joints and muscles, and can lead to aches, pains and 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 and can also change rapidly and for the worse. There can also be unstable/slippery conditions underfoot. Sudden natural hazards such as rock falls and lightning can occur.
- **slips & trips:** the most common cause of accident throughout society, the opportunity for slips, trips and 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 Ltd'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 and ensure that you are as comfortable as possible.

