

Acknowledgement of Risk Country Wide Weekends

Please print the name of the group participating_____

Please print the name of the attending group leader_____

Course/Activity Details

Dates _____

Country Wide Weekends would like you to read the following carefully. It may affect your safety and the safety of others attending your course. Once you have read it we would like you to sign the bottom of the form as an indication that you have read and understood it, and return it to us, together with your booking form detailing any relevant medical information.

Signing this Acknowledgement of Risk in no way compromises your legal rights, nor does it release Country Wide Weekends from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for! We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities. However you should be aware that certain inherent risks remain which are integral to the activity, and which can not be eliminated without destroying their unique character. Amongst other things, some of these risks can contribute to:

- the loss or damage of your personal clothing or equipment,
- feelings of discomfort, fear and apprehension, or even
- accidental injury, illness, or trauma which in extreme but thankfully very rare cases, can be very serious.

Print name_____

Signed_____Date_____

Position_____

Brief Activity Description

All Country Wide Weekends activity sessions unless otherwise specified involve activity for between 2 and 3 hours duration. Appropriate instruction and guidance is given by staff and should be strictly adhered to at all times.

Caving

An approach across open and varied countryside may involve uneven ground and in some cases be quite strenuous. Novice caving trips involve a mixture of walking, stooping, clambering and in some cases crawling and may incorporate the use of simple handlines whilst underground. Appropriate protective footwear and clothing is provided together with approved helmets lamps and belts.

River based Kayaking/Canoeing

Moderate upper body use. All appropriate clothing is supplied, including wetsuits. Buoyancy aids and helmets are supplied for all participants. An ability to swim is NOT a prerequisite. Access to the water is varied but typically via a grassed approach. Some exposure to water is highly likely. In the event of a 'swim' some scrambling maybe required to exit the water.

Raft Building

All of the Kayaking/Canoeing paragraph apply to raft building. In addition there will be handling and lifting of wooden poles/beams /barrels/ropes where supervision is given and proper lifting advice is given where appropriate.

Abseiling

Approach across open and varied countryside may involve uneven ground and in some cases be quite strenuous. Access paths to the 'pitch' or 'crag' top maybe steep and slippery. Adequate handlines and guidance is given to approach these areas carefully with minimal effort. Expect slightly dirty clothing and usual 'countryside hazards' such as brambles in the summer, nettles and so forth. Wear appropriate clothing including a windproof/waterproof jacket and suitable footwear. Abseiling itself is not particularly strenuous, the approach for repeat descents might be!

Climbing

Approach across open and varied countryside may involve uneven ground and in some cases be quite strenuous. Access paths to the 'pitch' or 'crag' top maybe steep and slippery. Adequate handlines and guidance is given to approach these areas carefully with minimal effort. Expect slightly dirty clothing and usual 'countryside hazards' such as brambles in the summer, nettles and so forth. Wear appropriate clothing including a windproof/waterproof jacket and suitable footwear. Climbing requires a fair degree of flexibility and athleticism and can be quite tiring. Suitable sites are chosen to facilitate a wide variety of climbs suiting all abilities.

Archery

This activity takes place both inside and outside. For open sites be wary of uneven ground and slippery grass. No particular level of fitness is required for this sport. A little light exercise and some upper body flexibility will be required. Bows can be matched to individual's strength.

Team Building/Team Challenges

These may take place both indoors and outdoors. Careful thought is given to the design and content of these events and consideration of ground conditions taken into account. A full briefing and any

specific boundaries are highlighted by the attending instructors. Please wear appropriate warm clothing if outside.

Tyrolean Traverse

Approach across open and varied countryside may involve uneven ground and in some cases be quite strenuous. Access paths to the 'pitch' or 'crag' top maybe steep and slippery. Adequate handlines and guidance is given to approach these areas carefully with minimal effort. Expect slightly dirty clothing and usual 'countryside hazards' such as brambles in the summer, nettles and so forth. Wear appropriate clothing including a windproof/waterproof jacket and suitable footwear. Traversing itself is not particularly strenuous, the approach for repeat descents might be!

Zip Line

Tower Zip Line: Participants will need to climb a fixed ladder up the inside of the tower with a safety line attached which requires some physical exertion.

Rock/Tree Zip Line : Approach across open and varied countryside may involve uneven ground and in some cases be quite strenuous. Access paths to the 'pitch' or 'crag' top maybe steep and slippery. Adequate handlines and guidance is given to approach these areas carefully with minimal effort. Expect slightly dirty clothing and usual 'countryside hazards' such as brambles in the summer, nettles and so forth. Wear appropriate clothing including a windproof/waterproof jacket and suitable footwear. Zip lining itself is not particularly strenuous, the approach for repeat descents might be!