



RISK ACKNOWLEDGEMENT & PARENTAL CONSENT

THIS IS AN IMPORTANT DOCUMENT & YOU MUST READ IT BEFORE SIGNING IT

1. I declare that I am the legal parent/guardian of the participant listed below.
2. I consent to my child/ward taking part in guided outdoor activities that may include: surfing, kayaking, paddleboarding, coasteering, swimming and/or cycling, led by competent guides, in coastal or inland locations.
3. I understand that these activities are physically demanding and that my child/ward is fit and able to participate in moderate exercise (ie. equivalent to a school PE lesson).
4. I undertake to ensure that he/she/they read, understand and follow the preparatory information listed on the reverse of this document.
5. I acknowledge that the guides on the day of the activity may refuse my child/ward's participation or end the activity early if they do not follow the safety rules or oral instructions provided, or if conditions are not suitable.
6. **I acknowledge that this is an assumed risk activity and fully acknowledge the risks involved.** Your child/ward will minimise this risk by following the preparatory information and by following the safety rules and advice provided by the guides. I understand that if they do not follow the safety rules and advice they could have an accident.
7. In the event of an accident, or loss or damage to personal effects to myself or my child/ward, I acknowledge that Cullercoats Bike & Kayak will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the activity (except that caused by Cullercoats Bike & Kayak's negligence).
8. I will declare all known medical conditions, allergies and food sensitivities on this form and inform Cullercoats Bike & Kayak if these change prior to the activity.
9. To the best of my knowledge my child/ward is not pregnant.

First & Last Name of child/ward												
Date of Birth of child/ward:		Child/ward's swimming ability:	1	2	3	4	5	6	7	8	9	10
			Can't Swim			Average			Confident			

Please use this space to describe your child/ward's relevant medical conditions, allergies or food sensitivities:

Emergency contacts – please supply two contacts:

Emergency Contact Name & Relationship	1.	2.
Emergency Contact Telephone Number	1.	2.

Appropriate Photos & Video: During the session photographs and video may be taken. These will be made available to your group after the session but may also be used for promotional and marketing purposes. If you DO NOT consent, please tick the box to the right of this statement.

I DO NOT CONSENT:
[]

I have read the statements above and the information of the reverse of this form and provide my consent for my child/ward to participate in the activities shown above.

Parent/Guardian Signature:	Parent/Guardian Print Name:	Date:

Preparing for your visit to the seaside

ESSENTIAL THINGS TO BRING ON THE DAY

ALL ACTIVITIES

- ✓ Dry, warm clothes
- ✓ Waterproof top coat
- ✓ Snack bars and water, for energy and hydration
- ✓ Hair Bobble (if needed)
- ✓ Glasses cord/string to secure spectacles around neck (if needed)

ACTIVITY SPECIFIC ITEMS

Activity	Things to bring
<ul style="list-style-type: none"> • Kayaking • Stand Up Paddleboarding • Lifeguard Trials • Body Boarding & Surfing 	<ul style="list-style-type: none"> ✓ Swimwear (ideally worn under clothes) ✓ Towel
<ul style="list-style-type: none"> • Coasteering 	<ul style="list-style-type: none"> ✓ Swimwear (ideally worn under clothes) ✓ Towel ✓ Old shorts (to wear on top of wetsuit) ✓ Old closed-toe trainers with a solid sole (wetsuit boots aqua shoes/crocs are not allowed)
<ul style="list-style-type: none"> • Cycling 	<ul style="list-style-type: none"> ✓ Gloves
<ul style="list-style-type: none"> • Rockpool Safari 	<ul style="list-style-type: none"> ✓ Wellies ✓ Spare dry socks and shoes

IMPORTANT CONSIDERATIONS

- Tie up long hair, remove jewellery if possible. Be aware that your hands will shrink when cold.
- Mobile phones and other electronics should not be taken on/near the water, except waterproof cameras.
- Always attach valuable items (eg. cameras) to your person or they may sink.
- Ensure that you can see clearly at distances of at least 20m. If you need glasses you may choose to wear them whilst participating in the activity, but they do increase risk of injury.
- Do not chew chewing gum as it is a choke hazard.
- Apply appropriate sun protection; the sea reflects the sun so burn time is much reduced near water.
- Carry a bottle of water to prevent dehydration during the activity.

IF YOUR CHILD/WARD IS SEEN NOT FOLLOWING THE SAFETY RULES OR DOES NOT RESPOND TO VERBAL INSTRUCTIONS PROVIDED BY THE GUIDE, THEY WILL BE ASKED TO LEAVE THE ACTIVITY. IF THIS HAPPENS WE WILL NOT BE ABLE TO GIVE A REFUND.

Contacting us: If you have any concerns about your child/ward's participation you can contact us on 0191 251 9412 or e-mail: info@cullercoatsbikekayak.co.uk.