



## Medical Form and Participation Statement

This form must be filled out for all persons attending a Blackland Farm Outdoor Centre day/course, and signed by a legal guardian for those under 18.

The information given is confidential and is only available to members of Blackland Farm Outdoor Centre who need to know for reasons of safety etc.

All information will be stored in accordance with GDPR guidelines.

<b>Name:</b>	<b>Date of Birth:</b>	<b>Gender:</b>
<b>Course Name:</b>		<b>Course Dates:</b>
<b>Contact Address:</b>		
<b>Postcode:</b>		<b>Telephone:</b>
<b>Email Address:</b>		
<b>In an emergency, please contact:</b>		<b>Telephone:</b>

### Medical Information

Please give details of any medical conditions that may affect the course member's ability, including advice given by a doctor. Course members are rarely excluded from an activity due to a medical condition, so please do not miss anything out.

**Please note:** Blackland Farm Outdoor Centre are not allowed to administer any medicines whatsoever, and do not have any medications available such as insect creams or aspirin. However, instructors are trained in first aid, carry first aid kits and will look after medications for children (e.g. inhalers) if written evidence is given that the medication is required.

### Dietary Information

Please include any special dietary requirements, food allergies etc. (e.g., vegetarian, nut allergy etc). Please attach another document/paper if needed.

**Other Information:**

I can swim 50 metres in light clothing: **YES / NO** *(Please circle/highlight)*

*(Answering NO does not automatically preclude you from water activities. All participants will be provided with the correct fitting PPE)*

**Participation Statement**

I accept that outdoor activities are inherently dangerous and the risk of serious injury or even death can never be completely eliminated. I accept that bruises, scrapes, bumps, and slight cuts etc. are an acceptable possibility while participating on activities such as those mentioned above.

I agree to abide by all decisions and instructions made by 4<sup>th</sup> Dimension Ltd, its instructors, coaches and representatives regarding safety issues. I declare that I am fit and able to take part in the activity/course I have chosen. Whilst Blackland Farm Outdoor Centre will take all necessary precautions to try and ensure the safety of all participants, unfortunately accidents will occur in consequence.

The management accepts no responsibility whatsoever for any loss or injury resulting from any persons' involvement in outdoor activities, unless caused by their negligence. Furthermore, it is understood and agreed that individuals participate at their own risk.

**Signature:**

*(Parent / Legal Guardian if under 18)*

We occasionally take pictures for marketing purposes. If you would prefer for this not to happen then please tick here:

Revised: April 2024