



# Mountain-Expertise

Guiding & Instruction throughout the UK

## ACTIVITY CONSENT & BOOKING FORM

Dear Participant,

Please complete the form below, reading the declaration and then sign at the end.

Name of Participant \_\_\_\_\_ Date of Birth \_\_\_\_\_

Shoe Size (if boots required) \_\_\_\_\_ Any other kit required \_\_\_\_\_

Course Booked on \_\_\_\_\_ Dates \_\_\_\_\_

Payment Method (please delete as appropriate)  CHEQUE  PAYPAL  BANK TRANSFER

Details of any MEDICAL, PHYSICAL or BEHAVIOURAL conditions that may affect you on the activities

\_\_\_\_\_

Details of any MEDICINE / DIET/ TREATMENT which is being taken or followed \_\_\_\_\_

\_\_\_\_\_

Details of and known ALLERGIES / SENSITIVITIES \_\_\_\_\_

\_\_\_\_\_

Details of any INFECTIOUS DISEASES that you have been in contact with in the last 3 weeks

\_\_\_\_\_

I HAVE / HAVE NOT\* been immunised against Tetanus in the last 5 years. (\* Delete as appropriate)

Name of person to contact in case of emergency

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_

### DECLARATION

I understand that Mountain Expertise will be providing a programme of adventurous outdoor activities for \_\_\_\_\_  
\_\_\_\_\_ (please insert name), participation in these activities does entail some form of risk and injuries can occur. In the unlikely event that immediate medical treatment is required I agree that qualified first aid practitioners may carry out appropriate action. All Mountain Expertise staff are appropriately qualified and experienced and will make every effort to manage the risks.

I agree to inform the activity leader or Mountain Expertise should any of the above information change between signing this form and the start of activities.

I agree to the above statement and have read the terms & conditions. (If under 18 please use under 18's form).

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

All the information on this form shall remain confidential and only be passed on to the instructors who will be working with you or professional medics in the event of an emergency.

# WHAT YOU SHOULD KNOW – TERMS & CONDITIONS

## BOOKING

A 50% non refundable deposit is payable on booking, full payment if less than 2 weeks to the start date of the course. The remainder is due 2 weeks before the course start date.

Booking forms should be sent to Mountain Expertise, K.Bromfield & P.James, 16 Maes y Garnedd, Bethesda LL57 3BP or emailed to [info@mountain-expertise.co.uk](mailto:info@mountain-expertise.co.uk) or filled out online.

## PAYMENT

Your course fee can be paid by cheque payable to KM Bromfield & PA James, Paypal or by Bank Transfer (details on request).

## CANCELLATION

If you cancel 4 weeks or more before the course starts then any course fees over and above the deposit will be refunded. If you cancel less than 4 weeks but more than 2 weeks before the course starts then you will be refunded 25% of the total course fee. If you cancel less than 2 weeks before the course starts then there is no refund. Mountain Expertise will make every attempt to run a course. However, if, due to circumstances outside our control like dangerous and/or unsuitable weather conditions, loss or theft of transport or incapacitating injury, we have to cancel a course we will refund all fees paid or find another suitable date.

## PARTICIPATION STATEMENT

It is impossible to eliminate all risk, however through experience and following best practise and national guidelines we do our utmost to ensure your safety.

It must however be understood that participating in outdoor activities involves some risk of injury. Instructors will take all reasonable care to reduce this risk. As a participant you are required to observe the safety instructions given to you during the course.

## LIABILITY

Mountain Expertise and instructors are not under any liability whatsoever in respect of loss or damage to personal property, not caused by the negligence or fault of Mountain Expertise or associates while attending the course.

## INSURANCE

The cost of a course does not include insurance against cancellation, personal injury, loss or damage that is not caused by the negligence of Mountain Expertise instructors or associates. We strongly recommend as with any sporting activity that you take some out. This can be done through a variety of providers including the British Mountaineering Council (the BMC) or Snowcard are well recommended.

## ASSURANCE

Mountain Expertise is run by qualified and experienced outdoor pursuits coaches and instructors. All instructors and coaches that we use hold relevant National Governing Body awards, experience and insurance for all activities offered.

## EQUIPMENT

Equipment that you hire or use for your course is your responsibility, you may be asked to replace an item if you damage or lose it due to neglect.

## MEDICAL CONDITIONS

Mountain Expertise should be informed of any relevant medical conditions or injuries of ALL participants.

