



## Coasteering Disclaimer

*"Jurassic Coast Activities treats the Health and Safety of all participants as a priority. As with any sport/leisure activity there are hazards associated with Coasteering. It is important for the safety of everyone taking part that each participant is acquainted with those hazards and individually takes relevant action to minimise those hazards as much as possible."*

I understand that:

- Coasteering is physically and mentally intense and may require extreme exertion
- Coasteering in some cases and instances cause feelings of discomfort and fear
- The possibility of injury to myself exists
- Coastlines have varying terrain, maybe slippery and have many trip hazards
- When Coasteering I may get wet, too hot or too cold
- Coasteering may cause bruising, lacerations and stiffness
- Coasteering involves going into caves and moving around on wet slippery rocks that are sharp and have significant risk of injury if fallen upon
- Coasteering involves going into moving water where you will have to swim aggressively
- Coasteering involves climbing up and down steep cliffs
- If I take any of my Equipment off, I will be putting myself in danger
- All parts of the coasteering activity are optional "challenge by choice" and therefore the participant has the choice to participate in all or part of the activity where appropriate
- Cars are parked in the car park at the owners risk
- Jurassic Coast Activities will not accept responsibility for lost or stolen valuables either at the centre or car park

I confirm and agree that:

- I am physically fit and mentally able to take the strain and exertion involved in Coasteering
- I am not under the influence of Alcohol or Drugs
- I have no medical condition that would prevent me from taking part in Coasteering - please make your guide aware if you use an inhaler or any medical aid
- I am fully aware of the risk to myself and others involved in Coasteering
- I will comply with the rules and use all equipment as instructed
- I will obey all instructions from the guide(s)
- I will pay any charges incurred before leaving the centre
- Upon completion of this Coasteering session I will not take part in any form of Coasteering activity without the use of a qualified guide and bona fide Coasteering company that conforms to the British Coasteering Federation or National Coasteering Charter

**I am aware that by signing this agreement I acknowledge and accept the inherent risk of injury that Coasteering entails and I waive any claim that may result from my participation in Coasteering activities. I will now undertake a safety brief and training. If I do not understand any part of the safety brief I will bring it to the instructors attention on the several occasions they ask..."Any questions?"**

**Participants under the age of 16 must have this form signed by a parent, guardian or organiser - only after they have understood all of the above.**

**'At the time of booking I have read and understood the 'Coasteering declaration' and am satisfied any questions I have, have been answered prior to booking'**

**Accidents can happen without any contributory negligence from the centre or its staff. The centre can accept no responsibility for loss or damage to personal property or for personal injury not arising as a result of its own act or default.**

**I have read and fully understand this agreement.**

**Name.....** (clear bold capitals)

**Sign.....**

**Date.....**