

PARTICIPATION FORM

TRAINING EVENT INVOLVING OUTDOOR ACTIVITIES & TASKS COMMAND UK LTD 2006

GROUP DETAILS

Name of Group:.....

Date of Course: Starting..... Ending.....

Location of Course:.....

PARTICIPANT'S DETAILS

Name:.....DOB:...../...../.....

Emergency Contact:.....

Participant's contact address:.....

.....Postcode:.....

Participant's Primary email:.....@.....

You may receive follow up emails after participating in an event for the purpose of evaluation and to support your future development.

Emergency contact Tel. No.s:

Daytime.....Evening.....

Mobile.....Email.....@.....

Name and address for doctor:.....

.....

.....Tel No if known.....

For the Participant – please read carefully;

1. Command UK Ltd is committed to providing safe and rewarding experiences to all our clients. The nature of the programme you are attending will involve the option to participate in various outdoor activities and experiences. While we follow all national guidelines, best practice and H&S legislation, there will always remain an element of residual risk. To counter this, you will receive appropriate information from your dedicated safety instructor prior to the start of each session. This information will include any special risks and hazards you should be aware of. Please communicate with your instructor if you have any doubt about the nature of the task you are about to undertake, the potential for harm or your suitability to take part.
2. Your responsibility when taking part in the programme includes but is not limited to the following:
 - a. You actively attend and absorb all safety briefings
 - b. You take responsibility to abide by the rules, guidance and advice offered
 - c. You make the safety team aware of any confusion or doubts that you may have
 - d. You will be suitably attired and use all issued PPE as instructed
 - e. You will not undertake activities or actions without the direct consent of the safety team
 - f. You will stop and seek advice at any time where you are unsure of the risks, the appropriate actions or the requirements of yourself or a colleague. You will also do this if you are unsure of your physical ability.
 - g. You inform the safety team of all relevant information that may impact upon their care of you and your participation in the programme.
3. You agree that Command UK Ltd shall substitute and amend activities and advice as necessary given the prevailing weather conditions and ability of participants to continue with the planned programme.
4. You agree that any statements made, and all photographic or video images captured during the event may be stored and used by Command UK Ltd for future course material and publicity purposes unless you expressly inform us not to do so in writing.

5. You agree that you have a shared responsibility for your own safety and well being and for other participants, staff and public during the training event. You will inform safety staff of all concerns and issues that will impact upon your full understanding of the activities you undertake and the process for ensuring safety during those activities. You further commit to ensuring that you manage your own safety and those of others through following the advice provided and general common sense. If at all in doubt, you will stop and seek further advice before progressing with any action or task.

6. You understand and accept that the nature of the programme means that personal clothing and property may become soiled, wet or damaged and that the security and condition of all such items remains your responsibility. You further accept that minor injuries such as sprains, soft tissue injuries, bruises, minor cuts and abrasions resulting from poor posture, inappropriate lifting, slips and scrapes may occur as a result of participating in the training exercises. With the exception of claims for their negligence, you agree to indemnify Command UK Ltd, It's Directors, staff and agents against any claim or claims of whatsoever nature arising from your participation in the programme.

MEDICAL

1. Please disclose details of any and all serious illness, treatment, or on going recurring condition which has required professional medical assistance / consultation during the last 2 years. Please cross out "NONE" and detail as appropriate:

NONE

2. Please disclose any substances including foodstuffs, drugs, animals, chemicals etc which are known to cause an allergic reaction to you. If none please state "NONE".

NONE

3. Please disclose details of any medication you are taking. Please ensure you have sufficient supplies for the programme, other than self administered medication, please ensure you brief the safety team on the appropriate administration if you become ill prior to the start of the programme. If none please state "NONE".

NONE

4. Please disclose all other conditions, concerns and issues that could adversely affect your ability to take part in an outdoor programme involving activities including; general movement in the outdoor environment, operating on, in or near water, operating in confined spaces, operating at height, moderate lifting and physical exertion, bending, sitting, reaching, crawling, lifting, walking, jogging, balancing, swimming and hanging. If none please state "NONE".

NONE

DIETRY & SPECIAL NEEDS

5. Please disclose all special needs including dietary, religious, physical, emotional, educational & communicative special needs that apply to you during this programme. If none please state "NONE".

NONE

DECLARATION:

I confirm that the information provide by me to Command UK Ltd is complete, true and comprehensive to the best of my knowledge and belief. I understand the nature of the programme and my responsibilities for my own conduct and safety during my participation.

Signed.....Print name.....Date.....

The information provide here will be stored by Command UK Ltd as part of the course records for a minimum of 7 yrs. Command UK may use the information disclosed here to contact you following participation in an event. This information may be shared with interested parties as appropriate only for the purposes of your care. It will not be disclosed to any third parties for purposes other than your direct care as a result of participating in this programme. Please use additional pages as necessary to expand on answers. You should disclose all relevant information that may affect your ability to participate in the programme and the management of your Health and Safety during the programme.