



Mere Mountains Education

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MERE MOUNTAINS Activity Consent and Participant Medical Child Information

Name of Participant.....

Group/School

Course Date/s.....

I/my child accept the normal risks of being in outdoor environments (eg water, uneven ground) and understand and accept any risks inherent in the activity (please ask if you are unclear about these). I agree to inform Mere Mountains of any special needs which may affect my/my child's safety and learning needs.

I/we agree to accept the safety advice offered by the instructor. I/we understand that if I/my child wilfully go against the safety advice/instructions given then neither the instructor nor Mere Mountains can be held responsible for my/my child's safety.

Signed Date Signed.....

Print name.....

Relationship.....

For U18 a parent/guardian must sign.

Please give name/relationship details of two people we may contact in an emergency

1..... tel

2..... tel

Medical Information - Confidential We ask for this to ensure we can give you/your child the level of service and support that you need to have a safe and enjoyable time

Please circle if the person(s) taking part in the activities have ever suffered from any of the following: **Asthma Diabetes Epilepsy Heart Disease High BP Thyroid disorder OTHER**

Do you/does your child have any other condition e.g. **allergy, recent illness/injury, medication** that we should know about in order to ensure safety and wellbeing?

YES / NO

Are there any specific communication/learning needs we should be aware of? **YES / NO** (please tell us of Aspergers/autism, dyspraxia, dyslexia, hearing or sight impairment etc.)

Please give details on others side if necessary.

We sometimes take photographs of activities for your group/school or our own needs. The use of these by Mere Mountains and our sister company Activities in Lakeland will be restricted to safety monitoring and occasional marketing use (e.g. website or leaflets). We never name individuals and will not distribute these photographs to anyone else except for copies sent to the school/group leader. Please tick if you **do not** want your / your child's face to appear in any of these photographs.

Please check you understand the type of activities you / your child will be doing and complete the form opposite to give your consent to participate. (Not all the activities will be on every programme). It is essential we know about any special needs.

If you have questions please check with the group leader or contact Mere Mountains directly to talk to a tutor.

Mere Mountains are inspected and hold an Adventurous Activities Licensing Authority (AALA) licence as well as an Adventure Mark and LOfC badges.

- Mere Mountains instructors are suitably qualified and experienced.
- All safety kit is provided and suitable for use.
- All activities take place in areas deemed suitable by our technical experts.
- Risk assessments have been carried out for all activities and are reviewed regularly.

Standard Activities

Abseiling; Descend on ropes with safely lines, walking backwards down a rock face

Bushcraft; Shelter Building, Fire lighting / Storm Kettles and Woodcraft / Whittling (see below). This may also include making snacks over an open fire and use of hand tools

Canoeing Paddling 2-3 seat canoes often as a catamaran. Playing games, observing wildlife or sailing along the shores.

Kayaking learn to paddle sit on tops, or where appropriate single seat traditional kayaks.

Rock Climbing; Climb the rock face or climbing wall as high as you want with a safety line. Take turns to help look after other climbers.

Evening activities; onsite or inside complete tasks or running around doing "tig" type games

Ghyll/Gorge/Stream Scramble; Scramble up a mountain stream jumping in the pools, scrambling up the waterfalls and having fun whether wet or dry.

Mountain / Fell Walk; Exploring the Lake District landscape, mountains and valleys.

Orienteering/navigation; learning to use maps to find markers in small groups

Raft Building; Make a raft using barrels, logs and ropes to float your team on the lake. See whose raft is the best design and who wins the race/challenges.

Team Exercises / Initiatives; Working as a team to complete challenges on a field

Poor weather alternatives

Archery; Shooting at a fixed target with bows and arrows

Shelter Building; Build a makeshift shelter with parachutes, tarps and natural items.

Woodcraft / Whittling; Using basic tools such as knives to make simple camp items. Or alternatives from the standard activity list.