



## Consent & Medical Declaration Form - Over 21's

Please complete this form in BLOCK CAPITALS.

### 1. Participants Details

Name: \_\_\_\_\_  
Home address: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Date of birth: \_\_\_\_\_

### 2. Emergency contact details

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_ Connection to Participant: \_\_\_\_\_  
Telephone number: \_\_\_\_\_ Mobile number: \_\_\_\_\_

### 3. Medical details

GP's Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Postcode: \_\_\_\_\_  
Telephone number: \_\_\_\_\_

**4. Do you have a disability that Forest Skills Ltd should know about?** Yes / No (Please delete as appropriate)

If yes, please provide details of the disability including any help which you may need.

**5. Do you have any existing injuries or suffer from any medical conditions?** Yes / No (Please delete as appropriate)

If yes, please provide details of the existing injury/ medical condition including any help which you may need.

**6. Do you currently take/need any medication?** Yes / No (Please delete as appropriate)

If yes, please provide details of the medication.

**7. Do you suffer from any allergies?** Yes / No (Please delete as appropriate)

If yes, please provide details of the type of allergy and the medication used to control the allergy.

**8. Is there any other relevant information which you would like to share with Forest Skills Ltd? (e.g. specific religious or dietary needs, etc.)**

**9. Given the very nature of the activities run by Forest Skills Ltd, there is the possibility that you may receive some minor scrapes & bruises. Please confirm whether your emergency contact will require to be immediately advised should you receive any minor scrapes or bruises?**      **Yes / No** (Please delete as appropriate)

**Declaration**

- I agree to take part in the event/sessions being run by Forest Skills Ltd.
  - I confirm that I am fit to undertake the activities included within this event.
  - I accept that the activities contain hazards that may result in injury, and that I accept the risks involved and shall be responsible for my actions and/or involvement.
  - I agree to abide by any rules set by the Instructors or Assistants, including those given during safety briefings. (Please note that these may include the tying back of long hair, removal of jewellery, removal or hiding of "dangly clothing" - e.g. hoodie drawstrings).
  - I confirm that following the safety briefings that I will have been briefed on the risks involved in the activities.
  - In the event of an emergency, I consent for any medical treatment that I may need prior to my emergency contacts arrival.
  - I agree to being transported in a Forest Skills Ltd staff members vehicle to receive medical attention if required.
  - I agree to being photographed &/or filmed with the possibility that these photographs/media recordings may be used in publications &/or for marketing & publicity by Forest Skills Ltd.
  - **I confirm that I will attend every event/course;**
- 1. wearing trousers and stout footwear (e.g. Wellington/walking boots). Skirts, ballet pumps, etc are NOT to be worn.** (We recommend wearing long sleeves (especially in summer) as this will provide protection against biting insects and stings. Please don't wear denim as it is slow to dry should it get wet, and can lead to a significant cooling of the body).
  - 2. with a sweater & waterproof clothing.** (Even during summer months it can be suprisingly cool in woodland environments).
  - 3. with a bag containing spare clothing** consisting of socks, trousers & sweater. (Clothing often gets wet & muddy.)
  - 4. on bright and sunny days, having already had sun cream applied and bring with them a sun hat.**
  - 5. on cold days, have warm clothing (e.g. hat and gloves).**

Signature: \_\_\_\_\_

Print name: \_\_\_\_\_

Date: \_\_\_\_\_

Finally, we'd really like to add you to our newsletter distribution list so that we can keep you informed about future activities, courses & competitions.

If you'd like to receive our newsletter please provide your email address here; \_\_\_\_\_

**Important information for course attendees/Guardians**

Forest Skills Ltd aims to provide a safe and enjoyable experience for everyone. To help in providing this quality service please note the following important information.

- **All questions must be completed and the form signed by the course attendee/Guardian before the course attendee can take part in the event/course. The course attendee will be refused entry if this form is not fully completed (including being signed) and presented before the start of the first event/course. There will be no exceptions to this rule. Should the course attendee be refused entry no refund will be due or paid.**
- **Please note that if the course attendee attends an event/course without the proper clothing (see above) they will be refused entry. There will be no exceptions to this rule. Should the course attendee be refused entry no refund will be due or paid.**
- Course attendees/Guardians must ensure that they make their own arrangements for the course attendee to arrive at & leave the session. Please note that Forest Skills Ltd, Staff and Assistants will not be responsible for the course attendees outside the times of their event/session. Course attendees should therefore arrive and depart at the appropriate times.
- Course attendees/Guardians must ensure that any changes to the information given on this form are notified to the Forest Skills Ltd event/course Leader prior to the commencement of the event/course.
- The information given on this form will only be used by Forest Skills Ltd and will be held in the strictest confidence. Forest Skills Ltd are registered with the Information Commissioners Office (registration number Z3457831).
- Forest Skills Ltd, its Staff & Assistants cannot take responsibility for any lost or damaged clothing/personal items during the sessions. The course attendee/Guardian must ensure that the course attendee does not wear or have anything with them that should remain clean, dry or protected.
- The course attendee/Guardian must ensure that the course attendee has sufficient clothing, sun screen and medication (where appropriate) for the duration of the event/session.
- Should your the course attendee need to change into their spare clothing, they will be requested to do this in privacy away from the main group.