

# Outdoor Activities Information and Consent Form

*Please note that the planned activities may be cancelled or revised depending on the weather and availability of suitably qualified instructors.*



## **ROCK CLIMBING AND ABSEILING:**

These activities take place either on crags close to a road or on a disused railway viaduct licensed for such use by the Peak Park. The crags are not normally more than 18 metres high and the viaduct is approximately 28 metres high.

All sessions will be supervised by an Instructor who holds a UK Mountain Leader Training Board Single Pitch Supervisors Award or above and a valid first aid certificate.

Novices always wear a safety rope secured from above (top roping) except when practising within a few feet of the ground (bouldering) or when weaselling (low level scrambling).

## **THE PEAK CENTRE CLIMBING WALL:**

The Wall is a maximum of 7m high. Students will be top roped when climbing more than 1.5m above the floor. 2" thick crash mats are in use.

The Instructor in charge will either hold the British Mountaineering Council's Single Pitch Supervisors Award or be specially trained by the Peak Centre.

## **ORIENTEERING:**

This activity takes place in open or wooded country where participants, will be properly supervised.

The instructor in charge will be familiar with the terrain and appropriately trained and will hold a valid first aid certificate.

## **HILL WALKING:**

Groups crossing the Kinder Scout plateau will be supervised by an Instructor holding either the Mountain Leader Training Board Walking Group Leader Award or above.

Walking in other less demanding terrain will be supervised by Instructors who are familiar with the terrain and experienced in leading groups and who hold a valid first aid certificate.

## **ARCHERY:**

Archery sessions are conducted by Grand National Archery Society qualified coaches and the strictest possible safety standards are applied.

## **FENCING:**

Fencing sessions (foil) are conducted by a British Academy of Fencing Level 2 Coach who supplies the latest equipment appropriate to the age of the group (eg. under 10's use plastic weapons) and is insured against liability claims up to £5m. She also teaches fencing in Derbyshire schools.

Fencing is a fun and challenging activity, and like any other it has its risks. However, accidents are very rare due to the very stringent safety rules that are enforced by the sport. Qualified coaches are trained to follow all safety procedures and full protective equipment is used at all times. It is however a "contact" sport and minor bruises are possible, though unusual at this level.

Participants should ensure they come wearing tracksuit or jogging bottoms and suitable trainers. These should be without pockets, otherwise pockets will be taped or pinned shut for safety.

## **WOOL SPINNING:**

Wool spinning involves carding and spinning washed wool.

## **CIRCUS SKILLS:**

Typical equipment and activities include stilts, unicycles, juggling diabolos, devil sticks and plate spinning. Whilst groups are well managed there is a risk of minor injury through falls and collisions.

*A full Outdoor Activities policy and Health & Safety policy are available on request.*

# Consent Form

Dates of visit to the Peak Centre: from ..... to .....

Name(s) of those attending: .....Date of birth: .....M/F

..... Date of birth: .....M/F

..... Date of birth: .....M/F

..... Date of birth: .....M/F

I CONFIRM that I have read the description of the activities to be undertaken at the Peak Centre and consent to my own/my child(ren)'s participation in all those below except the ones I have deleted:

- Rock Climbing / Abseiling Climbing Wall / Orienteering / Hillwalking
- Archery / Fencing / Wool Spinning / Circus Skills

## MEDICAL MATTERS

In emergency I consent to any medical treatment recommended by a qualified medical practitioner (this could include inoculations, blood transfusions, surgery or the use of anaesthetics.)

I have written below full details of any illness or medical condition or disability that may affect my own/my child(ren)'s stay at The Peak Centre and participation in activities including details of any medication or special diet:

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Family doctor's name and address and telephone no: .....

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National Health number/s .....

Own address or Parent/guardian's name, address and home/work phone nos: .....

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Next of kin or contact in the absence of parent/guardian: (name, address and home/work telephone nos):

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## INSURANCE

I understand that the Peak Centre and its instructors are covered in the event of accident or loss caused by their negligence BUT that the Peak Centre does NOT provide insurance to cover accidental loss, injury or damage to participants not caused by it or its instructors' negligence.

Date ..... Signed.....Parent/Guardian

Date ..... Signed ..... if over 18