

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.



All sporting and adventure activities carry a small risk of injury. Appropriate measures are taken to reduce these risks to an acceptable level.

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 is off-site, about a half hour walk away. It is on challenging terrain in open or wooded countryside 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/Archery GB qualified coaches and the strictest possible safety standards are applied.

BUSHCRAFT:

Depending on the size and nature of your group, a typical bushcraft session will involve shelter building, fire building, fire lighting and marshmallow toasting.

FENCING:

Fencing sessions are conducted by a British Fencing coach who supplies the latest equipment appropriate to the age of the group and is insured against liability claims up to £5m. 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 wear tracksuit or jogging bottoms and suitable trainers. These should be without pockets, otherwise pockets will need to be taped or pinned shut for safety.

WOOL SPINNING/FELTING:

Our Wool Spinning instructor will give a short talk about the importance of wool and the history of spinning, followed by a hands-on session where you will have a go at twisting thread and doing some felting.

CIRCUS SKILLS:

Depending on the age range of the group, typical equipment and activities include juggling, diabolo, devil sticks, plate spinning, stilts and unicycles. Whilst groups are well managed there is a risk of minor injury through falls and collisions.

TEAM BUILDING:

Team Building involves a range of activities, usually held outside, designed to encourage young people to communicate and problem solve.

POND DIPPING(on-site), MINI-ORIENTEERING(on-site), NIGHTLINE(on-site), VILLAGE TRAIL(Edale village):
Equipment is provided to enable group leaders to run these activities themselves but an activity leader can be provided by The Peak Centre if requested.

Consent Form for all participants including over 18's

This Consent form will be kept as a paper copy only and stored in a secure location for the period of time needed for legal responsibilities.

Dates of visit to the Peak Centre: from to

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

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

I am aware that all adventurous activities inherently have risks attached to them. I understand that these risks will have been mitigated through risk assessment but that it is not possible to remove them entirely. I confirm that I have read the description of the activities to be undertaken, I accept the risks associated with them and give permission for my child(ren) to be exposed to these risks as part of the activities' enjoyment, **with the exception of the following activities which I have deleted (On occasion it may be necessary to offer an alternative activity to that booked. Therefore please do NOT delete an activity unless you specifically do not want your child(ren) to participate in it):**

- Rock Climbing / Abseiling / Climbing Wall / Orienteering / Hill walking
- Archery / Bushcraft / Fencing / Wool Spinning & Felting / Circus Skills
- Team Building / Pond Dipping / Mini-Orienteering / Nightline / Village Trail

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:

.....
.....

Family doctor's name, address and telephone no:

.....

National Health number/s:

Parent/Guardian or Own name (if over 18), address and home/work phone no's:

.....
.....

Alternative Contact in the absence of Parent/Guardian: (name, address and home/work telephone no's):

.....

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