

Surf N Sun Water Sports Ltd - Trading as Absolute Adventures
DISCLOSURE OF RISK NOTICE & PARTICIPANT ACCEPTANCE OF RISK FORM

This form covers all activities run by Surf N Sun Water Sports LTD including, Kayak Tours, Coasteering, Blokarting, X-sailing, Rock Climbing, Abseiling, Stand Up Paddle boarding, Super SUP, Surfing, Inflatable rides, Wakeboarding, Waterskiing, RIB Tour, Beach games, Water games, Team building & John Muir Award activities.

Surf N Sun Water Sports Ltd asks you to read the following and sign to acknowledge your acceptance of the disclosed risks detailed below. The types of risk associated with the outdoor activities you are participating in may be something with which you are not ordinarily familiar. For avoidance of uncertainty, environments & situations that you may encounter include:

- **Rough / rugged terrain:** this may cause you to experience greater than usual strain on joints & muscles
- **Physical effort:** our activities may involve you in a greater level of exertion than in your usual day-to-day environment.
- **Height & water:** whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful.
- **Natural environment:** most likely to be a rapid & significant change in the weather or unstable/slippery conditions underfoot, but can also include rock falls, lightening etc.
- **Slips & trips:** the most common cause of accident throughout society, the opportunity for slips, trips & falls is likely to be greater than that which you usually experience.
- **Loss or damage:** the environments and activities that you choose to experience may increase the potential for loss of or damage to your personal clothing or equipment. Surf N Sun Watersports Ltd cannot be held responsible for loss of personal belongings and equipment.

Prior to commencing your chosen activity/activities, **Surf N Sun Water Sports Ltd** asks you to acknowledge your acceptance of the disclosed risks detailed in this form. Participation in adventure sports entails some risk of injury. Surf N Sun Watersports Ltd staff are trained and appropriately qualified to run all sessions and at all times proceed in a manner to limit the risk of injury. However by signing you accept that accidents and injury may occur.

You must also accept & act upon all direction & instruction from our instructors during your booked activity. Any persons behaviour, which in the opinion of the staff of Surf N Sun Watersports Ltd may cause injury or jeopardize the safety of other members of the group or staff of Surf N Sun Watersports Ltd may be excluded from further participation at the discretion of the supervising instructor.

By signing you also agree that Surf N Sun Watersports Ltd can take and use images taken on activities for marketing and social media use, unless other wise requested not to.

Signing the Acceptance of Risk does not release Surf N Sun Water Sports Ltd from any of our obligations towards you, nor does it affect your statutory rights.

By signing below you will confirm that you have read & understood the content this form. A parent or guardian must counter-sign for anybody under the age of 18.

Participant Name:	Participant Date of Birth:
Group Booking Name:	
Contact details (if under 18 please list details of parent/ guardian):	
Do you (participant) have any medical conditions? If yes, please detail below. If no, write "Not Applicable"	
Are you (participant) able to swim 50m in light clothing? Please circle YES or NO	
Signature required:	
Signed: _____ Name: _____ Date: _____	
If signing for under 18 as parent/ guardian please state relationship to participant: _____	