



# Activity Participation Form

## Explore Highland



All adventurous activities including paddlesports are fun, exciting and great for fitness and health, however they can also be potentially very dangerous depending on the activity, environment, weather conditions and level of difficulty of the chosen. Explore Highland staff will offer you safety equipment and information to help reduce and manage these risks and we ask that you to follow these instructions when asked.

Explore Highland cannot be held responsible for any loss or damage to personal belongings and advise leaving all non essential items such as cameras, phones and car keys on land.

Please **PRINT** all your details below

Activity Date	
Activity Description	
Full Name:	
Date of Birth:	
Home Address:	
Postcode:	
Email:	
Phone:	
Medical Conditions or medication currently taking:	
Emergency Contact:	
Relationship:	
Phone	
Participants Signature:	Date:

If under 18 year old Parent/Guardian consent required below

Full Name:	
Relationship:	
Phone:	
Activity Photo Consent:	Delete as appropriate      YES                      NO
Parent/Guardian Signature:	Date:

Please ask a member of staff if you have any further questions