

Booking Form

(please complete and return to confirm your booking)

Name		
Address		
	Post Code	
Telephone number		
Email address		
Emergency Contact during the activity		
Emergency Contact's telephone number		

Group details; please list each name, their age and indicate their ability beginner or intermediate		Age
Person 1	b/i	
Person 2	b/i	
Person 3	b/i	
Person 4	b/i	
Person 5	b/i	
Under 18s must be accompanied on the water (tow path for canal trips).		

Please sign this box to say that each of the above persons have read and agreed to the terms and conditions, that they are medically fit to take part.															
Dates requested (please be flexible to allow for the weather).															
Which adventure would you like to take part in (see website for titles).															
What is your aim? Please describe saying whether you'd like a taster adventure or coaching.															
Duration: Day/Half-day/Evening (please delete as appropriate)	Half-day; 9:30-12:30am or 2-5pm, Full day 9:30-5pm, Evening 7-9pm. (timings approximate and can be adjusted).														
<p>Costs (max five people)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Session duration</th> <th style="text-align: center;">Total</th> </tr> </thead> <tbody> <tr> <td>Youth coaching (min 2hrs)</td> <td style="text-align: center;">£50</td> </tr> <tr> <td style="text-align: center;">Evening</td> <td style="text-align: center;">£60</td> </tr> <tr> <td style="text-align: center;">Half-day</td> <td style="text-align: center;">From £75*</td> </tr> <tr> <td style="text-align: center;">Full-day</td> <td style="text-align: center;">From £120*</td> </tr> <tr> <td>Lakes/Wales Adventures (half day)</td> <td style="text-align: center;">£150</td> </tr> <tr> <td>Lakes/Wales Adventures (full day)</td> <td style="text-align: center;">£210</td> </tr> </tbody> </table> <p>Payment either by cheque, cash or bank transfer (account details supplied on request). Weather conditions can change and may require the activity to end earlier than planned. Adventures may need to be postponed, cancelled or relocated. In such cases, we can discuss payments due. (*please get in touch to discuss).</p>	Session duration	Total	Youth coaching (min 2hrs)	£50	Evening	£60	Half-day	From £75*	Full-day	From £120*	Lakes/Wales Adventures (half day)	£150	Lakes/Wales Adventures (full day)	£210	<p>Technical equipment will be supplied, which includes kayak, paddle, spray-deck, buoyancy aid. Wind/waterproof cagoule and trousers are available but might not have all sizes required... please ask at the time of booking.</p> <p>In addition, you need to bring;</p> <ul style="list-style-type: none"> • Shoes, trainers or sandals that you don't mind getting wet or muddy. • Towel and complete change of clothing. <p>Optional (depending on weather);</p> <ul style="list-style-type: none"> • Your own wetsuit if you have one, <p>For both water and land based adventures;</p> <ul style="list-style-type: none"> • Suitable warm (layered) clothing including a fleece, • Flask with a hot drink, or a litre of water, • Lunch, snacks, etc., • Waterproof camera or waterproof case for phone, • Sun hat / sunglasses / sun cream, • Warm hat & gloves. <p>For land activities, suitable footwear, i.e. strong boots.</p>
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Any medical requirements, e.g. asthma, diabetes, etc.															

Terms & Conditions

Andrew is a qualified British Canoeing coach and provides the activities for the purpose of improving technique or as a fun and educational introduction to paddle sports. He will take all reasonable steps to provide you with the level of care and assurances of safety appropriate to the adventures and activities. However, you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying the enjoyment. Amongst these things, some of these risks can contribute to:

- The loss or damage of your personal clothing or equipment,
- Feeling of discomfort, fear and apprehension, or even accidental injury, illness or trauma. The level of real (as opposed to apparent) risk associated with the Adventures with Andrew is very low. However, the type of risks may be something with which you are not familiar. Adventures with Andrew has clear obligations and responsibilities and we take those very seriously. However, we will be expecting clients to contribute to their own and each other's safety by following the instructions he will give you.

The water activities are not suitable for children under the age of nine years; normally children younger than this do not have the body size or physical ability to take part.

Acknowledgement

I recognise and confirm:

- That this course, programme or event may require an attitude and approach different from other activities I have been involved with,
- That the nature of the risks may be different to those which I am familiar with and that certain risks remain,
- That Adventures with Andrew may use photographs taken during the course of the activities for promotional purposes. When a parent does not agree to their child being photographed, the instructor must be informed and we will make every effort to comply sensitively.

If ticked Adventures with Andrew may not use photographs for promotional purposes:	
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Confidential Health Questionnaire

I request this information to help me provide for better first aid and emergency medical care should that be necessary. This information is confidential otherwise. If your health changes please let me know.

- Are you receiving any medical treatment at present or had an operation or any past condition I should be made aware of (YES / NO)? If so, please give details here;

- Do you suffer from any of the following; Diabetes, Asthma, Epilepsy, Allergies, Hay fever or any other condition that you feel I should be made aware of (YES /NO)? If yes, please give details here;

(let the leader know if you will be carrying medication or an inhaler at the start of the session).

- Are you confident in the water / able to swim 50 meters (YES / NO)?

Declaration

I understand that I will be involved in an activity that requires physical effort and that I need to have a reasonable level of fitness in order to participate. I undertake to inform the leader in charge of the activity in the event of any changes in my health prior to and during the activity. I hereby certify that the above information is, to the best of my knowledge, true and correct.

Signed: _____ **Date:** _____