

ACCEPTANCE OF RISK

I understand that even under the safest conditions adventurous activities have a number of inherent risks and hazards that are beyond the control of Butchers Coppice and it's staff. I agree to personally assume this risk. I understand that every care and attention will be given to the health and safety of participants, but that Butchers Coppice and it's staff cannot be held liable for any injuries sustained which were not directly caused by their failure to take due care. I also understand that adventurous activities may be physically, mentally and/or emotionally demanding. I understand that I should be free of any mental, medical and/or physical conditions that may create undue risk to myself or others who may depend on me. If in doubt I will seek medical advice prior to my participation.

When auto-belay rock climbing and crate stacking the more you weight, the faster you will descend – you will have no control over your descent – when crate stacking it is possible that you may land on crates below you, which can cause injury, including back injury – if you are in any doubt DO NOT TAKE PART.

Please ensure you advise your instructor if you have a history of heart attacks or high blood pressure, suffer from asthma, severe attacks of hay fever, have any back problems, any type of hernia or any allergy or any other medical condition that you think may affect your participation on a ropes course – if in doubt please consult your doctor.

We advise you to wear clothing that you won't mind getting dirty or even slightly damaged. Dress for the weather. No sandals or slip-off shoes or wellington boots – trainers or walking boots are best. Long hair must be tied back. Waists should be covered and all piercings removed or tapped over. All jewelry, rings, watches, objects in pockets and anything sharp should be removed prior to the session. In addition to objects in the pocket or anything that might become detached from a person or clothing should also be removed.

I confirm that I meet the physical constraints described above. I agree to comply with the safety rules and regulations set by site staff, as well as the terms, consent and acceptance of risk, I also agree to inform staff of any situation that may be a danger to me or my co-participants. I also agree that my participation in adventurous activities is voluntary.

I have carefully read this consent form and understand its content and sign it of my own free will.

| NAME | SIGNATURE | DATE |
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FOR AUTO-BELAY ROCK CLIMBING AND CRATE STACKING:

- MINIMUM HEIGHT: 1 metre
- MINIMUM WEIGHT: 5 stone (70lb/32kg), MAXIMUM WEIGHT: 17 stone (238lb/108kg)
- MINIMUM WAIST SIZE: 40cm (16inch), MAXIMUM WAIST SIZE: 125cm (49 inch)