

Norfolk Fire & Rescue Service Activity Days



Confidential Personal and Medical Information, Image Rights & Authority to Participate

This form is to be completed by anyone taking part in activity sessions with Norfolk Fire and Rescue Service.

Please complete the following (fields in **BOLD** must be filled in):

Name : _____ **Weight (Stone or Kgs)** : _____
Home Telephone: _____ Mobile Telephone: _____
Date of Birth: _____ **Gender (please circle)**: Male / Female
Contact in the Event of an Emergency:
Name: _____ **Relationship of Contact**: _____
Contact's Phone: _____ **Contact's Mobile**: _____

Medical Details - Have you ever had or do you currently have (Please circle YES or NO)

Heart problems of any kind? Yes / No
High blood pressure? Yes / No
Recurrent back problems or surgery? Yes / No
Epilepsy, seizures, convulsions or medications to prevent them? Yes / No
Asthma, wheezing with breathing or wheezing with exercise? Yes / No
Diabetes? Yes / No
Any arm or leg problems? Yes / No
Do you regularly take prescription or non-prescription medications? (Excluding contraception)..... Yes / No
Have you undergone any form of surgery in the past 24 months? Yes / No
Females only: Are you pregnant? Yes / No

If you answered **YES** to any of the above questions please give further details below and inform your instructor. If there are any other medical conditions that we need to be aware of, please also give these details below and inform your instructor. It will not necessarily stop you taking part in the activity session.

Information for Participants and Parents/Guardians (where applicable):

There will always be some risk involved in any type of adventurous activity, and indeed the benefits of the activity would probably be nullified if these risks were completely removed. The type of risk is generally confined to that of a normal adult involved in normal recreational activities. The level of risk is considered to be low and reasonable. However, YOU must decide if you also consider it to be low and reasonable. Our 'challenge by choice' approach endeavors to ensure that participation in any activity is at your own discretion.

Norfolk Fire and Rescue Service will deal with any common law claim on the basis of legal liability, which is to say any claim which arises due to the negligence of Norfolk Fire & Rescue Service its servants or its agents. Any such claim should be forwarded in the first instance to:

Risk & Insurance Section, Norfolk County Council, 4th Floor, County Hall, Martineau Lane, Norwich NR1 2DW

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Acknowledgement of Risk:

I understand that the activities to be undertaken may be physically, mentally and emotionally demanding and as such I should be free of any mental, medical and/or physical conditions that may create undue risk to me or other members of the group. If in doubt I will seek medical advice prior to my participation in any activity and inform the Norfolk Fire & Rescue Service instructional staff. In the unlikely event of an incident/accident occurring, have no objection to first aid being administered by a qualified person.

I understand that, even under the safest conditions, outdoor activities have a number of inherent risks and hazards that are beyond the control of the instructional staff. I understand that every care and attention will be given to the health, safety and well being of participants but that Norfolk Fire & Rescue Service and its instructors cannot be held responsible for any injuries or illness sustained due to my own negligence or which were not directly caused by their failure to take due care.

I agree to comply by the safety rules and regulations set herein and by the Norfolk Fire & Rescue Service instructional staff and to inform them of any situation that may be a danger or potential danger either to me or my co-participants. I agree that my participation in the activity is voluntary and that I have read and understand the above statements. The information I have provided about my medical history is accurate to the best of my knowledge.

Image rights:

I give Norfolk Fire & Rescue Service permission to use my image captured by camera, to promote the positive experience whilst participating in its activities. Images along with voluntary testimonials maybe used within various medias for product promotion.

**** For under 18's:** An appropriate adult (parent, guardian, etc) must sign this form to indicate the acceptance of these terms, conditions risk factors, image rights and that consent is given for the named person to take part in the activities.

Participant's Name _____ Signature _____ Date _____

**** U18's :** Adult's Name _____ Signature _____ Date _____

FOR INSTRUCTORS USE ONLY

Elements to be omitted:

Instructor's Name _____ Signature _____ Date _____