

Acknowledgement of Risk Form (Version March 2022)

The International Outdoor Adventure Centre (IOAC) retains the right to make the final decision on suitability, height, weight and/or fitness for taking part in activities. It is understood and agreed that individuals participate at their own risk.

Adult Name: _____ Today's Date: _____

Address: _____

Email: _____ Mobile: _____

Date of Birth: _____ (You must be over 18 years to consent for persons under 16 years)

Tick if you are participating Tick if you do wish to be contacted with offers and/or updates

1. I understand these activities are physically demanding and require a good level of fitness, balance, and agility to complete. I understand that the staff will take every action to ensure my safety but that I must also take reasonable responsibility to ensure my own safety.
2. I understand that due to the type of activities involved, bruises, scratches or abrasions may occur along with other injuries and/or death. It is understood and agreed that individuals participate at their own risk.
3. The IOAC accepts no responsibility whatsoever for any loss or injury resulting from any person's involvement in any of our activities names below. Participants must notify staff of medical conditions, prior injuries, other physical or behavioural conditions that may impact on safe participation in activities. Pregnant persons cannot take part in the high ropes, viking challenge course or crate stacking activities.
4. I understand and comply with the **MINIMUM** age and height restrictions and the **MAXIMUM** weight for each activity.

Activity	Age	Height	Weight
High Ropes	8 yrs. +	130cm	120Kg (19 stone)
Crate Stacking	8 yrs. +	130cm	120Kg (19 stone)
Kayaking	6 yrs (With an adult) or 8yrs +		130Kg (20 stone)
Raft Building	8 yrs. +		130Kg (20 stone)
Archery	8 yrs. +		
Axe Throwing	16 yrs. +		
Team Challenges	8 yrs. +		
Viking Challenge Course	8 yrs. +		
Battlezone Archery	8 yrs. +		
Trails	With Adult Supervision		

5. I understand that closed-toe footwear is required for participation in activities.
6. I declare that I or any persons I am consenting for are NOT under the influence of drugs and/or alcohol.
7. I understand that tampering or improper use of the equipment, not following instructions, failure to follow safety procedures or acting irresponsibly will result in the termination and removal from the activity for you or those you are consenting for.
8. I, or those I am consenting for, will not participate in any activity until the safety briefing has been completed and understood.
9. I accept the IOAC does not give refunds for change of mind and as per Booking Terms and Conditions.

Agreement for Age 16 and Over

I declare I have read, understood and will comply with the text points outlined above

Signature: _____

Consent to Participate for under age 16:

I declare that I am the parent/guardian, or that I have the authority from the parent/guardian for the child(ren) named below. I understand the points 1-8 apply to all participants. I hereby give my consent.

Signature: _____

Child(ren)'s Name:	Age:
1.	
2.	
3.	
4.	
5.	