

CONSENT & MEDICAL FORM



CONTACT DETAILS:

Participant Name:	Emergency Contact:
School Name:	Address:
Address:	
Tel No:	Tel No:

MEDICAL INFORMATION

To run this event successfully it is important to know of any condition/special needs which need to be met. Please complete this section as fully as possible. Please continue overleaf if required.

If there are any medical conditions or recurring complaints which the event leader should be aware of, e.g. Travel sickness, Diabetes, Asthma, Epilepsy etc?	Yes/No* If Yes please give details: _____ _____
Does the participant have any faith or cultural needs e.g. Dress, Diet, Holy Days, toilet arrangements?	Yes/No* If Yes please give details: _____ _____
Does the participant have any Special Educational Needs?	Yes/No* If Yes please give details: _____ _____

DECLARATION (by parent/guardian if under 18)

If water activities are included can he/she swim 50 metres and keep afloat for five minutes in appropriate clothes? A buoyancy aid may be worn.

Yes/No*

Signed: _____

I give/do not give* permission for photographs taken at this event to be used in publicity for Girlguiding Anglia and/or Hautbois in print/on guiding websites*. Individuals will not be identified on websites

* Please delete as applicable

I authorise the Leaders and first aiders at this event to give permission for my child to receive any emergency dental, medical or surgical treatment, including anaesthetic, as considered necessary by the medical authorities present.

I accept that there is an inherent risk of injury in participation of adventurous activities. Risk can be reduced to acceptable levels by implementing appropriate risk assessments. Copies of written Risk Assessments are available on request from the school/organisation.

- **I am/he is/she is fit to participate in the visit and programme
- Under the Data Protection Act, I authorise Hautbois Activity Centre to retain this information on this form for the duration of the visit.

Signature:

(by **participant/parent/guardian if under 18)

Date:

Name of **participant/parent/guardian:

SUITABLE ATTIRE



At Hautbois Activity Centre we do our best to make sure we have everything you need during your time with us, but we ask that you come prepared with a few essentials too.

If clothing is unsuitable for the activity being undertaken Hautbois staff may ask participants to change or the activity may be cancelled. Please contact the office should you have any queries regarding suitable attire.

ACTIVITIES

WARMER WEATHER

- **SHORTS**
'Hot Pants' (shorter than mid thigh) are not suitable for activities.
- **T-SHIRTS / VEST TOPS**
No cropped or spaghetti strapped tops for activities please.
- **TRAINERS**
No open toed or open backed shoes (no flip flops for activities)
- **CAP OR HAT FOR SUN PROTECTION**
- **REUSABLE WATER BOTTLE**

COOLER WEATHER

- **TROUSERS**
No jeans for watersports (these take too long to dry should they get wet).
- **WATERPROOFS**
We ask that participants 'layer up' and bring a spare for all winter activities.
- **WALKING BOOTS / TRAINERS**
No open toed or open backed shoes (no flip flops for activities)
- **HAT AND GLOVES**
- **REUSABLE WATER BOTTLE**

WATER ACTIVITIES

- **CHANGE OF CLOTHES**
No jeans and old clothes only- these will get wet and muddy!
- **OLD TRAINERS OR WET SHOES**
Please no wellingtons or crocs. Open toed shoes are not suitable. (Flip Flops)
- **WETSUITS**
Not supplied by Hautbois but can be worn, although not essential.
- **SHOWER GEL AND TOWEL**
We recommend that everyone showers off after taking part.

GENERAL

- **NO JEWELLERY**
Please don't wear jewellery and cover any piercings that can't be removed.
- **LONG HAIR MUST BE TIED BACK**
- **REUSABLE WATER BOTTLE**
- **GLASSES AND HEARING AIDS**
Can be worn for activities at owners own risk (bring spares if you have them!)
- **ALWAYS BRING SPARE CLOTHES!**
We have showers and changing areas available for all guests.

REEDCUTTERS' GUEST

BEDDING	Pillow & Pillow Case, Sleeping Bag and Blanket (weather dependant)
TOILETRIES	Toothbrush & Paste, Towel, Shower gel and Shampoo, Shower shoes (optional)
CLOTHES	Suitable for activities & weather dependant. Always bring spares!
MEDICINES	Please bring in a labelled bag for your leader to look after.
MISC.	Tuck Money, Torch Sun Hat and cream or Woolly Hat etc (weather dependant)