

# Indemnity Form

Please complete and bring on the first day of the activity/course, your participation may be effected if you do not.

Course:.....

Dates and Times:.....

Please fill in below the name, address and telephone number of **the participant**.

Name: .....

Address:.....

..... Post Code.....

Day Tel: ..... Eve Tel: ..... Mobile: .....

E-mail Address:.....

1. Do you have any medical conditions, allergies or injuries that might impact on your participation?

Yes  No

If **yes**, please give details .....

2. Do you take medication for your condition?

Yes  No

If **yes**, please give details .....

3. Are you confident in water?

Yes  No

- *All activities are potentially hazardous. The Park Authority takes all reasonable precautions to prevent any such incidents.*

- *Clyde Muirshiel Park Authority shall not be liable for any loss or damage to goods, property, equipment, clothes or any other articles brought onto the premises by the lessee or third party.*

4. We sometimes take photo's and video to use in Park publicity.

Do you have any objection to this?

Yes  No

5. We can use this contact information to inform you of new courses or special offers.

Do you have any objection to this?

Yes  No

Please fill in below the name and address of your **next of kin**:

Name:..... Relationship: .....

Address:.....

..... Post Code: .....

Day Tel: ..... Eve Tel: ..... Mobile: .....

I, the undersigned declare that I have read and understood the following information, hygiene advice and disclosed any medical condition which may affect my/my child's ability to participate in this course.

Print name .....

Signed:..... Date:.....

(Must be signed by the responsible person over 18 years)

## What to Bring

### All Activities

Windproof / Waterproof jacket & trousers

Full change of clothing, including shoes and underwear

Warm layers of clothing (no jeans)

Protection against the weather i.e. hat & sun cream or gloves

Medication eg. (Asthma inhalers, Epi- Pens) and inform Instructors on arrival

### Water based (eg Canoe, Sail, Raft Building)

Old trainers (Not Wellies) you don't mind getting wet

Wash kit & towel

### Land based (eg Map & Compass, Archery)

Walking boots/solid footwear

Midge repellent

Lunch & snack food (available to purchase in Castle Semple Cafe)

## Hygiene Advice For Water Users

Whenever you take part in water activities, good personal hygiene is sensible. Whether using Castle Semple Loch or elsewhere the following normal precautions are recommended:

- Always:
  - Avoid swallowing water if possible
  - Ensure that children or others in your care follow these guidelines
- Before going out
  - Use footwear to help protect feet from cuts
  - Cover cuts and grazes with waterproof plasters
- Afterwards:
  - Remember to wash your hands before eating or handling food
  - Take a shower after immersion sports
  - Wash clothing and footwear

When you visit, we will display any additional information or advice for blue green algae warnings, ice etc. If you suffer any ill effects after being in the water, inform your doctor.

## Castle Semple Centre Risk Management Summary

### 1. Adventure Activity Licence Details

The holding of an Activity Adventure Licence from the Activity Adventure Licensing Authority (AALA) means that we have been inspected by the Adventure Activities Licensing Service (AALS) and our risk analysis and management systems were found to be satisfactory. Look here for details: [www.aals.org.uk](http://www.aals.org.uk)

**Licence details: Reference No. R0447 Licence No. L12827 Expiry Date 11-06-18**

### 2. Staff Competence and Qualifications

All staff will either hold a relevant national governing body qualification, or a statement of competence signed by an appropriately experienced and qualified person consistent with the requirements of the licensing regulations. Copies are available for inspection on site.

### 3. Adventure Activity Equipment

All equipment provided will be fit for purpose and is inspected as part of our Adventure Activities Licence. Records of equipment checks are available for inspection on site.

### 4. Adult and Child Protection Policy

Our policy is consistent with current good practice, scrutiny forms a routine part of our recruitment procedures. Where there are statutory requirements (e.g. Disclosure Scotland) checks are carried out.

### 5. Insurance Arrangements

Insurance Company: QBE, Policy no. Y083233QBE0116A

Expiry of cover: 31 October 2017

Public Liability: £25 million Employer Liability: £5 Million

### 6. Fire Protection

The Centre has an automatic fire detection system with a link through to the Fire Service. Drills are carried out at regular intervals and a fire risk assessment has been carried out.