



## Family -Day Adventures Activity Booking Form



**Surname**

**Initials**

**First Name**

**Title**

**Home & Invoice  
address**

**Postcode:**

**Telephone (Day)**

**Telephone (Mobile)**

**Email**

**Activities Required:**

**Full Day Activities:** *see page 2 for standard times*

Mountain walk, Rock climbing & abseiling, Canoeing, Kayaking (lake or sea), Sea level traversing, Coasteering, Gorge walking, Mine exploration, sea kayak, sit on top kayak Team building.

Mountain biking and white water rafting can also be arranged but please note there is an extra charge for equipment hire and venue hire charged by the operator.

**Half Day Activities:** *see page 2 for standard times*

Raft building, Abseil, Orienteering, Ropes course, Problem solving.

**Other activities which can be run as half day if a full day is not required:**

Rock climbing, Lake canoeing and kayaking

**Evening Activities:** Low ropes, Orienteering, Problem solving, Climbing wall.

Please contact the centre for details concerning any of these activities.

Date required	Activity	Cost

**Booking Declaration:**

Signed

Date

**Please can you also provide us with the following information (if possible):**

<b>Group age range</b>		<b>Group numbers</b>		<b>Do you have your own minibus / transport?</b>	YES/NO
<b>Specific group information</b> <i>Please let us know about any special needs (physical, behavioural, educational) which would help us to plan a safe activity for your group.</i>				<b>Does your minibus have a tow bar? (if applicable)</b>	YES/NO
				<b>How many seats does your minibus have? (if applicable)</b>	
<b>Previous activity experience (if any)</b>				<b>Will you need to borrow any equipment?</b> <i>See matrix on page 5.</i>  <i>If YES please contact the centre and return the attached form (page 4) if necessary.</i>	YES/NO
<b>Where do you wish to meet?</b>				<b>Blue Peris</b>	<b>Other meeting place – please state</b>
Please note that meeting at Blue Peris is essential for activities requiring a wetsuit, namely sea kayaking and coasteering. If you choose to meet elsewhere and need to borrow equipment it is necessary to complete the form on page 4.					

**Payment will be made ( please circle ) Full payment is required at the time of booking**

Cheque ( if so please enclose ) Make payable to Fusion Lifestyle

Credit / Debit card ( please contact the centre )

Purchase order ( pleas contact the centre )

### **Ratios**

#### **Full Day activities (Except mountain walking)**

This is based on 10 – 12 students and 1 member of visiting staff.

#### **Half Day and Evening Activities**

This is based on 10-12 students and 1 member of visiting staff.



### **Mountain Walks**

Safe operating groups are a max of 1:12 plus a visiting member of staff, depending on routes and terrain. This is based on guidance from the Adventure Activity Licensing Authority (AALA).

### **D of E Supervision**

Safe operating groups are a max of 1:12 depending on routes, terrain and the nature of the supervision required. For some expedition supervision a group size of 1:6 may be more appropriate. This is based on AALA guidance.

### **Standard Times**

A standard day starts at 9.15am and finishes at 4.45pm. A half day is either 9.15am to 1.00pm or 1.00pm to 4.45pm. Should you wish to meet at a venue rather than the centre a later start or earlier finish may be required to enable an instructor to load equipment and travel. An evening is from 6.30pm to 8.30pm.

Earlier starts and later finishes are negotiable but would incur increased charges.

### **Other Information:**

#### **Groups where students are under 18 years of age**

For groups with students under 18 we require a member of staff over 18 to act *in loco parentis*. This person will be responsible for the pastoral care and behaviour of the group.

#### **Transport**

Transport is *not* included for visiting staff and students.

#### **Mountain Bikes and White Water Rafting**

There will be an extra charge for equipment hire and venue hire as charged by the operator. Please contact the centre for up to date charges.

#### **Consent and Medical Forms**

You will need to hold emergency contact and medical details for each person, both under 18 and all adults to be passed on to the instructor. Consent forms are available on the web site and within this information pack.

#### **Food and Drink**

These are not provided. You will have to ensure that all group members have an adequate packed lunch and drink in a bottle for the activity. Please bear in mind that many activities are strenuous and thus place significant nutritional demands upon the participants.

#### **First Aid**

All instructors are qualified in first aid and will carry first aid kits appropriate for the activities. We recommend that in addition to this you have a comprehensive first aid kit to be left in your vehicle(s).

## Specialist Equipment Pro Forma

All specialist equipment will be provided by the centre. The cost of this equipment hire is included in the instructional charges. For example we will provide harnesses and helmets for rock climbing, canoes, paddles helmets and buoyancy aids for canoeing.

In addition many activities require equipment such as Wellington boots or walking boots, fleece jumpers and waterproofs which many people already possess. Should your group not be able to provide these items for themselves they can be borrowed from the centre. **Please note that the time required sorting out and issuing this equipment will impinge upon the time spent enjoying the activity sessions.**

**If your group is NOT meeting your instructor at the centre please** fill in the form below and return it with your booking form. If you need to borrow any of these items but are meeting at the centre please let us know but the sizes etc can be organised upon your arrival.

Name / person number	Waterproofs – child/adult size		Fleece	Footwear (Size)		Rucksack (tick)
	Jacket	Trousers	Child/adult size	Boots	Wellies	

## Equipment Requirement Matrix

Whilst we will provide specialist equipment the following matrix outlines the equipment groups may prefer to provide for themselves, some of which can be borrowed from the centre if required. **Please note that the time required sorting out and issuing this equipment will impinge upon the time spent enjoying the activity sessions.** Unless wearing a wetsuit you should wear lightweight and flexible clothing such as quick dry trousers or jogging bottoms (**no jeans**), a t-shirt and warm top (fleece or wool is best). Trainers are the best footwear unless otherwise stated. And if you have your own wetsuit you can bring it along!

Activities in bold need equipment to be in a rucksack	Can be borrowed					Must be brought			
	Waterproof Jacket	Waterproof Trousers	Wellies	Walking Boots	Fleece	Old Trainers	Spare Jumper	Hat and Gloves	Towel and change of clothes
<b>Mountain Walk</b>	*	*		*	*		*	*	
<b>Rock Climbing</b>	*	*					*		
<b>Abseiling</b>	*	*		*			*		
Canoeing	*	*	*		*				*
Kayaking					*	*	*		*
<b>Sea Level Traversing</b>	*	*	Either*			Or *			*
Coasteering						*			*
Gorge Walking	*	*	*		*				*
Orienteering	*	*							
<b>Mine Exploration</b>	*	*	*		*				*
Problem Solving	*	*						*	
Raft Building	*	*	Either*		*	Or*			*
Ropes Course	*	*							
Mountain Biking									*
White water Rafting									*
Climbing Wall									

Please contact the centre for further details as these requirements do vary according to the time of year and weather conditions. Wellies are better than trainers in the winter for sea level traversing due to the cold, but in the warmer months trainers are fine.

G Drive, General, Courses info

## Confidential –Adult –Over 18 Personal Details/ Medical Form

Course date booked:		School/college if applicable.		
Surname:	Forename:	National Health No .	Age:	Sex:
Home address:		Email:		
		Home Tel:		
		Mob:		
		Date of birth:		
Next of kin and Address:		Doctors name and address (student's):		
24h Contact Tel:		Contact Tel:		
Work Tel:		Email:		
<p>Are there any special medical or physical circumstances of which the Centre staff should be aware, e.g. asthma/epilepsy/diabetes/dislocations/disabilities: or any ALLERGIES e.g. Penicillin/ aspirin/ elastoplasts?</p> <p><i>Please give all relevant details about how something could affect your performance at the centre. Contact the centre if you need additional information about how an activity might affect you, and check with your doctor if you are not sure of how a condition might affect your ability to participate (continue on another sheet if necessary)</i></p>				
<p>Are you receiving any regular medical treatment?</p> <p><i>Give details and the required dose</i></p>				
Is your tetanus up to date?		Date of last vaccination:		
Swimming ability: <i>(please circle distance)</i>	Non swimmer	25m	50+m	
<p><i>You must be able to swim 25m to go White Water Rafting</i></p>				
<p>Details of any special dietary requirements e.g. vegetarian, Halal or food allergies:</p>				

*I understand the conditions which I have been accepted on a course at Blue Peris. I hereby agree that I may take part in the activities organised by the Centre Manager or his representative and I agree to receiving such medical treatment as may be deemed necessary, should, in the opinion of the physician concerned, the delay in contacting my emergency contact may affect my health. . In consideration for the Centre staff and Fusion Lifestyle I agree to indemnify these against all claims, costs, actions and demands whatsoever resulting from taking part in the programme of activities or the administration of medicines unless such claims, costs, actions or demands result out of the negligence of the Centre staff or Fusion Lifestyle. . I also understand that the centre does not provide cancellation insurance. Therefore, the centre will not be liable if I do not attend due to illness, missed coach, holiday issues, home issues, personal issues, accidents which prevent me attending. Finally my possessions are not insured by the centre or Fusion Lifestyle*

**If you do not permit photos/videos to be used as publicity material / social media the Centre or Fusion Lifestyle please tick the box:**

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Signed:	Date:
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## Confidential – U18's Personal Details/ Medical Form

*This form must be signed by the parent or guardian of children under the age of 18..*

Course date booked:		School/college:		
Surname:	Forename:	National Health No .	Age:	Sex:
Home address:		Email:		
		Home Tel:		
		Mob:		
		Date of birth:		
Next of kin and Address:		Doctors name and address (student's):		
24h Contact Tel:		Contact Tel:		
Work Tel:		Email:		
<p>Are there any special medical or physical circumstances of which the Centre staff should be aware, e.g. asthma/epilepsy/diabetes/dislocations/disabilities: or any ALLERGIES e.g. Penicillin/ aspirin/ elastoplasts?</p> <p><i>Please give all relevant details about how something could affect your performance at the centre. Contact the centre if you need additional information about how an activity might affect you, and check with your doctor if you are not sure of how a condition might affect your ability to participate (continue on another sheet if necessary)</i></p>				
<p>Is your child receiving any regular medical treatment? Give details and the required dose</p>				
<p>Do you wish a member of staff to look after any medicines? <i>If so, you must hand all medications and instructions to the school course coordinator</i></p>				
<p>Do you give permission for paracetamol/Calpol to be given to your child if necessary?</p>				
Is their tetanus up to date?		Date of last vaccination:		
Their swimming ability: <i>(please circle distance)</i> <i>You must be able to swim 25m to go White Water Rafting</i>	Non swimmer	25m	50+m	
Details of any special dietary requirements e.g. vegetarian, Halal or food allergies:				

*I understand the conditions under which my son/daughter has been accepted on a course at Blue Peris. I hereby agree that my son/daughter may take part in the activities organised by the Centre Manager or his representative and I agree to him/her receiving such medical treatment as may be deemed necessary, should, in the opinion of the physician concerned, the delay in contacting myself be potentially injurious to my child's health. In consideration for the Centre staff and Fusion Lifestyle I/we agree to indemnify these against all claims, costs, actions and demands whatsoever resulting from taking part in the programme of activities or the administration of medicines unless such claims, costs, actions or demands result out of the negligence of the Centre staff or Fusion Lifestyle. I also understand that the centre does not provide cancellation insurance. Therefore, the centre will not be liable in view of student/s who do not attend due to illness, missed coach, holiday issues, home issues, personal issues, accidents which prevent them attending. Finally students possessions are not insured by the centre or Fusion Lifestyle*

**If you do not permit photos/videos to be used as publicity material / social media the Centre or Fusion Lifestyle please tick the box:**

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Signed:	Date:
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