

Malcolm Dickson EML, MIA
Southwestadventures.co.uk

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Terms and conditions of booking

*Please complete this form, print it off and **post it back with a 50% deposit made payable to Malcolm Dickson to confirm your booking.***

Medical - Are there any medical conditions or previous injuries that you wish to make us aware of before you start the activity? If none, please write none. The existence of any condition **does not stop you** from participating.

Weather - The weather in the mountains and coasts can be fickle, however, we will always work hard to ensure that the weather is used to the best advantage of the course and will always offer an alternative activity should prevailing conditions make the planned programme impossible. E.g. rock climbing in Snowdonia may be replaced with scrambling or navigation if the weather is poor. Please make sure you come dressed in appropriate clothing ready for a day outside.

Fitness - All outdoor pursuits courses assume a certain level of fitness. As a general rule, the fitter you are the more you will get out of your course. Please make it clear to me during the day if the planned activities are too strenuous so that the programme can be altered accordingly. Varying degrees of fitness can be catered for but I do reserve the right to curtail participation if I feel your lack of fitness is causing excessive difficulties for you or other course members.

Insurance - Please be aware that we cannot be responsible for any articles lost whilst participating in an activity or staying in accommodation such as camp sites or bunk houses. I advise that you take out insurance against loss of personal possessions, personal injury and course cancellation. I can recommend the BMC insurance service.

Confidentiality - I consider your entire course booking details to be confidential. Any information you share with us about health or levels of fitness will remain confidential.

Safety - I place great emphasis on safety and only employ experienced and professional instructors. However, the activities I teach are hazardous by their nature and you must accept a certain element of risk with your chosen course. Minor scratches and bruises can occur in any outdoor activity.

Please read the British Mountaineering councils participation statement below.

The BMC recognises that climbing and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

What the course fee includes - Fees quoted will be for tuition only; food, accommodation and transport to the venue are not included. If you request a lift in an instructors or other course participant's vehicle, you must be aware that you do so at your own risk.

Course Payment - Course fees are payable by cash or cheque a week before the day of the course.

I have read the terms and conditions and have informed Southwestadventures/My instructor of all relevant medical conditions and injuries

Signed:

Please print your name:

Date:

Age and DOB (if under 18)

Parent/Guardians signature (if under 18, Parents must accompany their children)

Home address

Address you will be staying at during the course

Home phone number:

Mobile number:

Email address:

Previous Experience

Please give a brief outline of your previous climbing experience both indoors and outdoors.

Equipment

Do you have your own helmet harness and rock shoes?