



Hatt Adventures  
01273 358 359  
www.thehatt.co.uk

## MEDICAL FORM

### Course Details

Course Name \_\_\_\_\_ Date of Course \_\_\_\_\_

### Personal Details

Title (Mr / Mrs / Ms) \_\_\_\_\_ Full Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

E-mail \_\_\_\_\_

### Medical Conditions, Allergies or Disabilities

\_\_\_\_\_

- I have had an operation within the past twelve months that could be aggravated by taking part in this activity.  
 I am undergoing medical treatment for an ailment that may be aggravated by this activity, including but not limited to high blood pressure, epilepsy, back problems, neck problems.

*If you have ticked either of the above, you will need to provide a letter from your GP stating that you are fit to take part in the activity.*

### Dietary Requirements (only required if catering provided)

- Vegetarian       Vegan       Gluten free  
 Other (please specify) \_\_\_\_\_

### Next of Kin

Title (Mr / Mrs / Ms) \_\_\_\_\_ Full Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Relationship \_\_\_\_\_

### Declaration

This statement has been adapted from the "Participation Statement" provided by the British Mountaineering Council (BMC):  
"Adventurous activities such as rock climbing, abseiling, mountaineering, bushcraft, survival, kayaking, canoeing and surfing 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."

I understand that 'adventurous activities' are inherently dangerous and I take responsibility for my actions and involvement and will act on all requests made by the activity instructors with regards to my safety.

If under the age of 18 this section must be signed by a parent or legal guardian.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_