

Informed Consent Form for Outdoor Events

Client Contact Information:

First Name:	
Surname:	
DOB:	
Address:	
Email:	
Contact Number:	
Emergency Contact:	
Emergency Phone No:	

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Tick box to opt out of receiving communications from Camelot Events, Nuts Challenge & LYA

General Statement of Event Program Objectives and Procedures:

I understand that this outdoor event(s) may include use of the obstacle course and or equipment that may involve climbing, crawling, running, wading through water, carrying, traversing ropes and climbing walls. Exercise may also include but not limited to: The use of undulating ground and areas of countryside that may contain livestock, the use of obstacle equipment and objects that form part of a carry or a task.

- I understand the events(s) I take part in can be physically and mentally demanding and may require extreme exertion.
- I confirm that I am in a fit state of health and not under the influence of alcohol or drugs and not taking any medication that prohibits me from taking part.
- I understand the event(s) I take part in can be dangerous and the possibility of injury to myself and others exists.
- Skin abrasions, bruising and sprains are common and I accept that in this outdoor environment that the ground is uneven with many trip hazards, holes and other possible outdoor risks.
- I agree to participate in accordance with the stated rules and attend all safety briefings.
- I will comply with the company's rules and safety regulations and use the equipment supplied as instructed.
- I will obey the directions of all instructors, marshals, judges and management.
- I will wear all head and face protection if needed for my safety as instructed to do so and will not remove this whilst taking part/during the event(s).
- I agree to return all hire equipment/clothing at the end of the event, any damage caused by myself is my responsibility and I accept liability for the cost of repairs or replacement.

Description of Potential Risks:

I understand that the reaction of the heart, lung, and blood vessel system to exercise cannot always be predicted with accuracy. I know there is a risk of certain abnormal changes occurring during or following exercise which may include abnormalities of blood pressure or heart attacks. Use of any fitness equipment, obstacles and engaging in heavy body calisthenics may lead to musculoskeletal strains, pain and injury if adequate warm-up, gradual progression, and safety procedures are not followed. When using land used by livestock and other wild animals such as foxes there may be potential hazards associated with those animals which may cause sickness or similar. I understand that Camelot Events Ltd./Nuts Challenge Ltd./London Youth Action Ltd. shall not be liable for any damages arising from personal injuries sustained by client while and during the event not excluding any sickness



related to use of the land and natural environments. If a client participating in any of the events disobeys our advice on all and any of the activities after they have received the safety briefing. Eg Client deviates from the set route of the course and injures themselves or fails to listen to a Marshal/Instructor on the course and gets injured. The client must adhere to the safety briefing and the rules given before the event (eg not jumping into water, lower yourself, don't jump from any higher than 3 feet, always look at the ground in front of you when running, max amount of people on obstacles/nets). You agree that you will listen to the advice given to you before and during the event. The client has a duty of care to themselves by abiding by the safety rules given.

I hereby agree to take part at my own risk and will abide by the rules given above. I understand and warrant, release and agree that I am in good physical condition and that I have no disability, impairment or ailment preventing me from engaging in active or passive exercise that will be detrimental to heart, safety, or comfort, or physical condition if I engage or participate. I also give my consent for Camelot Events Ltd./Nuts Challenge Ltd./London Youth Action Ltd. to take photographs / video and use in any relevant social media or marketing strategy they deem suitable.

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Tick box if you do not give permission to be photographed or videoed

Description of Potential Benefits:

I understand that a program of regular exercise for the heart, lungs, muscles and joints, has many benefits associated with it. These may include a decrease in body fat, improvement in blood fats and blood pressure, improvement in physiological function, and decrease in heart disease. I have read the foregoing information and understand it. Any questions which may have occurred to me have been answered to my satisfaction.

After reading this document I can confirm that I understand and agree to sign on behalf of those listed below with all group members (and their parents/Guardians) are all aware and agree. This does not affect your statutory rights.

Signature: _____.

Name: _____.

Date: _____.

*By signing this document, you are agreeing to all of the above information and terms. Your information will be kept on record for use in an emergency, direct contact from Camelot Events Ltd./Nuts Challenge Ltd./London Youth action Ltd. and we do not sell or pass on your details to any other company or business. We will continue to keep this record on file for 5 years after signature. You have a right to withdraw your permission for use of your personal details in direct contact from ourselves and also the use of footage and photographs of yourself in our marketing strategies etc. If you desire to do so we ask you to do so in written format via email or letter.