

Back Up
Jessica House
Red Lion Square
191 Wandsworth High Street
London
SW18 4LS

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Registered Charity No. 1072216 & SC040577

Back Up Liability Release Form

EVENT: Dragon Boat Race 2017

DATE OF EVENT: 7 September 2017

1. The Back Up Trust ("the Charity") considers the health & safety of all participants in its rehabilitation courses and supporter events ("the courses"), and their associated recreational and sporting activities ("the activities"), to be of the utmost importance.

The purpose of this form is to inform participants of potential risks associated with participation in the courses. For your own benefit it also establishes your responsibilities regarding your own health and safety.
2. To ensure the correct level of safety, the Charity provides the courses through independent providers. All these providers employ qualified staff experienced in the provision of their respective activities. Wherever necessary these providers use equipment appropriate to the activities to minimise the risks involved.
3. This form relates to the following activities, which I may participate in during this course or event:

Travel in the UK, hill walking, hill climbing, camping, horse riding, bowling, archery, hand cycling, land yachting, abseiling, rope ascending, trapeze, rope swing, dry slope skiing, wheelchair skills training, skydiving, drama and dance workshops, swimming, sailing, canoeing, water skiing, kayaking, air travel, skiing, sledging, snowmobiling, dog sledding, ice fishing, scuba diving, snorkelling.
4. The majority of the activities use equipment supplied by the activity provider. Where necessary I confirm that I will be solely responsible for ensuring that my own equipment (such as my wheelchair), to be used during any of the activities on or off site, is in good and proper working order and is appropriate to be used in the course of the activities. (Please consult the Back Up office if unsure).
5. I understand that the Activities may require: extended periods outdoors, discomfort, and travel over rough ground and water, exposure to inclement weather such as wind, rain and snow.
6. I understand that the activities involve the use of unfamiliar equipment such as: ropes, harnesses, helmets, adaptive ski equipment, skis, wheelchair skills ramps and steps, boats, kayaks, and hoists.
7. I understand and acknowledge that when taking part in any activity organised by the Charity I am solely responsible for determining my physical and mental fitness to participate in the activities.
8. I confirm that I have not been advised on medical grounds that I should not participate in any of the activities.
9. I understand the importance of following all the safety instructions and advice given to me by those running the course and I undertake to follow all such instructions and advice.
10. I agree that the effect and validity of all the terms and agreements contained in this contract will be governed by English law and I submit to the exclusive jurisdiction of the English courts
11. I give The Back Up Trust my permission to use photographs taken of me during the course or event I am participating in.

	PARTICIPANT NAME	PARTICIPANT SIGNATURE	DATE
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Please complete and return to:

Tim Farr
Back Up
Jessica House
Red Lion Square
191 Wandsworth High Street
London
SW18 4LS

If you have any questions please call 020 8875 1805.