



Disclaimer form

ACKNOWLEDGEMENT OF RISK, PERSONAL DETAILS & DECLARATION

- I understand that the activity which I am participating in, by its very nature and environment, hazardous pursuits and there is a level of personal risk. MMM/Up4it are always safety conscious and try to minimize these risks.
- I understand that MMM/Up4it are responsible for the safety and welfare of the individual or group, but are not liable for death, injuries or damage to loss of property and we recommend that participants take out their own personal accident Insurance.
- I understand that MMM/Up4it takes very seriously its legal obligations and responsibilities to its clients and will take care to ensure safety in providing the appropriate equipment for the activities we provide.
- I declare that I have been / will be given an initial safety briefing on the risks involved in the activity.
- I understand that all participants must recognize and be aware that there is always a risk of injury whilst taking part in outdoor activities.
- I understand that all participants have a right to withdraw from any activity at anytime if they feel it is too challenging or do not want to complete the activity.
- For safety reasons I declare that I will abide by directions, decisions and instructions from MMM/Up4it staff whilst taking part in all activities.

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- I am aware that I am responsible for my own actions during the activity.
- I understand that all members of the group should be fit enough to undertake the outdoor activities they choose to do.
- I understand that it is the responsibility of the participants to ensure that MMM/Up4it staff is informed of any medical condition(s) prior to the commencement of any activity.
- I understand that, prior to booking, MMM/Up4it recommend that all participants should contact their GP for advice if they have any concerns or reservations regarding their age or fitness for the chosen activity.
- I understand that MMM/Up4it is insured for all of the activities mentioned, regarding public liability.

• I authorize / do not authorize* the use of any photography or video taken by MMM/Up4it to be used by the company on their website or other advertising literature and that this material remains the copyright of MMM/Up4it.

Name	
D.O.B	
Emergency Contact Details	
Medical Issues	
Signature of participant or guardian	
Date	

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