Quarantine disclaimer

You must not participate in this activity if any of the following apply to you:

- You suffer from heart disease, high or low blood pressure or any cardiovascular problem, unless controlled by the appropriate medication and/or treatment.
- Breathing problems including asthma where this is not satisfactorily controlled by medication.
- Epilepsy where this is not satisfactorily controlled by medication.
- Back pain or limited movement in any joints, particularly where this is made worse by exercise.
- You are recovering from any serious injury, illness or operation.
- You are pregnant.
- Your eyesight, even with glasses or contact lenses is not adequate.

You must read and agree to the following declaration and paragraphs below which are designed to create a legally binding relationship in return for you being allowed to enter and participate.

- I understand that this activity involves some physical exertion.
- Surfaces underfoot maybe uneven and there maybe natural hazards.
- I am not under the influence of alcohol, illegal substances or legal medication that may cause drowsiness.
- I must wear sensible flat footwear with no open toed shoes.
- I must follow instructions given by my instructor during the activity. Should my conduct be deemed unsafe or unacceptable I will be instructed to cease the activity immediately with no refund given.
- Full site risk assessment available on request.
- If under the age of 18 my parent/guardian has read the above and signed to confirm agreement with the declaration.

Date:

PRINT NAME	SIGNATURE (PARENT/GUARDIAN IF UNDER 18)	PRINT NAME	SIGNATURE (PARENT/GUARDIAN IF UNDER 18)