



# **Safety Policy and Participation Statement**

## **Mountain and Expedition Emergency Medicine (MEEM)**

We ask anyone booking one of our courses to ensure they have read, understood and agreed to both our **Safety Policy and Participation Statement**. These are detailed below.

### **Safety Policy**

Part of our mission is to help educate our clients to the risks involved and make them aware of the processes we use to manage risk. However, it is also important to understand that we can't remove all risk to clients, instructors or people around us.

The [Health and Safety Executive \(HSE\)](#) identify four ways to demonstrate the competence of leaders. They should hold the relevant national qualification (NGB) or hold an equivalent qualification. Alternatively, they may have received appropriate in-house training or be competent through experience. When MEEM employs freelance staff, we ensure that activities are run by holders of appropriate NGB awards or have appropriate experience.

We hold Public Liability Insurance. Our freelance instructors either hold individual Public Liability Insurance or, in some situations, are covered under our policy. Clients are recommended to take out personal accident and cancellation insurance.

We ask clients to carefully consider whether the activities suit their needs, expectations and capabilities. It is also essential that participants actions conform to any safety guidance and that any distress caused during or resulting from the activity is drawn to the attention of the activity leader.

Alcohol should only be drunk in moderation. Anyone who, in the judgement of the leaders, is deemed unable to care for themselves due to intoxication will be asked to leave the event and the accommodation with no recourse to refund.

### **Participation Statement**

The [British Mountaineering Council \(BMC\)](#) acts on behalf of walkers, climbers and mountaineers in the UK. It offers the following participation statement that we ask you to agree to:

“The BMC recognises that climbing, hill walking and mountaineering 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.”

Going into mountain areas is hazardous. This implies a potential risk of injury or, in extreme circumstances, loss of life. Anyone considering taking part in a course needs to consider this seriously. They must both take responsibility for their participation and acknowledge and accept these risks.

Thank you for reading our Participation Statement & Safety Policy. When completing your booking form, you will be asked to clarify that you have read, understood and agreed to them.