



Tent & Trek
 Chrisholme
 Riverton Drive
 St Lawrence Bay
 Essex
 CM0 7NG
 Tel: 01621 336338
 +34722826839
 Email: carolinesmith@tenttrek.co.uk

MEDICAL DECLARATION AND PARENTAL CONSENT

IMPORTANT This form must be completed clearly in capital letters by the parent, guardian or carer if the participant is under 18 years of age and by the participant if over 18 years of age. **No participant will be allowed to take part without this form being completed, signed and returned by the parent, guardian or carer.**

This confidential form will secure a place on a DofE expedition run by Tent and Trek Ltd. The information on the form is necessary should we need to contact you whilst your child is in our care on expedition.

Full name of participant eDofE number	_____ _____
Date of Birth of participant	_____
Address	_____ _____
First Emergency contact Name Relationship to participant Telephone number	_____ _____ _____
Second Emergency contact Name Relationship to participant Telephone number	_____ _____ _____
School or Centre	_____

Contact for Doctor Name Address Telephone	<hr/> <hr/> <hr/>
Please give details of any medical conditions e.g. allergies (general or to medication anaesthetics etc) Asthma, diabetes, epilepsy etc.	<hr/> <hr/> <hr/> <hr/>
Date of last tetanus injection	<hr/>
Details of any current medical conditions including medication. Use back of page if required.	<hr/> <hr/> <hr/>
Details of any special dietary requirements	<hr/> <hr/>

Details of any special education plan

Disclosure of Risk for Participants

Tent & Trek needs to draw your attention to the following risks which can be associated with outdoor activities. It is particularly **important** that you understand **your responsibilities** detailed below for your own safety and that of others involved in activities with you.

Tent & Trek has legal obligations to provide a duty-of-care to all that participate in any of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care and assurances of safety that are appropriate to each of the activities. You should be aware that there will always be certain risks that are inherent to outdoor activities. It is not possible to eliminate these risks without destroying the character and experience of each activity.

Tent & Trek will as far as reasonably practical ensure as safe as an environment as possible for each activity. As a participant YOU also have a responsibility for safety.

The level of real as opposed to perceived risk associated with the activities is very low. However, the types of risk may be something which you are not ordinarily familiar.

For avoidance of uncertainty **Environments and situations that you may encounter include:-**

- **Rough / rugged terrain:** this may cause you to experience greater than usual strain on joints and muscles.
- **Physical effort:** our activities may involve you in a greater level of exertion than in your usual day-to-day environment.
- **Height:** Whilst appropriate precautions are taken, so people can find situations at height to be stressful.
- **Natural environment:** most likely to be a rapid and significant change in the weather or unstable/slippery conditions underfoot but can also include rock falls, lightning etc.
- **Slips, trips and falls:** the most common cause of accident in society. The opportunity for slips, trips and falls is likely to be greater than that which you usually experience.
- **Loss or damage:** The environments and activities that you choose to experience may increase the potential for loss or damage to your personal clothing or equipment.

Your responsibilities are as follows:-

- **Medical:** please make us aware of any medical condition(s) or injuries past or present, which may affect or make ill-advised your participation in any activity. We can then agree with you whether or not you should participate.
- **Fears and Phobias:** **Before** commencing any activity please ensure we are aware if you have any major concerns, fears or phobias about the situation(s) in which you are choosing to place yourself. We will work with you to help ease your feelings of concern/discomfort/fear and apprehension and ensure you are as comfortable as possible.
- **Drugs and Alcohol:** it is potentially highly dangerous to participate in any activity under the influence of drugs or alcohol. Tent & Trek reserve the right to prevent any person participating in any activity should we suspect they maybe under the influence of drugs or alcohol.
- **Instruction:** you must accept and act upon all direction and instruction from our staff.
- **Sleep:** it is extremely important that you get enough sleep to carry out the next day's walking and Tent & Trek reserve the right to request parents collect a young person at anytime of the day or night if they refuse to settle down during lights out and take adequate rest.

Terms and Conditions

- I have ensured the young person understands the information given, particularly that relating to the safety of the individual and of the group and that he/she understands the need to comply with any rules and/or instructions given by any of the activity/trip leaders and staff of Tent & Trek.
- I undertake to inform Tent & Trek leaders of any changes in the fitness/medical conditions of the young person prior to the date of departure.
- I give consent that those in charge may give permission for the young person to receive medical treatment in an emergency. In the event of an emergency every possible effort will be made to contact parent/guardian/carer on the emergency numbers provided as soon as practicable. I agree where the leader deems the need to prevent unnecessary discomfort or future infection e.g. removal of ticks, giving medication for headaches or dehydration or sickness.
- I give consent to Tent & Trek to allow a young person to travel in a staff car in the event of an emergency or safety issue. i.e. getting dark.
- I confirm that I have read the medical consent form, disclosure of risk, itinerary and cancellation policy and agree to the terms set out by Tent & Trek policies.
- I understand that each person requires at least one practice and qualifying expedition. The DofE rules state that young people pass or get deferred as an expedition team/group and not as individuals. Tent & Trek reserve the right to request a group undertake another expedition if required. A group report will be issued if this occurs, not an individual report. We can only teach young people that are willing to learn. If a young person is disrupting others within the team/group, they will be asked to leave.
- I confirm that we will bring back the expedition equipment and any damage to any equipment that is not accidental or through wear and tear will be paid for. Arrive in the correct clothing and footwear for expedition.
- I understand that the young people are remotely supervised in conjunction with the 20 conditions set out by DofE and the young person must attend the training before the expedition. Failure to do so will result in the young person not taking part in the expedition.
- I understand Tent & Trek will not tolerate any verbal, physical aggression abuse or intimidation from the young people or parents/guardians/carers including face to face, text, email or social networks. The young person will be sent home if this happens and will not be allowed to return on future expeditions.
- I agree to the young person being in photographs or videos of this venture which may be later used for display or promotional purposes by Tent & Trek on their website or any social networks or printed publications unless you confirm in writing to the contrary prior to the expedition
- I understand young people will not be allowed to use their mobile phones on expedition and young people caught using phones will be sent home. Tent and Trek will put regular updates on the Facebook page on the progress of the expedition morning and night time where mobile phone signal allows.
(Permission is required from school).

Signed **Date**

Relationship to young person

(Usually parent, guardian or carer)

I understand and have read the disclosure of risk and the terms and conditions. I also understand for the group and my own safety I will undertake to obey the rules and instructions of the expedition leaders and other staff members during the trip.

Signature of young person **Date**

Cancellation policy

Expedition money paid is non-returnable. In the event of injury or sickness, we can transfer a young person on to another expedition date on production of a Doctors certificate.

