

# Health, Safety and Participation Disclaimer

This policy applies to all Moonfull events, workshops, walks, talks, retreats, food experiences, online activities and associated services unless otherwise stated.

This website, located at [www.moonfull.co.uk](http://www.moonfull.co.uk) ("Website"), is owned and operated by Moonfull, Sherel Rutherford Moonfull and Duncan Foster Moonfull ("Moonfull", "we", "our", "us").

By accessing, browsing, booking, attending or participating in any Moonfull event, activity, workshop, walk, retreat, course, tasting, meal, experience, online programme, or service, you acknowledge and agree to the following terms.

## Educational Purposes

The information provided on this Website, through our events, social media channels, written materials, talks, workshops and experiences is intended for educational, cultural and recreational purposes only.

Moonfull does not provide medical, nutritional, pharmaceutical, psychological, therapeutic, legal or professional advice. Nothing on this Website or at any Moonfull event should be interpreted as a substitute for professional medical advice, diagnosis or treatment.

Participants should always seek advice from an appropriately qualified healthcare professional regarding any medical concerns.

## Participant Responsibility

Participation in any Moonfull activity is voluntary.

Participants are responsible for determining whether an event, activity, food, drink, outdoor environment or experience is suitable for their own health, fitness, abilities and circumstances.

By attending an event, participants confirm that they are physically and mentally capable of participating safely or have sought appropriate professional advice regarding their participation.

## Medical Conditions, Allergies and Medication

Participants are responsible for informing Moonfull in advance of any:

- Food allergies

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- Intolerances
- Dietary requirements
- Medical conditions
- Disabilities or access requirements
- Pregnancy or breastfeeding
- Prescription medications
- Known sensitivities to plants, fungi, flowers, pollen, insects or environmental factors

Certain foods, herbs, flowers, fungi, ferments, preserves, botanical ingredients and natural products may not be suitable for all individuals.

Participants taking medication, receiving medical treatment, living with chronic illness, pregnant, breastfeeding, immunocompromised, or managing allergies should consult their GP, pharmacist, consultant or other qualified healthcare professional before participating in events involving food, drink, herbal products or foraged ingredients.

Failure to disclose relevant information may limit our ability to accommodate individual needs safely.

## **Food, Drink and Foraged Ingredients**

Some Moonfull events may include food and drink prepared by Moonfull, third-party chefs, caterers, restaurants, venues or event partners.

Menus may include seasonal, cultivated, wild, fermented, preserved or foraged ingredients.

While reasonable care is taken in the sourcing, identification, handling and preparation of ingredients, Moonfull cannot guarantee that any food or drink served will be free from allergens, traces of allergens, cross-contamination, naturally occurring compounds or individual sensitivities.

Participants consume any food or drink entirely at their own discretion.

If a participant is uncertain about an ingredient, they should refrain from consuming it and speak to a member of the Moonfull team.

Participants are under no obligation to consume any food or drink provided during an event.

## **Foraging Activities**

Unless expressly stated otherwise, Moonfull operates a strict "Look, Learn, Leave" policy during guided walks and educational experiences.

Participants must not consume any wild plant, mushroom, berry, seed, flower, leaf, root or other natural material encountered during a walk or activity.

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Any food served as part of an organised event will be intentionally selected, prepared and presented separately from the educational walk or activity.

Participants are responsible for all personal foraging decisions made outside of Moonfull events.

Moonfull strongly advises against relying solely on information provided during events, courses, talks, written materials or online content when identifying wild food.

## **Outdoor Activities**

Moonfull events often take place outdoors and may involve uneven terrain, woodland, fields, waterways, changing weather conditions, insects, livestock, wildlife, mud, roots, slopes and other naturally occurring hazards.

Participants are responsible for:

- Wearing suitable clothing and footwear
- Carrying any required medication
- Assessing their own abilities and limitations
- Taking reasonable care for their own safety and the safety of others

Parents, guardians and carers remain responsible for children and dependants of any age attending an event.

## **Photography and Media**

Photographs, videos and recordings may occasionally be taken during events for promotional and educational purposes.

Participants who do not wish to appear in photographs should inform Moonfull before the event begins or within 24 hours after in writing by email using 'URGENT' in the subject line.

## **Assumption of Risk**

Participants acknowledge that outdoor activities, food consumption, travel, nature-based experiences and group events involve inherent risks that cannot be entirely eliminated.

By attending a Moonfull event, participants voluntarily accept these ordinary and foreseeable risks and agree to act responsibly, follow instructions provided by event leaders, and exercise reasonable judgment throughout their participation.

## **Limitation of Liability**

Moonfull maintains appropriate public liability insurance for its pre-planned activities.

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Nothing in this disclaimer excludes or limits liability for death or personal injury caused by negligence, fraud, fraudulent misrepresentation, or any other liability that cannot legally be excluded under applicable law.

To the fullest extent permitted by law, Moonfull shall not be liable for losses, damages, costs or expenses arising from:

- Failure to follow instructions provided during an event
- Failure to disclose relevant medical information
- Consumption of food or drink against medical advice
- Personal foraging activities undertaken independently of Moonfull
- Risks ordinarily associated with outdoor recreation and nature-based activities
- Circumstances beyond Moonfull's reasonable control

## **Acceptance**

By booking, attending, signing an event register, participating in an activity, purchasing a product, or using this Website, you confirm that you have read, understood and accepted this disclaimer.

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