

# Indemnity Form



Please complete and bring on the first day of the course, your participation may be effected if you do not.

Course: .....  
Dates and times: .....

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Please fill in below the name, address and telephone number of **the participant**.

Name: .....  
Address: .....  
.....Post Code.....  
Day Tel: .....Eve Tel: .....Mobile: .....  
E-mail Address: .....

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Do you suffer from any medical conditions or allergies? Yes  No

Do you take medication for your condition? Yes  No

If yes, please state what medication you take.  
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Are you confident in water? Yes  No

- All activities are potentially hazardous. The Park Authority takes all reasonable precautions to prevent any such incidents.
- Clyde Muirshiel Park Authority shall not be liable for any loss or damage to goods, property, equipment, clothes or any other articles brought onto the premises by the lessee or third party.

We sometimes take photo's to use in Park publicity.  
Do you have any objection to this? Yes  No

We can use this contact information to inform you of new courses  
Do you have any objection to this? Yes  No

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Please fill in below the name and address of your **next of kin**:

Name: .....Relationship: .....  
Address: .....  
.....Post Code: .....  
Day Tel: .....Eve Tel: .....Mobile: .....

I, the undersigned declare that I have read and understood the attached information, hygiene advice sheet and disclosed any medical condition which may affect my/my child's ability to participate in this course.

Print name .....

Signed: .....Date:.....  
(Must be signed by the responsible person over 18 years)



## Hygiene Advice For Water Users

Whenever you take part in water activities, good personal hygiene is sensible. Whether using Castle Semple Loch or elsewhere the following normal precautions are recommended before entering the water:

- Use footwear to help protect feet from cuts
- Cover cuts and grazes with waterproof plasters
- Remember to wash your hands before eating or handling food
- Take a shower after immersion sports
- Wash clothing and footwear after use
- Avoid swallowing water if possible
- Ensure that children or others in your care follow these guidelines

When you visit, we will display any additional information or advice on these, i.e. blue green algae warnings, ice etc.

If you suffer any ill effects after being in the water, inform your doctor of what you have been doing.

### Please ensure all participants bring:

- **\*/\*\*** Windproof / Waterproof jacket, trousers
  - **\*/\*\*** Warm layers of clothing (**no jeans**)
  - **\*/\*\*** Protection against the sun, i.e. hat, glasses & suncream
  - **\*/\*\*** Full change of clothing, including shoes and underwear
  - **\*/\*\*** Hat, gloves
  - **\*** Walking boots/solid footwear
  - **\*\*** Old trainers (No Wellies)
  - **\*\*** Wash kit & towel
  - **\*** Midge repellent
  - **\*** Flask
  - **\*** Lunch & snack food (available in cafe)
  - Medication if required eg. (Asthma inhalers, Epi- Pens)
  - Inform Instructors if medication required
- \*** Land based (Map & Compass, Archery)
- \*\*** Water based (Canoe, Kayak, Sail, Raft Building)

# Castle Semple Centre Risk Management Summary

## 1. Adventure Activity Licence Details

The holding of an Activity Adventure Licence from the Activity Adventure Licensing Authority (AALA) means that we have been inspected by the Adventure Activities Licensing Service (AALS) and our risk analysis and management systems were found to be satisfactory. Further details about what this means can be found on the AALS web site [www.aals.org.uk](http://www.aals.org.uk)

**Licence details: Reference No. R0447 Licence No. L8815 Expiry Date 11-06-12**

## 2. Staff Competence and Qualifications

All staff will either hold a relevant national governing body qualification, or a statement of competence signed by an appropriately experienced and qualified person consistent with the requirements of the licensing regulations. Copies are available for inspection on site.

## 3. Adventure Activity Equipment

All equipment provided will be fit for purpose and is inspected as part of our adventure activities licence. Records of equipment checks are available for inspection on site.

## 4. Adult and Child Protection Policy.

Our policy is consistent with current good practice in this area and scrutiny forms a routine part of our recruitment procedures. Where there are statutory requirements (e.g. criminal records bureau) checks are carried out to enhanced level.

## 5. Insurance Arrangements

Insurance Company – American International Group –

Policy no. 21005270

Expiry of cover – 31 March 2012

Employer Liability - £5 million

## 6. Fire Protection

The centre has an automatic fire detection system with a link through to the Fire Service. Drills are carried out at regular intervals and a fire risk assessment has been carried out.