



HEALTH & SAFETY FORM FOR GUIDED PHOTOGRAPHIC TOURS

Name		
Course date		
Course description	Daytime guided photographic tour around St Davids, Pembrokeshire	
Contact details	Home address	
	Email:	
	Home telephone number	
	Mobile telephone number <i>(if you have one please bring this with you on the walk for any emergency use although reception cannot be guaranteed)</i>	
	Emergency contact name & telephone number	

Based in Pembrokeshire, this guided tour includes up to 2-3 hours walking in terrain consistent with coastal and upland landscapes. This may include steep sided hills, ascents and escarpments, rocky, slippery and uneven ground, tidal variations and other potentially hazardous locations. It may also include walking in changeable and hazardous weather associated with the UK. While the course organiser will at all times commit to taking all reasonable care in ensuring the health and safety of course participants, there is always some element of risk involved in outdoor landscape trips. Course participants are therefore responsible for ensuring their own health and safety and for ensuring that they are properly prepared and equipped for any ground or weather conditions that may arise. This does not affect your normal statutory and legal rights.

PLEASE COMPLETE THE FOLLOWING QUESTIONS

FITNESS	<p>I confirm that I have the necessary level of fitness required to undertake walks in coastal and upland areas that may include steep climbs and other challenging terrain.</p> <p><i>Please state here if you consider that you do not have the level of fitness required for a</i></p>	
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	<i>walk of the type described above and the organiser will discuss alternative options with you before the course commences.</i>	
HEALTH	Please state if you have any pre-existing medical conditions that you are aware of if any which the course organiser should take into account in conducting this tour and if so what the condition is. <i>Please note however that the course participant is responsible for making the decision as to whether any condition represents a risk to their health and safety or not and if he / she should be attending the tour; this is not the responsibility of the organiser.</i>	
EQUIPMENT	I confirm that I have appropriate clothing, footwear and other equipment necessary to ensure my safety in an outdoor environment.	
FOOD & WATER	I confirm I will bring the necessary food & water supplies for this walk; these are not provided by the organiser.	
	I CONFIRM THAT I WILL COMPLY WITH THE ABOVE RESPONSES AND THAT I AM RESPONSIBLE FOR MY OWN HEALTH AND SAFETY WHILE UNDERTAKING THE GUIDED PHOTOGRAPHIC TOUR	
Signed:		
Date:		