

DELEGATE ENROLMENT AND MEDICAL INFORMATION



Please complete all questions on this form fully and honestly. The information provided will be treated in the strictest confidence and is essential in order to enable The Outward Bound Trust to provide appropriate medical help and support, if required. This information may be retained for an extended period in the case of an incident. Please ensure that this form is completed and returned to your coordinator at least **four weeks** prior to the start of your course.

Medical Details

If at the start of your programme it is found that information has not been given correctly, The Outward Bound Trust reserves the right to refuse participation. If there are any changes to your medical details you must inform the appropriate centre immediately.

People aged 45 and over have a higher risk of heart problems, fractures and other conditions if they suddenly take up moderately demanding physical exercise of any kind. This is particularly true of people who do not take regular exercise or who are overweight.

If you are concerned about your physical suitability for the course, please feel free to contact us, or seek advice from your doctor and obtain confirmation that it is appropriate for you to participate.

Course Details

Centre	Your Organisation	Course Date
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Participant Details

First Name	Surname	Date of Birth	M/F
Home Tel	Mobile Tel	Email	
Home Address			Post Code

Important Contacts

	Emergency Contact	Alternative Emergency Contact	Your Doctor's Surgery
Name			
Address			
Tel Home			
Mobile			
Relationship to participant			

Dietary Preferences, Allergies and Other Information

Please state any dietary preferences below, e.g. vegetarian, Halal, etc. (If you have a food allergy please ensure you have completed Question 5a and the relevant Supplementary Medical Questionnaire, available from: outwardbound.org.uk/delegates)

Can you swim 50 metres in light clothing? Yes No

MEDICAL INFORMATION

Have You Ever Had:

Please type Y or N into the boxes next to each question to provide your answer.

1	Heart trouble, angina, raised blood pressure?		4	Epilepsy?	
2	Asthma, bronchitis, tuberculosis, or other lung conditions?		5a	Allergy to foods? (e.g. nuts, dairy produce etc.)	
3	Diabetes?		5b	Other allergic reactions? (e.g. bee stings, detergent etc.)	
IMPORTANT: If you answer 'Y' to questions 1-5b above, you MUST complete the relevant Supplementary Medical Questionnaire sent to you, or download from outwardbound.org.uk/delegates and select the appropriate form. If you answer 'Y' to Q6-17 below, you must give details (including dates).					
6	Nervous illness, depression or other psychiatric condition?				
7	History of broken bones, muscle tears or tendon/ligament damage? (Please include dates)				
8	Stomach, digestive, abdominal problems?				
9	Blood disorders?				
10	Bladder, urinary problems?				
11	Severe hearing or visual impairments?				
12	Fainting attacks, migraines or severe head injury?				
13	Are you suffering from, or are you a carrier of, any infectious diseases, or have you travelled from an area where you may have been exposed?				
14	Have you been treated by a doctor or in hospital within the last two years for anything other than a trivial complaint?				
15	Are you taking any medication? (If so, please state the condition being treated, name the medication, state the dosage details and ensure that you bring enough.)				
16	If female, do you know or suspect that you are pregnant? (If so state at what stage of pregnancy you will be when starting your course.)				
17	Do you have, or suffer from, any other diagnosed medical or physical condition or is there anything else you wish us to know about?				

CONSENT

Safety and Acknowledgement of Risk

We have more than 70 years' experience in providing adventurous activities and consider our safety arrangements to be at the forefront of the adventure activity industry. The risk of serious injury to participants is extremely small but it is not non-existent. We take a great deal of care of participants' safety. However, as in any adventure activity, there will be some factors beyond our control. Participants will be briefed before every activity and are expected to follow the safety procedures explained to them and to indicate if they are unsure of what is expected of them. Participants are never forced to do an activity and if any participant has concerns they should make these known to their instructor. The level of risk associated with Outward Bound activities is normally very low, and probably no greater than that experienced by active people in everyday life.

I DECLARE THAT ALL MEDICAL AND ENROLMENT INFORMATION ON THIS FORM IS TRUE AND THAT I HAVE NOT WITHHELD ANY RELEVANT INFORMATION AND I UNDERSTAND AND ACCEPT THE ABOVE SAFETY AND ACKNOWLEDGEMENT OF RISK STATEMENT:

▶ If you are over 18, then you must tick this box and enter your name here: Date:

▶ If you are under 18, a parent/guardian must complete the following section. By ticking the box below, you endorse the following statement:

"I consent to the above named person participating in the course and consent to him / her taking part in all activities. In the event of an emergency and The Outward Bound Trust being unable to contact me, I give permission for any medical treatment deemed necessary, to maintain his / her well-being."

Parent/guardian, please tick this box and enter your name here: Date:

Relationship to participant: Email Address:

We would also like to stay in contact with you regarding our Outward Bound programmes and offers. Please tick this box if you would like us to do this.

During your programme, The Outward Bound Trust may take photographs or video clips to be used on our own and our supporters' marketing materials, course reports, websites and social media accounts. Please tick this box if you consent to The Trust's use of images or footage of you.

For further information on The Outward Bound Trust please visit our website at www.outwardbound.org.uk

The Outward Bound Trust is a registered charity in England and Wales (1128090) and in Scotland (SC040341) and a Company Limited by Guarantee (company number 6748835). The company is registered in England and Wales and has registered offices at Hackthorpe Hall, Hackthorpe, Penrith, Cumbria CA10 2HX.