



Welcome!

We're very excited to get started on our adventure with you. Before we do so, we require you to complete this Participation Form. This form helps to ensure you've read and understood the Adventure Solos terms and conditions, including (but not limited to) some specific points mentioned below. By completing this form, you are entering into an agreement with Adventure Breaks Group Limited (Adventure Solos is a trading name of Adventure Breaks Group Limited). A copy of this Participation Form was made available to you at the time of booking, so it may be familiar to you.

Please also remember to tell your leader about any medical conditions on the day, before you commence your chosen activities.

I hope you have a great time on your Adventure Solos event and we look forward to sharing more adventures with you in the future.

CBone

Chris Bone

Founder of Adventure Solos



ADVENTURE SOLOS: SHARE THE ADVENTURE

WWW.ADVENTURESOLOS.COM

PARTICIPATION FORM: ADVENTURE SOLOS

SECTION 1: ACCEPTANCE OF INHERENT RISK

By participating in an event, you confirm that you understand that some risks are inherent in adventure and/or outdoor type activities. The risk of serious injury or death to participants is low but it is not zero. We aim to take reasonable and proportionate precautions against known risks, however, we cannot completely exclude them. Adventure Solos cannot be held responsible for any loss or damage you may suffer, unless it results from our negligence. We encourage you to take out your own insurance against the risk of injury or other loss or damage on an event.

Many of our adventures will include (but are not limited to) elements of:

- **Rough terrain:** such as steep paths, narrow tracks, rocky ground, grassy slopes, exposed edges/ridges, muddy ground, streams, forests, exposed tree roots, road crossings and/or walking along roads.
- **Physical effort:** such as uphill walking, carrying rucksacks, paddling canoes, portaging (moving/carrying) canoes and/or canoe barrels.
- **Water:** as part of canoeing, swimming, paddle-boarding, sailing, or other activities. The ability to swim is not a requirement for most of these activities but please speak to us if you are a non-swimmer.
- **Weather and conditions:** we are an outdoor adventure company so the nature of the environment in which we operate is not always controllable. Even with good equipment, people may, at times, be cold and/or wet.

I acknowledge and accept that inherent risks exist when attending and participating in Adventure Solos' events and confirm that I am participating in the knowledge that such risks exist.

Please write 'Yes' in the box below if you understand and accept the above:

SECTION 2: ACCEPTANCE OF TERMS & CONDITIONS

Adventure Solos' Terms & Conditions ("T&Cs") are available on the Adventure Solos website for you to read at <https://www.AdventureSolos.com/terms-and-conditions> . Some of the T&Cs include clauses in relation to (but not limited to) the following:

- **At least 18 years old:** Adventure Solos events are designed with adults in mind. You must be at least 18 years old to participate.
- **Use of data:** You understand and accept that we retain certain relevant data to contact you about your booking; and/or to inform you about products or services which may interest you.
- **Licence to use assets/media:** Acceptance that Adventure Solos reserves the right to use any shared media (such as photos, videos, podcasts and other media formats).
- **Weather and conditions:** Acceptance that planned events may need to be adapted, curtailed or cancelled at short notice due to the weather and/or conditions.

I confirm that I am at least 18 years of age and that I understand and accept Adventure Solos' full terms and conditions as available on the Adventure Solos website, including but not limited to the terms outlined above.

Please write 'Yes' in the box below if you accept the above:

PARTICIPATION FORM: ADVENTURE SOLOS

SECTION 3: DECLARATION OF MEDICAL CONDITIONS

Please declare any relevant medical conditions, allergies or significant disability or are on any medication/treatment. Please write '**None**' if you have nothing to declare:

We require you to bring any medications that you require with you to this event. This is for obvious health and safety reasons, including the protection of your host(s) and/or leader(s) running the event.

This includes, but is not limited to, asthma inhalers, epi-pens, or other such medication. We recommend you show the event leader(s) where your medication is stored should it be required in an emergency.

Please note: If you fail to bring any required medication for any reason, unfortunately you will not be able to participate in the event for the reasons mentioned above.

Please write '**Yes**' to confirm that you either do not require any medicines, or that you require medicines and agree to bring all relevant medicines with you (and that if for any reason, you fail to bring such medicines, that you will inform the leader before the activities/event starts).

SECTION 4: EMERGENCY CONTACT DETAILS

Name of a contact in case of an emergency:

What is their relationship to you?:

What is their contact number?

SECTION 5: YOUR BOOKING

Please select the name of your upcoming adventure:

Please state the start date of your upcoming adventure:

PARTICIPATION FORM: ADVENTURE SOLOS

SECTION 6: SUMMARY CONFIRMATION

I confirm that I understand and accept all of the points listed in this document and in the full T&Cs:

Signed:

Name:

Date: