

Barton Turf Adventure Centre
Sailing Base, Staithe Road, Barton Turf, Norfolk NR12 8AZ
Tel: 01692 536411; Email: bookings@btac-services.co.uk



Activity Booking Form (individual)

If this booking is for someone less than 18 years old, a parent or guardian must sign it.

Name.....Surname.....

Address

.....Postcode

Telephone (Day)(Evening).....

Email address.....

Date of Birth.....Sex (please tick) Male Female.....

Activity/Course

On (date)

Medical details

Are you currently receiving any treatment or have any disability or condition that might affect your participation in this activity.(Please tick) Yes No .

If yes, please give brief details.....

Are you confident in water and/or can you swim?.....(Please tick) Yes No .

Please sign the following declaration:

I recognise that all outdoor activities involve some degree of risk. I have read understood and agree to abide by the Centre's Health & Safety Rules, and accept that BTAC Services Ltd and their employees and associates are not liable for any loss or injury arising from my participation in this activity. I understand that no money can be returned if I cancel unless I provide a medical certificate. I understand that insurance against personal injury or accident and/or loss or damage to personal property is my responsibility.

+ I enclose fee of.....
(Cheques payable to BTAC Services Ltd. We regret we cannot process credit or debit cards.)

(Signed)..... Date.....

If this form is for some under 18 years old, the signature must be that of a parent or guardian, in which case please indicate.

In an emergency you should contact the following person:

Surname.....First names.....Relationship

Telephone: daytime evening.....

I give permission for photos to be taken by representatives of BTAC Services Ltd for promotional purposes during activities and events.(Please tick) Yes No .

(Data protection: The information supplied on this booking form may be stored on a computer and used for BTAC internal purposes only)

***Please return the first page of this form, signed, with your payment, to
Barton Turf Adventure Centre, Staithe Road, Barton Turf, Norfolk NR12 8AZ.***

Health & Safety

All outdoor activities involve an element of risk, therefore, for your own and other people's safety and enjoyment please follow our few simple rules whilst taking part in our courses and activities

- **Buoyancy aids** — a correctly fastened CE Approved buoyancy aid must be worn at all times on the outside of any other clothing during activities on or immediately next to water.
- **Clothing** — wear sensible clothing (jeans are not appropriate) and bring a change of clothes and footwear, and a towel. If it is windy or cold then a hat and warm jacket or fleece is advisable. If it is sunny bring a hat and sun cream.
- **Footwear** — always wear correctly fastened footwear appropriate for the activity e.g. flat soled training shoes or plimsolls, not Wellingtons or flipflops. NB: bring a spare pair of shoes for after the activity.
- **Medication** — on arrival inform your instructor if you are undergoing medical treatment.
- **Cuts/wounds** — always cover cuts and wounds before going out on the water or on the marsh.
- **Communication** — if you are cold, uncomfortable, injured or if equipment is damaged or faulty inform your instructor immediately. Always listen carefully to any instructions given by your instructor or any member of staff.
- **Accidents and incidents** — including near misses, must be reported immediately to your instructor. Inform your instructor before you launch or return to shore.
- **Capsize** — In the event of capsize, stay with your craft and wait for assistance.
- **Toilets and showers** — always inform your instructor before leaving the activity area. Young people should go with a friend rather than alone.
- **Eating/drinking** — is not normally permitted on the water. Always clean your hands before consuming food and drink. If the weather is hot, bring a cold drink, or a hot drink if it's cold.
- **Smoking** — we operate a no smoking policy.
- **Alcohol is not permitted.** — Staff will refuse you access to the centre if they suspect that you are under the influence of alcohol.
- **Personal possessions and valuables** — do not leave your personal possessions in the changing rooms. Valuables should be left at home, or locked in your car out of sight; but they may be handed into Reception at your own risk.
- **Behaviour** — for your own safety and the safety of others please act responsibly at all times. Always be aware of your environment and put safety first.
- For your safety your instructor will inform you of any particular hazards currently on our site.