



Form of Understanding

Climbing is usually viewed as a risky activity. Typically, rock climbing (including trad climbing, sport climbing, bouldering and all other disciplines, both indoors and outdoors) is seen as an activity with a risk of injury or death.

This form is a requirement of Prowess' public liability insurance and shows that you understand these risks and accept that in order to participate in any Prowess Climbing Coaching session, this file must be completed by you – the client – and in the event of under-18s, counter signed by a parent or guardian.

This information will be considered strictly confidential and will only be shared with insurance companies (and only when requested) with knowledge of this being shared with yourself.

We often take photographs for use in promotional materials, including on social media. If you **do not** wish to appear in these photographs, please let us know by ticking the box here:

Section 1: Personal Details

Name of client:

Contact telephone number:

Home address:

Contact email address:

Mountain Training ID number (for course participants)

Date of Birth:

If climber is under 18 years old, please complete Section 2

Section 2: Under 18s

Name of parent or guardian:

Relationship to climber:

Emergency contact number:

Section 3: Relevant Information

This section refers to any medical issues the climber may be suffering from. It is twofold: to help prevent making any injuries worse and in the event of a medical issue. Please be honest. These forms are kept strictly confidential.



Please state any current injuries you may be dealing with. Please be specific:

Please state any medical conditions we should be aware of that may affect performance. Please be specific:

Please state any medical conditions that should be disclosed to emergency services in the unlikely event of serious illness. Please be specific:

Please use this space to let us know of anything else you think we should know. For example, is there any extra support we could provide or reasonable adaptations we could make that would help you get the most out of your time with us? This could be your preferred pronoun if you have one, the fact that you are Autistic or have ADHD, any life circumstances that you are going through which may affect your participation etc. We will treat this information confidentially unless you tell us otherwise in the reply:

Section 4: Declarations

This section is a series of declarations by yourself (if over 18) and countersigned by a legal parent/guardian (if under 18).

Section 4a: Over 18s

I understand that climbing and bouldering are activities that have **inherent danger** and while all steps will be taken to minimise risk, these activities **remain potentially dangerous**. As such, **I agree** to adhere to any and all **safety instruction**.

I confirm that all equipment provided by myself is in **good condition** and is safe for the activity. If deemed unsafe, I agree to use alternative equipment or potentially, agree to end the session early.

I take responsibility for my own actions, **declare** that I am in a good physical condition to engage in the activity and **agree to participate** in the session

Full name:

Signed:

Section 4b: Parental Consent for Under 18s

I understand the above statements (Section 4a) and **confirm** that I am the legal guardian of the participant. **I consent** to my child participating in the activity.

Full name:

Signed: