

Essex Outdoor Activities Ltd

Acknowledgement of Risk



- 1.) I acknowledge that participating in a Quad Biking session at Essex Outdoor Activities Ltd may be physically and emotionally challenging. I accept that there are some inherent risks associated with such an activity.
- 2.) I will utilise all personal protective equipment supplied by Essex Outdoor Activities Ltd as instructed.
- 3.) If necessary I will ask for clarification of instructions regarding the use of equipment before beginning any activity or at any time during an activity.
- 4.) I will report any possible faults I find with any piece of equipment to a member of Essex Outdoor Activities Ltd staff so that it can be checked and replaced if necessary.
- 5.) I confirm that to the best of my knowledge I do not have a medical condition which might be made worse by participating in Quad Biking at Essex Outdoor Activities Ltd, or which might increase the chance of me being involved in an incident or accident, resulting in injury to myself or others (e.g. heart condition, epilepsy, back or neck problems). (If you are affected by such a condition then please consult a member of the Essex Outdoor Activities staff). I further confirm that to the best of my knowledge I am not pregnant.
- 6.) I understand that for safety reasons the maximum weight for participants is 100kg.

| Participants Name | Date of Birth | Contact number during activity | Date | Signature |
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Part 2. Consent form for under 16's (only to be completed by a guardian)

- 1.) I (Parent/Guardian print name)am granting consent for those
Persons listed above who are under 16 to participate in Quad Biking at Essex Outdoor Activities
- 2.) I declare that if I am not the Parent or Guardian of the child, I have the authority from the child's parent or guardian to sign this consent form on their behalf

| Parent/Guardian Name | Date of Birth | Parent/Guardian Contact Number | Date | Signature |
|----------------------|---------------|--------------------------------|------|-----------|
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