

SPEEDSAIL UK

AIRFIELD AND BEACH SPORT ACTIVITIES READINESS QUESTIONNAIRE

[2020 season]

Please tick this box if you are happy for your details to be kept on file

Speedsail UK is committed to the safety of its clients. In order to maintain our high levels of customer care we would like you to take a few minutes to complete this form.

The details will be kept on file, but will not be disclosed to any other person. However, if you do not tick the box at the end of this paragraph, we may send you details of activities that the company is involved with. Please write clearly the information, as details may need to be used should an accident occur.

Where did you find our company: *circle any that best suit*

Internet website leaflet word of mouth where you are staying social media

Please tick if you do not wish to have information sent to you about further activities.

Is this activity: Training session corporate/group session demo session

Please tick the box or boxes of activities you will try today

DATE OF ACTIVITY HERE PLEASE:- / / 2020

You will be taking part in BLOKART SAILING

NAME

ADDRESS

POST CODE

PHONE NUMBER

MOBILE PHONE NUMBER

E-MAIL ADDRESS

All activity participants must fill in this section:

Regular physical activity is fun and healthy, and being more active is very safe for most adults. However, some should check with their GP before they start becoming more physically active. Speedsail UK accepts no liability for persons who undertake physical activity, if in doubt consult your GP prior to commencement. Please read carefully the questions on the back of this sheet. If no is the answer to all questions please sign and date below. If any answers are yes please give details below and let the instructor know before the start of the session.

Details of any concerns:

Name of participant

Signature

Date

EMERGENCY CONTACT

Name

Phone number

1. Has your GP ever said that you have a heart condition and that you should only do physical activity recommended by him/her?

2. Do you feel pain in your chest when you do physical activity?

3. In the past month, have you had chest pain when you were not performing physical activity?

4. Do you lose your balance because of dizziness or do you ever lose consciousness?

5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? Please list the bone/joint problem here.

6. Is your GP currently prescribing drugs [for example water pill] for your blood pressure or heart condition?

7. Do you know of any other reason why you shouldn't exercise? List here.

If you answered YES to one or more questions. Visit or speak with your GP prior to commencing the airfield or beach lessons.

If you answered NO honestly to all questions. You can be reasonably sure that you can start the lesson, however, in the event that you start to feel unwell tell the instructor immediately.

I have read, understood and completed this questionnaire. Any questions I have were answered to my full satisfaction by my instructor.

If you are under the age of 16, you must complete the parental consent form below.

PARENTAL CONSENT FORM

This form is to be completed in respect of all activities for students under the age of 16, consent does not remove the need for instructors to ascertain for themselves the level of the student's ability.

Doctors name and contact number:-

Please complete this section for all activities

*I confirm that I would like my child to complete a course of instruction with Speedsail UK "the Xtreme AIR company" and agree to **him/her** taking part in the activity.*

*I **do /do not*** consent to any emergency medical treatment required by my child during the course of instruction.*

*I confirm that my child is in good health and I consider **him/her** fit to participate.*

*I **do/do not*** agree to him/her travelling in transport provided by Speedsail UK "the Xtreme AIR company" if required.*

The insurance carried by Speedsail UK for these activities is Civil Liability cover to the value of £2million. This is for 3rd party injury or damage.

General

This cover will only be valid if you the participants of these activities follow the instructions given by the instructor.

For Beach or Airfield Activities

When sailing on the beach you will be required to adhere to the area that will be explained to you by the instructor. This may change during the session as tide and weather conditions change. When at the airfield you must stay in the allocated areas so that you will not enter any live runways