

Disclosure of Risk

Craggan Outdoor Activities Ltd, trading as Craggan Outdoors, ask you to read the following. It may have a bearing on your safety, & that of others that are involved in activities with you.

Craggan Outdoors has legal & regulatory obligations to provide a duty-of-care to all that participate in any of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care & assurances of safety that are appropriate to each of the activities. You should though be aware that there will always be certain risks that are inherent to outdoor activities. It is not possible to eliminate these risks without destroying the character & experience of each activity.

The level of real, as opposed to perceived risk associated with the activities is very low. However, the types of risk may be something with which you are not ordinarily familiar. For avoidance of uncertainty, **environments & situations that you may encounter include:**

- **rough / rugged terrain:** may cause you to experience greater than usual strain on joints & muscles, & can lead to aches, pains & strains.
- **physical effort:** our activities may involve you in a greater level of exertion than in your usual day-to-day environment.
- **height & water:** whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful. Water-based activities may result in you getting wet &/or cold.
- **machinery:** such as mountain or quad bikes, in combination with the environment used for the activities, plus the possibility of human error, does present additional opportunity for accidents.
- **natural environment:** weather conditions may be cold, wet, or very hot, & can also change rapidly & for the worse. There can also be unstable/slippery conditions underfoot. Sudden natural hazards such as rock falls & lightening can occur.
- **slips & trips:** the most common cause of accident throughout society, the opportunity for slips, trips & falls is likely to be greater than that which you usually experience.
- **loss or damage:** the environments and activities that you choose to experience may increase the potential for loss of or damage to your personal clothing or equipment.

As well as Craggan Outdoors' part in ensuring as safe an environment as possible for each activity, participants also have a responsibility for safety. **Your responsibilities are as follows:**

- **accurate declaration:** please make us aware of medical condition(s) or injuries, past or present, that may affect your participation in any activity. We can then review the situation with you, & also ensure that you have any necessary medication, such as inhalers for asthma, with you. Failure to declare any relevant information may invalidate insurance in the event of any incident. For activities with a minimum age requirement, please note that declaration of a false date of birth will invalidate insurance in the event of any incident.
- **fears & phobias:** before commencing any activity, please ensure that we are aware if you have any major concerns, fears or phobias about the situation(s) in which you are choosing to place yourself. We will work with you to help ease your feelings of discomfort/apprehension/fear, & ensure that you are as comfortable as possible.
- **drugs & alcohol:** it is dangerous to participate in any activity whilst under the influence of drugs or alcohol. Craggan Outdoors reserves the right to prevent any person from participating in any activity, either from the start or partway through a session, should we suspect that they may have been drinking beyond the legal drink-drive limit, or be under the influence of any drugs.
- **instruction:** you must accept & act upon all direction & instruction from our instructors.

Thank you for taking the time to read & consider this Disclosure of Risk. Prior to commencing your chosen activity/activities, Craggan Outdoors will ask you to acknowledge your acceptance of the disclosed risks by signing a related Acknowledgment of Risk. In doing so you will confirm that you have read & understood the content of the Disclosure of Risk. A parent or guardian must counter-sign for anybody under the age of 18. Signing the Acknowledgment of Risk does not release Craggan Outdoor Activities Ltd from any of our obligations towards you, nor does it affect your statutory rights.

