

Acknowledgement of Risk

Please read the following carefully. It may affect your safety and the safety of others attending the course. Once you have read it please sign the bottom of the form as an indication that you have read and understood it. Signing this Acknowledgement of Risk in no way compromises, your legal rights, nor does it release our work from any of its obligations towards you. It is merely to make sure you are aware of what you are letting yourself in for! We have taken all reasonable steps to provide you with the level of care and assurances of safety appropriate to these activities.

However, you should be aware that certain inherent risks remain which are integral to the activity, and which cannot be eliminated without destroying their unique character. Amongst other things, some of these risks can contribute to:

- The loss or damage of your personal clothing or equipment,
- Feelings of discomfort, fear and apprehension, or even
- Accidental injury or illness which in extreme, but rare cases can be very serious.

The level of real (as opposed to apparent) risk associated with these courses is very low. However, the type of risks may be something with which you are not familiar. The level of risk is generally no greater than that associated with, for example, the normal play of an average child, or that associated with normal adult undertaking recreational activities appropriate to their ability, fitness, age, etc. Depending on which course you are undertaking you may be involved with any or all of the following. If you are not comfortable with any of these you should re-consider booking. Alternatively, you may decide to withdraw from a course on the day. In this event we would refer to our cancellation policy.

Things you may encounter may include, but may not be limited to:

Rough or rugged terrain: This may be on mountain or moorland, forestry or rough cultivated land etc. If you are used only to footpaths, tarmac surfaces, and gentle inclines etc this may come as a bit of a surprise by putting greater strain on joints and muscles than you are used to.

Physical effort: All courses involve physical effort that at times may be more than you are used to. This may involve stamina or physical strength. If you have medical conditions or injuries, past or present, these courses may not be suitable for you.

Environmental risks & hazards: These may include such factors as lightning, floods or rock-fall although the more common would be rapid and significant changes in the weather, or unstable or slippery conditions underfoot. Slips and trips - this is the commonest type of accident throughout society and our courses are no exception. We will endeavour to ensure that the consequences of such a slip are not serious but you should be aware that the likelihood of falling over or slipping is likely to be greater than you are used to.

Moreover, given the nature of the environment in which these may occur the situation can compound giving rise to a more serious incident. We have clear obligations and responsibilities and we take these very seriously. However, we will be expecting participants to contribute not only their own and each other's safety by following the instructions our staff will be giving you.

Acknowledgement

I recognize that:

- These courses may require an attitude and approach different from other activities I have been involved with.
- The nature of the risks may be different to ones, which I am familiar with.
- Certain inherent risks remain.
- By signing this, I do not release Nature's Work from any of its obligations towards me, nor does it affect my legal rights.

I have read and understood the content of this document:

Signed:..... Date:.....

Booking Form

To register, complete the form below and return to nature's Work along with a cheque made out to Nature's Work 7 days prior to the course.

Return to:
Nature's Work
Tyddyn Canol
Pentir
Bangor
LL57 4EG

Please also read and sign the Acknowledgement of Risk.

Please register me onto the course(s) below:

| Date | Course | ✓ |
|------|--|--------------------------|
| | Navigation and the environment - 2 days | <input type="checkbox"/> |
| | Mountain biking and the environment - 2 days | <input type="checkbox"/> |
| | Plants of the mountain environment | <input type="checkbox"/> |
| | The nature of the mountain environment | <input type="checkbox"/> |
| | Conservation of the mountain environment | <input type="checkbox"/> |
| | Environmental interpretation | <input type="checkbox"/> |
| | The rocky shore environment | <input type="checkbox"/> |
| | The woodland and moorland environment | <input type="checkbox"/> |
| | The river and bog environments | <input type="checkbox"/> |
| | The sand dune environment | <input type="checkbox"/> |
| | Geology for Mountain Leaders | <input type="checkbox"/> |

Name
Address

Email
Tel number
Medical conditions
/allergies/disabilities

I enclose my cheque for £.....
Cheques should be made out to 'Nature's Work'

Where did you hear about us?

- | | |
|---|--|
| <input type="checkbox"/> MLTA | <input type="checkbox"/> Nature's Work website |
| <input type="checkbox"/> IOL | <input type="checkbox"/> Word of mouth |
| <input type="checkbox"/> Snowdonia Adventures | <input type="checkbox"/> Other. Please specify |
| <input type="checkbox"/> Phil George Mountaineering | |

Nature's Work

2010 skills courses for people in the environment

Learn about the nature, ecology and geology of the mountain environment. These modules are suitable for all those with a professional or keen interest in the mountain environment. They are recommended for mountain leaders, youth workers and teachers who take groups in to the outdoors.

- Depending on weather conditions you may need suitable warm, waterproof clothing and appropriate footwear for that environment.
- Please also bring a packed lunch and a drink.
- Each day costs £45
- Booking and full payment must be received 14 days prior to the course date.
- Joining instructions will be sent to you upon completion of booking.
- The actual itinerary of each day will depend on weather conditions.

Should you have any queries, please contact us on: 01248 360942 or info@natureswork.co.uk

Important Information

Confirmation

Confirmation will be sent to you following receipt of your booking. Course information and venue details will be sent following receipt of payment

Cancellation Policy

We do reserve the right to cancel a for any reason. If this happens we will give you a full refund. Please note: All information is correct at the time of going to press.

Payment

All bookings must be accompanied by full payment and booking should be undertaken at least 14 days before the course date.

Withdrawal & Refunds

If you withdraw, written notification must be received at least 14 working days prior to the course. If you withdraw more than 15 days prior to a course you are eligible to a 75% refund. If you withdraw less than 15 days prior to a course you will NOT be eligible for a refund.

Group booking

For a group booking of 4 or more people a 10% discount will be given