

Medical Consent Form (Paddle Sport)



Paddler Number:		Date:	
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Participant Information			
Full Name:			
Address:			
Postcode:			
Telephone:	Day:	Evening:	Mobile:
Email:			
Date of Birth:			Age:

Medical Information <i>Please complete all sections</i>	Yes	No
Do you have a disability? If yes please give details:		
Do you have any medical conditions of which we should be aware? If yes please give details:		
Do you have any allergies? If yes please give details:		
Please detail any other information that may be relevant to your participation in this activity:		

Emergency Contact Details			
Name:			
Telephone:	Day:	Evening:	Mobile:
Relationship to you:			

We may occasionally film or take photographs of participants for publicity purposes, including reproduction on our website. If you do not agree to us using photographs or footage that includes yourself/your child, please tick the box.

I have read and understand all Terms & Conditions relating to my booking including The Water Quality Statement and upon signing agree to comply with the Rules & Regulations of the Centre.

I confirm that all the information supplied herein is correct

Name: Date: Signature:

A parent/guardian must sign below if the participant is under 18 years of age:

I, the legal parent/guardian of give my consent for my child to take part in the activities above. In the event of an incident or accident involving my child, I agree to my child receiving first aid from a suitably qualified person and/or any medical or dental treatment, including but not without limitation to anaesthetic and blood transfusion, which may be considered necessary by a registered medical practitioner.

Name: Date: Signature:

Relationship to Under 18: Contact Telephone Number:

White Water Health & Safety Risk Declaration



This form is intended to make you aware of the risks associated with Canoeing and Kayaking and to help you make an informed decision as to whether to participate. Signing this form does not (and is not intended to) limit our obligations to you and does not in any way compromise your legal rights.

Canoeing and Kayaking are "Assumed Risk" "Water contact sports" that may carry inherent risks. Participants should be aware of and accept these risks and be responsible for their own action and involvement.

Slips and Trips are the most common type of accident in our society and the likelihood of slipping in a watersports environment is likely to be greater than participants are used to.

Please complete all sections	YES	NO
I understand that the activities I may participate in will expose me to many hazards and involve the risk of property damage and loss and even personal injury, illness or death. Whilst TBIWWC will take all reasonable steps to ensure my safety, I understand that they cannot be held liable for my own actions, for which I must take responsibility, or for those of a third party.		
I have completed and submitted a TBIWWC Medical Consent Form.		
I am sufficiently fit, able and competent to paddle on grade 3 moving water (i.e. difficult conditions requiring expertise in manoeuvring through strong currents) and have a competent moving water roll. I have completed a medical consent form honestly and have given details on any medical conditions and/or disabilities relevant to my participation.		
I am confident swimming in moving water and can swim a minimum of 25 metres.		
My buoyancy aid, helmet, clothing and personal craft are appropriate for use at TBIWWC and they fit correctly. All boats are subject to approval by TBIWWC. Whitewater suitable boats only. No inflatables. Proper flotation is required in all kayaks and canoes.		
I declare I will not participate in any activities if I am under the influence of alcohol or drugs.		
I have read, understood the Terms and Conditions of the TBIWWC and agree to abide by rules and regulations within (These are visibly displayed around the centre and are available upon request). I also understand that TBIWWC staff reserve the right to ask any participant to leave the premises.		
I understand the difficulty of the water at TBIWWC, that the level of the flow varies that difficulty and that the flow may vary and this will affect the features and current. I understand it is suggested that I walk the course each time prior to getting on. I confirm I am sufficiently experienced to paddle this environment. If you see another paddler struggling, please help or notify someone who can help if safe to do so.		
I understand the Short Course has a steeper gradient and greater difficulty than the main channel. TBIWWC recommend you only attempt this channel, if you are suitably skilled and experienced to navigate this section. It is suggested I walk the Short Course each time prior to getting on. If you see another paddler struggling, please help or notify someone who can help if safe to do so.		



Please complete all sections	YES	NO
I acknowledge that the activities are strenuous and dangerous and require a certain degree of physical condition, ability, maturity and skill. I acknowledge that I (or my child) have the requisite skills, qualifications, physical and mental ability and training necessary to properly and safely participate in the activities. I agree that if I have any questions as to what skills, maturity, qualifications, training or physical or mental requirements necessary to properly and safely participate in the activities, I will direct those questions to the appropriate TBIWWC staff member on site.		
I understand that whilst TBIWWC will provide me with help and advice whenever they can, I will only receive instruction in the use of equipment or techniques when I have booked and paid for such instruction. I will not participate in any activity unsupervised if I am not confident and capable in the use of any of the equipment or course.		
Bibs must be worn to paddle the white water. If you do not return the bib, the unreturned bib fee is £50.00.		
I understand no intentional swimming is allowed in the white water channels, (unless authorised by the TBIWWC Management and undertaken by a BCU White Water Safety & Rescue Provider)		
I have read and understand The Water Quality Statement.		

Declaration

ALL Individuals must sign-in personally before getting on the water unless under 18 in which case they must be signed-in by a parent/guardian or by an adult acting on the authority of the parent/guardian.

If I have any questions or queries or am unsure of anything in the above I will speak to one of the TBIWWC staff members to seek advice.

I confirm that I am [over 18 years old] / [the parent/guardian of a participant who is under 18 years old answering on behalf of the participant]. *(Delete as appropriate).*

I have read and understood this declaration. I acknowledge that if I have answered “no” to any of the above statements, I will not be able to use the TBIWWC.

Full Name: Date:

Signed:

For staff completion

Full Name: Date:

Signed on behalf of TBIWWC:*

*Signed in the event that proof of age is witnessed.



WATER QUALITY

The River Tees is the main body of water that supplies our White Water facility; as such TBIWWC is not and cannot be responsible for the quality of water on the course.

The river water carries different levels of bacteria affected by factors such as river level, water temperature and rainfall. This is similar to other open water areas (ponds, lakes, rivers and coastal waters) which will have varying levels of bacteria which will determine water quality.

We have very few cases of illness through water quality and in the majority of cases people will have no effect whatsoever, however some people may be more susceptible than others so please take notice of the following guidelines to minimise any potential health risk.

Guidelines

- This is not drinking water – avoid swallowing.
- Wash your hands and shower before eating.
- If you incur any cuts, grazes or any open wound whilst on the participating in an activity at TBIWWC clean the area well to avoid any infection.
- Avoid immersion if you have an open wounds/infection and cover any cuts and grazes with a Waterproof plaster.

Illness

If you find yourself unwell after being in open water the most common form will be an upset stomach. There are more serious infections that can be caught but these are extremely rare. In all cases other than a mild bug the sensible approach would be to consult your doctor.

Viral Gastroenteritis: This is the most common illness associated with swimming in polluted water. Although the symptoms are usually minor, they may present in a variety of forms that can include one or more of the following: Chills, Nausea, Diarrhoea, Stomach-ache, Headache, and Fever.

If you believe you may have an infection consult your doctor.

Leptospirosis: This is more commonly known as (Weils Disease) Leptospirosis is a type of bacterial infection that is spread by animals. It is caused by a strain of bacteria called leptospira. Human cases of Leptospirosis are rare but you can catch leptospirosis by touching soil or water contaminated with the urine of wild animals infected with the leptospira bacteria. The likelihood of becoming infected is less in swift moving streams and rivers than stagnant or slow moving waterways.

You can become infected by the leptospira bacteria by drinking contaminated water, or if contaminated water or soil comes into contact with your eyes, mouth, nose or any unhealed cuts in the skin. Infections can range from a mild flu-like illness to a serious illness requiring hospital treatment. Symptoms can range from:- Fever (high temperature), headaches, nausea, vomiting, loss of appetite, diarrhoea, cough, sore throat, muscle pain, particularly affecting the muscles in the calves and lower back and in more serious cases:- jaundice (yellowing of the skin and the whites of the eyes) and a noticeable, painful swelling in your liver.

If you believe you may have an infection consult your doctor.

Hepatitis A: This is an infection of the liver caused by the Hepatitis A virus. It leads to inflammation (swelling) of the liver. Some people with Hepatitis A do not have any symptoms. Others have flu-like symptoms, loss of appetite, abdominal pains or jaundice. The Hepatitis A infection is usually caught by putting something in your mouth that has been contaminated with the stools (faeces) of someone with Hepatitis A which is why it can be found in water bodies.

If you believe you may have an infection consult your doctor.

In all cases please consult your doctor and make them aware that you have recently participated in water activity.

All information given in this advice has been taken from the NHS website. More details can be found at www.nhs.uk

We would also ask that you advise the centre on 01642 678000 or enquiries@tbiwwc.com of any illness you believe may be related to water quality.