



Unit 5, Castlebrae Business Centre Peffer Place Edinburgh EH16 4BB
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PARTICIPANT MEDICAL DETAILS/PARENTAL CONSENT FORM
UNDER 18 - TO BE COMPLETED BY PARENT OR GUARDIAN

GROUP.....

MULTI OUTDOOR ACTIVITIES (SEE ACCOMPANYING LETTER)

COURSE DATES.....

PARTICIPANT SURNAME

DOES YOUR SON/DAUGHTER SUFFER FROM ANY ALLERGIES? IF YES, GIVE DETAILS

.....

.....

FORENAME

IS YOUR SON/DAUGHTER TAKING ANY MEDICATION AT PRESENT? IF YES, GIVE DETAILS

DATE OF BIRTH

ADDRESS

.....

.....

HOME PHONE NO.

ALTERNATIVE EMERGENCY CONTACT

DOES YOUR SON/DAUGHTER HAVE ANY DIETRY REQUIREMENTS? (E.g. Vegetarian, Halal)

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.....

NAME AND ADDRESS OF DOCTOR

HAS YOUR SON/DAUGHTER HAD A TETANUS INJECTION IN THE LAST 5 YEARS? IF SO, WHEN?

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.....

SWIMMING ABILITY (Participants in water sports do not need to be able to swim, but must inform instructor)

GIVE FULL DETAILS OF ANY RECENT INJURY OR ILLNESS THAT MAY AFFECT YOUR SON/DAUGHTER'S PARTICIPATION

Please circle as appropriate

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SWIMMER ? Yes No

.....

DOES YOUR SON/DAUGHTER SUFFER FROM ANY CONDITIONS REQUIRING MEDICAL TREATMENT? E.g. EPILEPSY, DIABETES, ADHD. IF YES, GIVE DETAILS

IS THERE ANY ACTIVITY IN WHICH YOU DO NOT WISH YOUR SON/DAUGHTER TO PARTICIPATE IN? PLEASE SEE ATTACHED LETTER. Please List below

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HAS YOUR SON/DAUGHTER SUFFERED FROM OR BEEN IN CONTACT WITH ANY CONTAGIOUS DISEASE OR INFECTION IN THE 4 WEEKS? IF YES, GIVE DETAILS

FROM TIME TO TIME CAPRO MAY TAKE PHOTOGRAPHS DURING ACTIVITIES FOR PUBLICITY PURPOSES. DO YOU CONSENT TO YOUR SON/DAUGHTER'S PHOTOGRAPH BEING USED FOR THESE PURPOSES?

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YES/NO



DECLARATION

- I AGREE TO MY SON/DAUGHTER TAKING PART IN THE COURSE RUN BY CAPRO ABOUT WHICH I HAVE BEEN GIVEN FULL DETAILS.
- I AGREE TO HIS/HER PARTICIPATION IN ALL THE ACTIVITIES DESCRIBED, UNLESS INDICATED OTHERWISE.
- I HAVE READ AND ACKNOWLEDGED THE NEED FOR HIM/HER TO ABIDE BY THE CAPRO CODE OF CONDUCT.
- I DECLARE THAT THERE IS NO REASON MEDICAL OR OTHERWISE WHY MY CHILD SHOULD NOT TAKE PART IN THIS COURSE.
- I UNDERTAKE TO FULLY DECLARE THE DETAILS OF ANY MEDICAL TREATMENT MY CHILD IS RECEIVING AT THE PRESENT TIME, AND ANY OTHER MATTERS OF WHICH THE STAFF SHOULD BE AWARE.
- I AGREE TO MY SON/DAUGHTER RECEIVING EMERGENCY MEDICAL TREATMENT, INCLUDING ANAESTHETIC AS CONSIDERED NECESSARY BY THE MEDICAL AUTHORITIES PRESENT.
- BLOOD TRANSFUSION.

SIGNED BY PARENT/LEGAL GUARDIANDATE.....

- **I AGREE TO ABIDE BY THE CAPRO CODE OF CONDUCT**

SIGNED BY PARTICIPANTDATE

IF YOU ARE IN ANY DOUBT AT ALL AS TO YOUR CHILD'S SUITABILITY ON HEALTH GROUNDS FOR ANY OF THESE COURSES, THEN YOU SHOULD HAVE THE FOLLOWING COMPLETED BY YOUR FAMILY DOCTOR.

MEDICAL CERTIFICATE TO BE COMPLETED BY THE DOCTOR (If appropriate)

FROM MY KNOWLEDGE OF THIS PARTICIPANT I CONSIDER THAT HE/SHE IS SUITABLE/UNSUITABLE AT THIS POINT IN TIME, FOR PARTICIPATION IN THE COURSE AT CAPRO, THE DETAILS OF WHICH HAVE BEEN EXPLAINED TO ME.

IT WOULD BE HELPFUL TO THE COURSE ORGANISERS TO HAVE MEDICAL ADVICE ON THE MANAGEMENT OF PARTICIPANTS SUFFERING FROM SUCH CONDITIONS AS ASTHMA, DIABETES, EPILEPSY OR OTHER CHRONIC HANDICAPPING CONDITIONS, WHERE THE DOCTOR CONSIDERS THAT WITH MINOR MODIFICATIONS TO THE COURSE, THE PARTICIPANTS COULD ENGAGE IN MOST OF THE PLANNED ACTIVITIES. INFORMATION ON PARTICIPANTS REQUIRING ONGOING MEDICATION WOULD ALSO BE HELPFUL FOR RESIDENTIAL COURSES.

COMMENTS

SIGNATURE OF DOCTOR DATE



CRAIGMILLAR ADVENTURE PROJECT

CAPRO PARTICIPANTS – CODE OF CONDUCT

Due to the nature of the activities undertaken on Capro courses, we feel it is necessary to outline how you, as a participant, can help us to ensure that you have a safe and enjoyable time.

We try to keep 'rules' to a minimum, however there are some we have to enforce. It is important that you familiarise yourself with the following conditions prior to participation in any of our courses.

1. **Under 18's** – current policy states that if you are under 18 years of age, Capro staff are responsible for your well being and safety. You are required to submit a completed parental/guardian consent form prior to participating in any activity.
2. **Alcohol** - alcohol and outdoor activities do not mix, so please limit drinking to evening meals and social time in the evening. We ask that you keep drinking to a minimum or do without if you are participating in outdoor activities the following day. Alcohol is not permitted during activity sessions or during transportation. Persons under 18 years of age are not permitted to drink alcohol if they are to participate in **any** activities the following day or to bring alcohol with them on course.
3. **Smoking** – for reasons of safety and prevention of damage to equipment please do not smoke whilst wearing or using Capro equipment. Smoking is not permitted in the Capro building, transport or tents.
4. **Drugs** - use or possession of drugs is strictly prohibited, other than those prescribed for medical reasons. These should be declared on your medical form. Capro staff cannot prescribe any medication.
5. **Mobile Phones** - all mobile phones must be switched off whilst participating in any Capro activities and preferably not taken out on the day at all, since Capro cannot take any responsibility for loss or damage of your phone.
6. **Safety** - Capro instructors have overall responsibility for any activity session and their instructions/decisions must be adhered to.
7. **Residential courses** – we ask that during residential activities participants obey 'house rules' of any centre we stay in. As you will be sharing accommodation with other people you are asked to respect the privacy of others and conduct yourself in a discrete and considerate manner.
8. **Law** - Participants must act within the law at all times. Staff are contractually obliged to report incidents to the appropriate authorities, so please don't put us in an awkward situation.

If any of the above conditions are not met the Capro staff/instructor(s) reserve the right to:

1. change or cancel an activity,
2. instruct you not to participate in an activity, or
3. Instruct you to leave the course.



CRAIGMILLAR ADVENTURE PROJECT

In the event of a residential course, persons over 18 years of age will be responsible for arranging their own travel home, if leaving before the end of the course.

NB. Capro often work in collaboration with other organisations. The term 'Capro Staff/instructors' extends to all staff involved with the running/delivery of courses.

If you have any queries or wish any of these conditions explained further please do not hesitate to contact the Project Co-ordinator.