



Participation Statement

The nature of climbing, mountaineering and hiking can at time be hazardous, by using experienced and competent staff we can mitigate these risks but not remove them. You will know what your limitations are and understand your own medical and physical limits. The leader of your group will be aware of internal group risks (declared medical matters) as well as external hazards and will mitigate, as far as is reasonably practicable, the risk to yourself and other people. I would ask all clients to carefully consider whether the activities suit their needs and physical abilities and to follow and abide by any safety guidance given to them. There may be times when you feel uncomfortable or distressed and these emotions are normal if you are not familiar with the risks of being in the mountains or higher ground.

By signing the personal declaration form you recognise that climbing, hiking and mountaineering are activities with a danger of personal injury or death. You are aware of and accept these risks and will be responsible for your own actions, anyone considering taking part in a course or trip needs to consider this risk and must take responsibility for their participation and acknowledge and accept these risks. You also agree to declare any medical or physical matter which the instructor should be aware of if the matter could have an impact on the running or the safety of the day.

The British Mountaineering Council acts on behalf of walker, climber and mountaineers in the UK and its participation statement states, *"The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement."*