



## Disclosure of Risk

BEE Adventures CIC (Community Interest Company number: 14204993) is a non-for-profit, it has legal and regulatory obligations to provide a duty of care to all participants of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care and 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 and 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:

- **Rough/ Rugged terrain:** this may cause you to experience greater than usual strain on joints and muscles.
- **Physical Effort:** Our activities may involve you in a greater level of exertion than in your usual day to day environment.
- **Height and Water:** Whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful.
- **Machinery:** The addition of machinery, such as walking poles, in combination with the environment used for the activities, plus human error, does present additional opportunity for accidents.
- **Natural Environment:** Most likely to be rapid and significant change in the weather, or unstable/ slippery conditions underfoot, but can also include rock falls, lightening etc.
- **Slips and Trips:** The most common cause of accident through society, the opportunity for slips trips and 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 loss of or damage to your personal clothing and equipment.

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



## Medical

- Please make us aware of any medical condition(s) or injuries, past or present, which may affect or make ill-advised your participation in any activity. We can then agree with you whether or not you should participate.
- Fears and Phobias: before commencing any activity, please ensure that we are aware if you have any major concerns, fears or phobia(s) 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 and ensure that you are as comfortable as possible. If you are not 100% of what a day / route / activity entails, and how this may affect and fear or phobia, please contact us prior to the event for clarification.
- Drugs and Alcohol: it is potentially highly dangerous to participate in any activity whilst under the influence of drugs or alcohol. BEE Adventures reserves the right to prevent any person participating in any activity, should we suspect that they may be under the influence of drugs or alcohol.
- Instruction: You must accept and act upon all direction and instruction from our instructors. BEE Adventures also provides transport only to some external activities, if you have booked onto an activity that BEE Adventures is only providing transport for, BEE Adventures will hold no liability or responsibility for this activity. Sole liability will be held with the activity provider.

Thank you for taking the time to read and consider this disclosure of risk.

**Turning up to an activity is confirmation that you have read through the risks and declared any medical conditions to us.**

Looking forward to seeing you in the mountains!