

BENMORE CENTRE FOR OUTDOOR EDUCATION

PERSONAL INFORMATION FORM

Please complete and return to Benmore Centre. Information will be kept confidential to staff at Benmore. If you would prefer to convey details by speaking to the course director/s please telephone the Centre.

Name:

Date of Birth:

Address:

Postcode:

Telephone Number:

E mail address:

Alternative Emergency Telephone No.:

Emergency Name and Address:

Medical/Dietary Information

Name and Address of your Doctor:

1

To the best of your knowledge, have you been in contact with any contagious or infectious diseases within the last 3 months?

Yes

No

2

Have you either at present or recently suffered a medical condition (illness or injury) which may affect your participation in the course?

Yes

No

3

Do you suffer from any conditions that require medical treatment?

Yes

No

4

Does you suffer from any allergies?

Yes

No

If the answer to 1, 2, 3 or 4 is Yes, please give details. If you consider that any of the above may restrict your ability to participate fully, please consult your Doctor. Medical conditions that are not severe or are controlled do not normally restrict participation. Any advice given by the Doctor should be detailed below or passed on verbally prior to the course.

5 Are you taking any prescribed medicine? If YES please give details of any 'essential medication', dosage and frequency. Any changes can be notified to the course director/s on arrival.

Yes

No

6 Have you had a Tetanus injection within the past 10 years?

Yes

No

7 Do you require a specialist diet? If YES, please give details (eg Vegetarian, Gluten free, No Red meat, Peanut Free, any food allergies, etc) .

Yes

No

Activity Information for participants in outdoor pursuits

1 Are you a:

non-swimmer

swims 25 metres

swim 50+ metres

2 Can you ride a bicycle?

no

on roads and tracks

off road

3 Have you been to Benmore before?

Yes

No

4 Is there any activity in which you cannot or are unwilling to participate?
You are welcome to discuss concerns with the staff at Benmore Centre in advance.

I understand that all activities are covered by The City of Edinburgh Council's Public Liability Insurance, but that there is no insurance for personal accident.

Signed:

Date: