**Membership & Medical Form**

(Please complete all sections in block capitals please)

**Please answer the questions fully and honestly. If prior to an activity it is found that information has not been given correctly, the Out There Club reserves the right to refuse participation.**

**Details of Applicant**:

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| First Name: | | | | Surname: | | | | |
| Title :  (Mr/Miss) | Male/Female: | | | Date of Birth: | | | | Age: |
| Address: | | | | | | | | |
| Town/City: | | | | | | | | |
| County: | | | | | Post Code: | | | |
| Telephone No: | | | | | | Mobile No: | | |
| Email: | | | | | | | | |
| Membership Nos: (If applicable)  Out There: BMC: BCU: | | | | | | | | |
| Can the applicant swim 50 metres in light clothing ? YES: NO: | | | | | | | | |
| \*Height: | | \*Weight: | \*Waist size: | | | | \*Inside leg  length: | |

\*Optional for use when loaning specialist equipment

**Emergency Contacts**: (please provide two contacts)

|  |  |
| --- | --- |
| Full Name: | Full Name: |
| Address: | Address: |
| Town/City: | Town/City: |
| County: | County: |
| Post Code: | Post Code: |
| Daytime Telephone: | Daytime Telephone: |
| Evening Telephone: | Evening Telephone: |
| Relationship  to applicant: | Relationship  to applicant: |

**Medical Details**:

The information provided on this form will be treated as CONFIDENTIAL and is only required to enable Out There to provide appropriate medical help and support if required.

If you are concerned about the applicants physical suitability to take part in activities, please seek advice from a doctor.

**IMPORTANT: if you answer ‘yes’, please give details** (use a continuation sheet if necessary)

|  |  |
| --- | --- |
| Does the applicant suffer from asthma, diabetes, hay fever, migraine, fits & feints or any other illness ?: | No: Yes: |
| Is the applicant allergic to anything (e.g. antibiotics, elastoplasts, aspirin or any other medicine and particular foods etc) ?: | No: Yes: |
| Is the Applicant receiving medical treatment at present or taking any medication, including inhalers ?: | No: Yes: |
| Does the participant have any specific dietary requirements ? e.g. vegetarian, low fat etc | No: Yes: |

IF THERE ARE ANY CHANGES TO THE ABOVE, YOU MUST INFORM OUT THERE IMMEDIATELY

**Declaration**: **To be signed by a parent/guardian if applicant is under 18 years old**

**Participation Statement - Parents and young participants should be aware that kayaking, climbing, hill walking, and mountaineering are activities with a danger of personal injury or death. Parents and participants in the activities should be aware of and accept these risks and be responsible for their own actions and involvement**

* I confirm that I have read and understood the participation statement above and that the information provided on this form is correct.
* I consent to the named applicant participating in all the activities of the Out There outdoor pursuits club, as approved by the club committee. In the event of an emergency and Out There being unable to contact me, I give permission for any medical treatment deemed necessary, to ensure the well-being of the named applicant, to take place.
* I also understand that the participant is responsible for the safe custody of his own personal belongings and effects and that Out There cannot be held responsible for replacing any such effects or equipment that are lost, damaged or stolen, nor for compensation of any kind

|  |  |  |
| --- | --- | --- |
| Signed: | Print Name\*: | Date: |
| (\* State relationship to Applicant): | | |

The applicant may be photographed during the participation of Out There activities, where they may be subsequently used for club promotional media. The Club will use the details provided on the form to inform the applicant of future activities.

If you do not wish the applicant to be sent details on future activities or the applicants photograph used in promotional media then write to the Club Secretary at the address below or email [Secretary@out-there.org.uk](mailto:Secretary@out-there.org.uk) requesting the applicant to be removed.

Please send the completed form, together with your membership subscription to: Out There Club Secretary, 18 Wryneck Close, Colchester, Essex, CO4 5XH. Alternatively, you may hand it to one of the Out There team.

**Out There – About the Club**

Out There is an outdoor pursuits club based in Colchester. It was formed in 1998 for the purpose of ***making outdoor adventurous activities available to young people and promoting their personal development.***

## Affiliations

We are members of the National Association of Young People and affiliated to Essex Association of Boys Clubs (Reg. Charity No. 301447)

We are also affiliated to: -

* The British Mountaineering Council (BMC)
* The British Canoe Union (BCU)

## Child Protection

# Child Protection policies are available on request

## Leadership and Qualifications

The club is run by a team of volunteers. The General Committee meets regularly to deal with club business. Team members have a variety of qualifications in various outdoor pursuits and where appropriate, hold first aid and lifesaving awards. Where a national governing body for the activity exists then the club operates according to their guidelines.

Details of instructor’s qualifications and copies of certificates are available on request.

## Insurance

The club has civil liability insurance covered under the BMC & BCU affiliations. Copies of our insurance policy are available on request.

## Membership

This is open to young men and women who are aged from school year 9 (13/14 yrs.) up to 21 years of age. There are a limited number of members over 21, who are club helpers. Annual fees are £12 for under 18 yrs of age and £18 for 18 years of age and over.

Benefits of membership include the following: -

* Third party insurance while on club activities.
* Use of club equipment during club activities.
* Opportunities to take part in the club’s programme of activities and to receive training from qualified instructors.
* Price reduction on many items of personal equipment that you may want to purchase.
* Regular club meetings.
* Reduced costs for some activities.

# Activities

There is an on-going programme of activities throughout the year. Extra activities can be included at the request of the members.

# Climbing

Every Monday evening we meet at the Essex University Climbing Wall. We also take trips to other parts of the country such as North Wales or The Peak District where we can climb on ‘real rock.’

# Mountain Walking and Back Packing

Club trips to mountainous regions of the country such as Wales, The Lake District or Scotland. We stay in ‘bunkhouse style’ accommodation or tents, and explore the mountains.

# Canoeing

The club owns a fleet of ‘general purpose’ and Sea kayaks with a trailer. We also have wet suits, and all the necessary protective equipment to lend to participants. We use rivers, estuaries and coastal waters both locally and in other part of the country. We also run indoor pool sessions during the winter.

# Woodland Activities

We have the use of some private woodland on the outskirts of Colchester. Activities can include low level rope challenges, team games, ‘backwoods’ cooking, shelter building and overnight camps.

## Club Rules

* All proposed activities must be approved by the relevant instructor and entered in the club diary (by notifying the club secretary) before they can be considered official club activities.
* An instructor approved by the senior club instructor must supervise all activities.
* Club equipment may be borrowed by members, with the express permission of the relevant instructor.
* All activities must be run according to the ***guidelines and operating procedures***, ensuring that protective equipment, such as helmets or buoyancy aids, are used where required.

## For more information

Contact details are: Out There, 18 Wryneck Close, Colchester Essex CO4 5XH. Tel (Mobile) 07899 927831. You may also want to look at our web site [www.out-there.org.uk](http://www.out-there.org.uk)