

# White Water User Agreement

Legend reference - Insurance Document

PLEASE FILL IN YOUR DETAILS BELOW AND TICK BOXES APPLICABLE

I am a casual pay as go user		I am a paid member (either DD or annual)	
<b>Participant details</b>		<b>Emergency contact – Required</b>	
<b>Used to contact in an emergency or for course updates</b>			
Name		<b>First Contact</b>	
Date of Birth		1 <sup>st</sup> Phone	
Address (1 <sup>st</sup> line)		2 <sup>nd</sup> Phone	
Address (2 <sup>nd</sup> line)		<b>Relationship</b>	
Address (3 <sup>rd</sup> line)		<b>Second Contact</b>	
Postcode		1 <sup>st</sup> Phone	
Telephone		2 <sup>nd</sup> Phone	
Email		<b>Relationship</b>	

<b>Medical Information - Please tick boxes applicable – passed onto 999 services if available</b>			
Disability	<input type="checkbox"/>	Mobility problems	<input type="checkbox"/> Other <i>Please specify;</i>
Infectious diseases	<input type="checkbox"/>	Heart Condition	<input type="checkbox"/>
Asthma	<input type="checkbox"/>	Fainting / dizziness	<input type="checkbox"/> Details of any medication taken
Allergies e.g. medications	<input type="checkbox"/>	Skin irritations	<input type="checkbox"/>
Epilepsy	<input type="checkbox"/>	<b>None</b>	<input type="checkbox"/>
Unfortunately staff cannot advise you on contraindicated medical conditions			

## White Water use Terms and Conditions

- Use of the grade 3 rapids on the White Water course at the National Water Sports Centre is considered to be an extreme sport and therefore carries risks higher than normal activities.
- By signing this document you are declaring that you are competent in White Water use and that you can successfully perform;
  1. An Eskimo roll in grade 3 white water
  2. A Self rescue in grade 3 white water
  3. A safe swimming (defensive) position in grade 3 white water
- You must follow all rules relating to the use of white water contained within this document and on display around the course.
- You must be aware that water levels and features can change over a very short period of time and therefore you must check the conditions prior to every use.
- You must bring and produce to staff your membership card on every visit.
- You must retrieve your membership card when you have finished using the White Water Course.
- You must wear a CE/ISO marked Buoyancy Aid and Helmet at all times whilst on the White Water Course.
- All equipment you use on the White Water Course must be of White Water specification and be fit for purpose.
- The course is fed directly from the River Trent. The River Trent is not a bathing water and can have fluctuating bacteria levels. You are signing to say you have read and understood the important notice to water users leaflet.
- The White Water Course is not supervised by safety teams. You must bring with you a “Buddy”. A “buddy” is there to monitor your safety whilst paddling. A “Buddy” can be a fellow White Water user or a suitably qualified / trained bank support person.
- All people providing bank support must hold a Foundation Safety and Rescue qualification or higher or can prove they have undergone training at the National Water Sports Centre in bank support.
- All bank support users must wear CE/ISO marked Buoyancy Aid and Helmet whilst performing bank support.
- All people providing bank support must report to reception prior to providing bank support.

<b>Name of participant</b>		<b>Sign</b>		<b>Date</b>	
Parent/Guardian name (if under 18)					
Your details may be used and disclosed to HPLT so that you can be provided with other good/services offered by HPLT and other organisations, which may be of interest to you or for marketing research, if you would prefer not to receive this marketing or other information you may write to us at any time or put a tick or cross in this box.					
If you have provided your email and mobile number HPLT may choose to provide you with information by email or SMS, if you would like to receive this information tick this box					