

Pregnancy Participation Risk Form

By their very nature, adventurous activities involve a degree of risk of injury. Due to this nature and risk we are unable to advise on participation if you are pregnant. The welfare of mother and baby are our highest priority, as every pregnancy is different and each mother will be given a different care plan we suggest you seek advice from your doctor before attempting participation.

This form is designed to be used in conjunction with Stubbers Risk benefit analysis document in order to assist you and/or doctor to make an informed judgement. All activities you choose to participate in you do so at your own risk, if you are under 18, you are unable to opt out of our advice and participation will not be permitted without this form completed by a medical professional.

By taking part adventurers **share responsibility for control of risk** by following the **directions of instructing staff** and the safety guidelines of the centre. **Motor sports (4x4, Quad bikes, Powerboats and Jet Ski's) and All Terrain Boarding** are activities where the adventurer has a **greater responsibility for ensuring their safety** through the correct operation of equipment under supervision. It is the **responsibility** of the adventurer **to tell us**, prior to taking part in any activity, **any current or recent injury** or any **other condition** that the Centre staff should be aware of in order to ensure your safety. For the **safe operation** of some activities there is a **weight limit** which cannot be exceeded. Any person **suspected** of having taken **alcohol or non-prescribed drugs** will **not be permitted** to take part in adventurous activities. Stubbers Adventure Centre **reserves the right** to ask any person to **leave an activity** if they are putting **themselves or others at risk**.

Before taking part in activities we will ask you to provide us with personal information such as your name, emergency contact details and disclosure of existing medical conditions or additional needs. You have the right to opt out of providing personal details but doing so may restrict our ability to provide a service to you. Stubbers Adventure Centre may share personal data with third parties when we believe it is appropriate to investigate, prevent, or take action regarding illegal or suspected illegal activities; to protect and defend the rights, property, or safety of Stubbers.

Likelihood of Occurrence	
Likely	Occurs repeatedly
Probable	Likely to occur several times
Possible	Could occur sometime
Remote	Unlikely, though conceivable

	Likelihood			
	Likely	Probable	Possible	Remote
Potentially involving				
Exposure to toxic substances	High	High	High	High
Sudden pressure to abdomen	High	High	High	High
Lifting	High	High	Medium	Low
Carrying	High	High	Medium	Low
Standing and sitting for long periods	High	High	Medium	Low

Participant's Name:

Activity	Activity Description	Potentially Involving	Likelihood	Risk	Possible control measures (Delete as applicable)	Participate in activity? (With Control measures)
Duration of time on session	Each session last 90 minutes, Average Day. Session 1 0915-1045 Session 2 1100-1230 Session 3 1315-1445 Session 4 1500-1630	Standing or sitting for long periods.	Likely	High	<ul style="list-style-type: none"> Provide a seat or opportunity to sit or stand as required. Provide the opportunity to take a break from an activity as required. 	Yes / No
Land Based Activities						
Orienteering	Map reading, walking around 130 acre site finding markers	Standing for long periods.	Probable	High	<ul style="list-style-type: none"> Provide a seat or opportunity to sit or stand as required. Provide the opportunity to take a break from an activity as required. 	Yes / No
Archery	Shooting a recurve bow in an outdoor range	None	N/a	Low	N/a	Yes / No
Rifle Shooting	Shooting 0.177 calibre air rifle	None	N/a	Low	N/a	Yes / No
Team Challenge	Various problem solving games, some can be physical others more mental	Lifting / Carrying	Possible	Medium	None at present	Yes / No
ATB	Like snowboarding on grass. Involves a compulsory controlled fall to stop. Walking up a steep hill each run.	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Grass Sledging	Like snow sledging but the sledges have tracks. Possible tip out. Walking up a steep hill each run	Lifting / Carrying / Sudden pressure to abdomen	Probable	High	1. Option to get other group members to drag your sledge up the hill	Yes / No
Team Games	Various challenges some physical and others more mental	Lifting / Carrying	Possible	Medium	None at present	Yes / No
Laser Tag	Laser combat games, running, hiding, crawling. Outdoor woodland areas	Lifting / Carrying / Sudden pressure to abdomen	Possible	High	<ol style="list-style-type: none"> Option to walk There are various hideouts that you don't need to crouch behind 	Yes / No
Pioneering	Using ropes and wooden spars, use knots and lashings to create sculptures	Lifting / Carrying	Possible	Medium	1. Option for other group members to do the lifting	Yes / No

Doctors Signature:

Date:

Participant's Name:

Tunnelling	Crawling underground though various size tunnels can be a bit of a squeeze, dark and damp.	Sudden pressure to abdomen	Likely	High	None at present	Yes / No
Woodland Construction	Learn to use hand tools to develop tree houses in the woods.	Lifting / Carrying	Possible	Medium	1. Option for other group members to do the lifting	Yes / No
Bush craft	Fire Lighting and camp craft	Lifting / Carrying	Possible	Medium	None at present	Yes / No

Towers Activities

Climbing	Wearing a harness attached to a safety rope climb to the top of our 13m Tower. Belaying – providing safety to others attached by the harness to a ground anchor	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Abseiling	Wearing a harness descend from the top of a 13m Tower.	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
High Rope Aerial Walkway	Attached to a harness traverse the obstacles on the aerial assault course	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Pamper Pole	Wearing a harness climb to the top of the 9m pole and jump for the trapeze	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Crate Stack	Build the highest crate tower you can with two people attached by harness and safety line until it falls over	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Vertical Assault Course	Attached to a harness climb up and over the obstacles on the vertical course	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
Quick Jump	Attached to a harness experience the feeling of a free fall by stepping off a platform and the simulator will catch you	Sudden pressure to abdomen	Possible	High	None at present	Yes / No

Water Sports

Kayaking	Wearing a Buoyancy Aid paddle a single seated boat with a double bladed paddle. Possibility of capsize	Lifting	Likely	High	1. If Buoyancy Aid Fits 2. Use a sit on top (fully open boat) 3. Small lake only so there is an option to swim to the bank to get out	Yes / No
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Doctors Signature:

Date:

Participant's Name:

Open Canoeing	Wearing a Buoyancy Aid paddle a double seated boat with a single blade paddle. Possibility of capsize	Lifting	Likely	High	1. If Buoyancy Aid Fits 2. Small lake only so there is an option to swim to the bank to get out	Yes / No
Bell Boating	Wearing a buoyancy aid paddle a large 10 seated boat with a single blade paddle	Lifting	Remote	Low	None at present	Yes / No
Kata kanu	Similar to Bell Boating but only 6 seats	Lifting	Possible	Medium	None at present	Yes / No
Sailing	Using a small dinghy to navigate the lake. Watch to boom overhead that moves as you turn. Possible capsize	Lifting	Probable	High	1. Option to use an access 303 sailing boat. Designed for wheelchair users highly unlikely to capsize and boom sits above the head so no impact possible while sitting 2. Hoist available for entry and exit	Yes / No
Stand Up Paddle boarding	Balance on an inflatable board and use a paddle to navigate the lake. Capsize possible	Lifting	Probable	High	1. Option to kneel instead of stand 2. Option to stay close to the shore so there is an option to swim to the bank to get out	Yes / No
Raft Building	Using barrels, logs and rope construct your own raft, then take it for a paddle of the lake. During the paddle extremely close proximity to other groups members also paddling	Lifting / Carrying	Likely	High	None at present	Yes / No
Banana Rides	Riding a tippy inflatable banana towed by a jet ski holding up to 6 riders in close proximity. Capsize likely	Lifting Sudden pressure to abdomen	Possible	High		Yes / No
Inflatable sofa	Riding a tippy inflatable sofa towed by a jet ski holding up to 4 riders in close proximity. Capsize likely	Lifting Sudden pressure to abdomen	Possible	High		Yes / No
Power boat rides	Driving a powerboat round a course on a lake. Can be bumpy in rough weather or if the lake is busy with other vessels (capacity 5)	Sudden pressure to abdomen	Possible	High	<ul style="list-style-type: none"> • Only on calm weather days • Only 1 other vessel present 	Yes / No

Doctors Signature:

Date:

Participant's Name:

Jet ski rides	Accompanied by an instructor learn to drive and navigate the lake. Up to 5 vessels on the water at the same time. Possibility of capsize in deep water away from the shore	Lifting Sudden pressure to abdomen	Possible	High	None at present	Yes / No
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Motor Sports

Quad Bikes	2 bikes on the track at a time. Pass your driving test before the instructor lets you ride solo. Possible collision	Sudden pressure to abdomen	Possible	High	None at present	Yes / No
4x4 driving	2 dual control 4x4's driven on a track with obstacles to navigate. Possible collision or tipping of vehicle	Sudden pressure to abdomen	Possible	High	None at present	Yes / No

Doctor's Name:
Doctors Signature:

Surgery Stamp:
Date: