

SIMPLY SOULFUL SUP & SUP YOGA – HEALTH QUESTIONNAIRE

This form must be read by all participants of SUP and Yoga SUP

SIMPLY SOULFUL SUP & SUP YOGA - STATEMENT OF UNDERSTANDING:

1. All participants must listen to safety briefings before taking part in the activity.
2. All participants should follow the instructions given by the instructor.
3. Strictly no alcohol or recreational drugs to be consumed before or during the activity. If you have taken prescription medication prior to the session, please advise the instructor.
4. All protective clothing, including PFD's and leashes must be worn for the duration of the activity, where applicable.
5. All equipment must remain on site and be returned to the designated area after use. All equipment remains the property of the supplier and in the event of any damage being caused to the equipment through fault of the user, the participant is liable to pay for the repair/replacement.
6. Water sports of any nature can be a dangerous activity. Whilst SIMPLY SOULFUL SUP & SUP YOGA makes all attempts to safeguard participants from such dangers, accidents and injuries can happen.
7. All sessions must be booked in advance with full payment (including 50% non-refundable deposit).
8. If the participant cancels the booking with 72-hrs notice, they can a) transfer the booking to an alternative date b) retain a class credit for future use, c) receive a full refund. If the participant cancels with less than 72-hrs notice, 50% of the payment is non-refundable and 50% will be refunded via original payment method. If your cancellation is received with less than 24-hrs notice, your full payment is non-refundable.
9. SIMPLY SOULFUL SUP & SUP YOGA reserves the right to alter a session at any time due to reasons including, but not limited to, adverse weather and safety concerns. In the event of this happening, participants are entitled to reschedule the date of the session. If no suitable date is available, participants will be offered a full refund.

PLEASE READ THE ABOVE STATEMENTS AND SIGN PAGE ONE OF THE 'SIMPLY SOULFUL SUP & SUP YOGA HEALTH QUESTIONNAIRE' TO CONFIRM YOUR AGREEMENT AND UNDERSTANDING:

1. I accept that adventure sports such as SUP and SUP Yoga contain an element of risk that SIMPLY SOULFUL SUP & SUP YOGA cannot eliminate without undermining the adventurous experience.
2. I agree to take part in this activity and by signing the form, I acknowledge these risks and agree to take part at my own risk.
3. I have read the Statement of Understanding and I agree to be bound by them.
4. I understand that each SUP/ YOGA SUP session may require me to take part in exercise for several hours. I believe that I am capable of this and I know of no reason why I should not participate.
5. I accept SIMPLY SOULFUL SUP & SUP YOGA is not liable for death, personal injury, lost or damage suffered by participants.
6. I understand that whilst my personal details will be held in confidence, I give my permission for my personal details to be passed onto a medical professional in order to assist with any emergency medical situation that may arise.