

Lakeland Mountain Guides asks that you read the following disclosure of risk. It may have a bearing on your safety, and that of others that are involved in the activities with you.

Lakeland Mountain Guides, has legal and regulatory obligations to provide a duty of care to all participants of our outdoor activities. As you would expect we take all reasonable steps to provide the level of care and assurances of safety that are appropriate to each of the activities. You should though be aware that there will always be certain risks that are inherent to outdoor activities. It is not possible to eliminate these risks without destroying the character and experience of each activity.

The level of real, as opposed to perceived risk associated with the activities is very low, however the types of risk may be something with which you are not ordinarily familiar. For avoidance of uncertainty, environments and situations that you may encounter include:

- Rough/ Rugged terrain: this may cause you to experience greater than usual strain on joints and muscles.
- Physical Effort: Our activities may involve you in a greater level of exertion than in your usual day to day environment.
- Height and Water: Whilst appropriate safety precautions are taken, some people can find situations at height or on water to be stressful.
- Machinery: The addition of machinery, such as mountain bikes, in combination with the environment used for the activities, plus human error, does present additional opportunity for accidents.
- Natural Environment: Most likely to be rapid and significant change in the weather, or unstable/ slippery conditions underfoot, but can also include rock falls, lightening etc.
- Slips and Trips: The most common cause of accident through society, the opportunity for slips trips and falls is likely to be greater than that which you usually experience.
- Loss or Damage: The environments and activities that you choose to experience may increase the potential loss of or damage to your personal clothing and equipment.

As well as Lakeland Mountain Guides part in ensuring as safe an environment as possible for each activity, participants also have a responsibility for safety. Your responsibilities are as follows:

- Medical: Please make us aware of any medical condition(s) or injuries, past or present, which may affect or make ill-advised your participation in any activity. We can then agree with you whether or not you should participate.
- Fears and Phobias: before commencing any activity, please ensure that we are aware if you have any major concerns, fears or phobia(s) about the situation(s) in which you are choosing to place yourself. We will work with you to help ease your feelings of discomfort/ apprehension/ fear, and ensure that you are as comfortable as possible. If you are not 100% of what a day / route / activity entails, and how this may affect and fear or phobia, please contact us prior to the event for clarification.
- Drugs and Alcohol: it is potentially highly dangerous to participate in any activity whilst under the influence of drugs or alcohol. Lakeland Mountain Guides reserves the right to prevent any person participating in any activity, should we suspect that they may be under the influence of drugs or alcohol.
- Instruction: You must accept and act upon all direction and instruction from our instructors.

Thank you for taking the time to read and consider this disclosure of risk. Prior to commencing your chosen activity, Lakeland Mountain Guides will ask you to acknowledge your acceptance of the disclosed risks by signing the related Acknowledgement of Risk. In doing so you will confirm that you have read and understood the content of the Disclosure of Risk. A parent or guardian must counter-sign for anybody under the age of 18. Signing the Acknowledgement of Risk does not release Lakeland Mountain Guides from any of our obligations towards you, nor does it affect your statutory rights.