



## Outdoor and Adventure Therapy Terms and Conditions.

If the weather is unsuitable, Kendal Therapy reserve the right to change to a different venue. This may involve a lower priced challenge level of activity, however no refund will be offered. In extreme cases, the use of low level valley walks may be required or even indoor therapy may need to replace the outdoor session entirely.

All trips have potential to finish early or late by half hour, but every effort will be taken to complete the planned trip on time.

When appropriate, you must have a rucksack, good walking boots, good quality waterproof jacket and trousers and plenty of food and water with you. Temperatures at height can be significantly lower than the valleys, conditions far more severe; so hat, gloves, and fleece are always required! If you do not have these, ask to borrow them at time of booking (some items may carry a small hire charge).

**Risk statement:** by making a booking with Kendal Therapy, you accept the BMC (British Mountaineering Council) statement - 'you recognise that climbing, hill walking, and mountaineering are activities with a danger of personal injury or death. you and those under your care are aware of and accept these risks.' Kendal Therapy are accompanying you and although we will do all we can to minimise the risks associated with your participation, you realise that the risks remain nevertheless and accept these risks.

Cuts, bruises, sprains and strains are common in sports you wish to participate in, other more serious injuries may occur outside of Kendal Therapy's control, please ensure you follow the instructions given by your therapist and any accompanying instructors, but feel free to question any request prior to acting upon it.

Mountain sports take you into potentially dangerous terrain, realise and accept this fact before booking.

You should be physically and mentally prepared for the activity you wish to participate in, when booking, Kendal Therapy will ask you a series of questions aimed at minimising the risk of you taking part in an unsuitable level of difficulty, be honest in your responses and you will enjoy your adventures that much more.

N.B you can down load a risk assessment from the Kendal Therapy Website. [www.kendaltherapy.com](http://www.kendaltherapy.com)

**If there is anything you are not sure about, please just let me know.**

*Chris Frampton*

Signed: .....

**I have read and agree with the above terms and conditions in addition to Kendal Therapy's standard Counselling Agreement.**

Name: .....

Signed: .....

Date: .....

Contact Number in Case of Emergency: .....

Agreed Session Fee: .....