



Stand Up Paddleboard Risk Acknowledgement & Disclaimer

THIS IS AN IMPORTANT DOCUMENT & YOU MUST READ IT BEFORE SIGNING!

1. I am 18+ years old and wish to participate in a Stand Up Paddleboarding (SUP) activity organised by Fluid Leisure Ltd.
2. I agree that I am responsible for all equipment hired or loaned and it is my responsibility to keep these items safe from damage, loss or theft, use it in a proper manner and not subject it to any misuse or unfair wear and tear. Any damage or loss, due to theft or otherwise, is my responsibility. I agree to pay in full the replacement or repair costs should I not return the equipment in the condition in which it was provided to me.
3. I understand that Stand Up Paddleboarding is physically demanding and that there will be a risk of injury when undertaking it.
4. To reduce the risks I have read and agree to follow all the instructions set out in the IMPORTANT SAFETY INFORMATION, shown on the reverse page, as well as with all instruction to be given to me by Fluid Leisure Ltd staff and guides before and during the stand up paddleboarding activity.
5. I declare that I am the legal parent/guardian of any children in my care and undertake to ensure that he/she/they read, understand and will follow the instructions set out in the Safety Rules and oral instructions mentioned above.
6. In the event of an accident, or loss or damage to personal effects to myself or the children in my care, I acknowledge that Fluid Leisure Ltd will not be liable for any direct or indirect loss, damage or injury arising from or in connection with the Stand Up Paddleboarding activity (except death or personal injury caused by Fluid Leisure Ltd's negligence) and I waive all and any claims against Fluid Leisure Ltd in this respect both for myself and/or for the children in my care.
7. I certify that to the best of my knowledge that neither I nor any children in my care have a medical condition which might make me or him/her/them more likely to sustain an injury. To the best of my knowledge I and any children in my care are not pregnant.

No.	Print Name	Age	Signature Parent/Guardian if Under 18	Date
1				
2				
3				
4				
5				
6				

STAND UP PADDLEBOARD (SUP) IMPORTANT SAFETY INFORMATION

PLEASE READ THESE RULES AND ADVICE BEFORE YOU START.

If you or any member of your group does not understand English you must make Southlake Aqua Park staff aware so that we can make allowances for this in the safety brief.

YOU ARE ABOUT TO TAKE PART IN A HIGH RISK ACTIVITY. YOU WILL MINIMISE THIS RISK BY FOLLOWING THE SAFETY RULES AND ADVICE. IF YOU DON'T FOLLOW THE SAFETY RULES AND ADVICE YOU COULD HAVE A SERIOUS ACCIDENT, WHICH COULD BE FATAL.

SAFETY EQUIPMENT

A staff member will provide you with a helmet and buoyancy aid and show you how to fit this correctly. Do not remove this equipment until you have exited the jetty after you have finished your session. To avoid damage to your safety equipment, you must not smoke whilst wearing it.

Your buoyancy aid will help you stay afloat in the water. It is NOT a life jacket and is NOT suitable for non-swimmers or those unable to hold their head out of the water. If you cannot swim, you should not take part.

STAND UP PADDLEBOARD (SUP) EQUIPMENT

A staff member will provide you with a stand up paddleboard with a paddle for use during the hire period. This is suitable for your height and weight. You must not swap your equipment with others unless instructed to do so by a staff member.

Be aware that you may be required to pull or drag your equipment across the shore and up a steep slipway, notify a staff member as soon as possible if you or someone in your care is not capable of this task.

Do not open any of the valve compartments on your SUP equipment whilst on the water. This will deflate the SUP and render it unusable.

BEFORE STARTING

Tie up long hair, remove jewellery if possible. Your hands will shrink when cold, so rings can fall off.

Mobile telephones and cameras can be taken on the activity but should be in an appropriate dry case and only used for taking photographs.

If you are supervising under 18 year olds, ensure that you can see clearly at distances of at least 20m, (if you need glasses to drive you should wear them whilst participating in the activity).

Please remove chewing gum as it is a choke hazard.

Ensure you have applied appropriate sun protection as the water reflects the sun so burn time is greatly reduced.

DURING THE ACTIVITY

Ensure you follow any instructions provided by your Southlake Aqua Park staff.

Remain close to your group at all times unless instructed otherwise by our staff.

If you fall off your SUP, keep hold of it and use it for buoyancy until you pull yourself up or until a staff member can assist you.

Ensure you remain hydrated and your skin is protected from the sun.

IF YOU OR PERSONS IN YOUR CARE ARE SEEN NOT FOLLOWING THE SAFETY ADVICE OR DO NOT RESPOND TO VERBAL ADVICE PROVIDED BY YOUR GUIDE, YOU WILL BE ASKED TO RETURN TO SHORE AND LEAVE THE ACTIVITY. IF THIS HAPPENS WE WILL NOT BE ABLE TO GIVE YOU A REFUND.