



## **Consent Form**

**Mountain Boarding is an extreme sport with a risk of occasional injury. Riders are therefore required to read and observe our safety rules and sign a participation form before setting off.**

**Parents must sign for children under 16 years or print and complete page one of this consent form. Under 8's must be accompanied by an adult at all times.**

I give my consent for my son / daughter (name) \_\_\_\_\_

***To take part in mountain boarding activities at***

Haredown Mountain Boarding Centre on (date) \_\_\_\_\_

***I understand mountain boarding is an extreme sport with a risk of injury.***

***My son / daughter has been shown the safety rules overleaf and agrees to abide by them.***

***The person who will be in attendance and will take responsibility for my child in the unlikely event of an emergency is (name) \_\_\_\_\_ (usually party organiser).***

Child's Date of Birth: \_\_\_\_\_

Home Telephone No: \_\_\_\_\_

Emergency Contact Name + No: 1) \_\_\_\_\_

Emergency Contact Name + No:2) \_\_\_\_\_

Medical details or any special needs we should know about (asthma / allergies, etc):  
\_\_\_\_\_  
\_\_\_\_\_

Signature of Parent / Guardian \_\_\_\_\_

Name (in BLOCK CAPITALS): \_\_\_\_\_

*As part of the of the Hire & Ride package participants boarding for the first time will be given a lesson in a group of 10-12 people. The lesson teaches participants the basics of mountain boarding such as board control, turning and stopping and lasts for about an hour. Once the lesson is completed participants can practice on their own for the rest of the session, although we continue to monitor the slopes during this period.*



- 2 -

## Haredown Safety Rules

BE AWARE THAT MOUNTAIN BOARDING IS AN EXTREME SPORT WITH RISK  
OF INJURY

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DO NOT RIDE IF YOU HAVE ANY CONDITIONS, MEDICAL OR OTHERWISE,  
WHICH MAY AFFECT YOUR ABILITY TO MOUNTAIN BOARD

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ALWAYS WEAR A HELMET, KNEE AND ELBOW PADS AND WRIST GUARDS

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COIL LEASHES ARE AVAILABLE TO HIRE IF REQUIRED

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LISTEN TO STAFF AND FOLLOW THEIR ADVICE AT ALL TIMES

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LOOK OUT FOR PEDESTRIANS PARTICULARLY SMALL CHILDREN

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DO NOT ATTEMPT ANY DIFFICULT MOVES OR EXCESSIVE SPEED BEFORE  
YOU HAVE SOUND BALANCE AND GOOD CONTROL OF THE BOARD

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OBSERVE INFORMATION AND WARNING SIGNS

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ENJOY THE THRILL OF THE SPORT SAFELY

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TREAT OTHERS WITH RESPECT AND IN A WAY THAT YOU WOULD WANT TO  
BE TREATED

**Please ensure children have read and understood these safety rules.**