

## Cardiff International White Water (CIWW) – SAFETY & RISK DECLARATION FOR NON-CIWW-COACHED ACTIVITIES

This form is intended to make you aware of the risks associated with:

- Canoeing and Kayaking
- White Water Rafting
- Indoor Surfing
- Open Water and Moving Water Swimming
- Stand Up Paddleboarding
- Rescue Training
- Climbing

This form is intended to help you make an informed decision as to whether to participate. Signing this form does not (and is not intended to) limit our obligations to you and does not in any way compromise your legal rights.

**The above are “Assumed Risk” activities and may carry risks. Participants should be aware of and accept these risks and be responsible for their own action and involvement.**

Please complete all sections:-	Please Tick		
	Yes	No	Signed
I understand that the activities I may participate in will expose me to many hazards and involve the risk of property damage and loss and even personal injury, illness or death. Whilst CIWW will take all reasonable steps to ensure my safety, I understand that they cannot be held liable for my own actions, for which I must take responsibility, or for those of a third party.			
I have completed and submitted a Non-CIWW-Coached medical consent form.			
I do not have any medical conditions or illnesses other than those disclosed on my medical consent form. Despite these conditions I am sufficiently fit, able and competent to participate in all the activities that I am at Cardiff International White Water to undertake.			
Where applicable, I am confident swimming in moving water and acknowledge that the activities may involve swimming in fast moving, turbulent water.			
My equipment /personal craft are appropriate for use at CIWW and they fit correctly. I acknowledge that CIWW reserve the right to carry out checks on my equipment at any time and if they are not suitable can prevent me from using such equipment.			
I have read and agree to abide by the CIWW Rules, Regulations and Etiquette (available on request).			
I have been able to read the relevant Terms and Conditions and agree with these.			
I have read the Water Information Board.			
I acknowledge that access to and from the facility is only available through the reception and equipment through the designated area.			
I understand that whilst CIWW Staff will provide me with help and advice whenever they can, I will only receive instruction in the use of equipment or techniques when I have booked and paid for such instruction from CIWW Staff. I will not participate in any activity or use equipment unsupervised if I am not capable and confident in my ability to do so.			
I have read and understand the River Ely Water Quality Information.			
If I am Indoor Surfing, I confirm that I am over 107cm to bodyboard and over 132cm to stand up ride. I have viewed the Indoor Surfing area and I understand the level of the flow and the difficulty. I confirm that I am sufficiently experienced to surf this environment.			
If I am undertaking an activity on the White Water Course at CIWW, I confirm that I am sufficiently experienced to paddle/swim in this environment.			

ALL Individuals must sign-in **personally** before using the facility **unless under 18** in which case they must be signed-in by a parent/guardian or by an adult acting on the authority of the parent/guardian.

If I have any questions or queries or am unsure of anything in the above I will speak to one of the CIWW staff members to seek advice.

I confirm that I am [over 18 years old] / [the parent/guardian of a participant who is under 18 years old answering on behalf of the participant] (delete as appropriate). I have read and understood this declaration. I acknowledge that if I have answered “no” to any of the above statements, I will **not** be able to use the CIWW Centre

Full Name \_\_\_\_\_ Signed \_\_\_\_\_ Date \_\_\_\_\_