



WIDEHORIZONS OUTDOOR EDUCATION TRUST

Sponsored Abseil Health Declaration

Important Information!

Abseiling is a safe activity when carried out by qualified professionals!

The event is being organised by the Widehorizons Outdoor Education Trust, Greenwich and Lewisham's outdoor education provider. The event will be supervised by nationally qualified instructors, and full safety equipment is provided. The height of the abseil is 23 metres or 75 feet.

But it is a scary activity and it will raise your adrenelin levels.

If you have any known medical condition (such as high blood pressure or a heart condition) that you think might be a concern, you should consult your GP before you agree to take part.

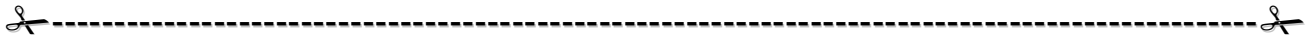
Mike Penny
Chief Executive

Widehorizons Outdoor Education Trust



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Company No. 5190812 Charity No. 105847 VAT No. 858835273
The Outdoor Education Provider for Greenwich & Lewisham



I _____ (PLEASE PRINT) *please delete as necessary*

* DO NOT have any known medical condition

* DO HAVE a medical condition and my GP has confirmed that it will not affect my ability to take part in the Widehorizons abseil event on Saturday 11th July 2009 or Sunday 12th July 2009

I consent that photos/images taken during the event may be used for future publicity materials for the Trust.

Address _____

Telephone number _____

Signed: _____ Date: _____