



Booking Form

Please use this form for family multi activity courses. Children under 18 must be accompanied by a parent or guardian on all activities.

Bookings are confirmed on receipt of a completed booking form and a non returnable deposit of £50 per person.

Personal Details

Full name (parent or guardian) _____

Full name (parent or guardian) _____

Full name and age (child) _____

Full name and age (child) _____

Full name and age (child) _____

Address _____

Postcode _____

Telephone (home) _____

Telephone (work) _____

Mobile _____

Email _____

Please do not send course notes I will download from www.ascenttraining.co.uk

Medical conditions, allergies or significant disabilities. Please enter name with details and use an extra form if necessary:

Recent injuries - Please enter name with details and use an extra form if necessary:

Name and telephone number of emergency contact:

Course Details

Course title _____

Course dates (1st choice) _____

Course dates (2nd choice) _____

Fees

A non returnable deposit of £50 per person should be sent with this completed and signed booking form.

The balance of the course fee is due 30 days before the start date.

I am aware that if I cancel more than 30 days before the course date the deposit is non refundable.

If I cancel 2 > 4 weeks before the course start I lose 75% of course fee.

If I cancel 1 > 14 days before the course start I lose 100% of course fee.

Full cost of course £ _____

Deposit enclosed £ _____

Please make cheques payable to 'Ascent Training'

I enclose £ _____ Deposit/Full payment

I am aware it is my responsibility to obtain personal insurance prior to the start of the course (see link page on www.ascenttraining.co.uk).

I acknowledge that bookings are accepted on the understanding that Ascent Training safety regulations are observed.

I accept that Ascent Training, is not under any liability whatsoever for loss or damage to personal property, not caused by the negligence or default of Ascent Training or instructors working with Ascent Training.

Participation in adventurous activities entails some risk of injury. Ascent Training and associate instructors are trained and fully qualified for the activity sessions they run and will at all times proceed in a manner to limit the risk of injury. However course candidates must accept that accidents and injury may occur.

Signature _____

Date _____

Equipment Required

In order to make your course as efficient as possible can you please let Ascent Training know the sizes for each person on the course. We can then ensure there is equipment for each person.

Personal clothing should be supplied by course members. Please see kit list below.

Name	_____
Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

Name	_____
Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

Name	_____
Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

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Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

Name	_____
Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

Name	_____
Foot size	_____
Height	_____
Clothing size	_____ (XS, S, M, L, XL)

Kit List suggestions

- 4 changes of underwear
- 4 shirts or T shirts
- 4 sweaters (Fibre pile, fleece or wool is much better than cotton)
- Woolly hat, gloves. A scarf would be useful in winter. A sun hat in summer.
- Suncream
- soft shoes or trainers for use in the house.
- 2 pairs of thick socks (Loop stitch or wool is best plus 4 pairs of ordinary socks)
- 4 pairs of track suit bottoms warm leggings or trousers. Trousers and socks are the most likely clothing to get wet. Jeans are not really suitable.
- 2 pairs of trainers or plimsolls (they are likely to get wet or muddy)
- Toilet kit and towel.
- Casual wear for evenings
- Shorts and swimming costume.
- Night wear

We look forward to meeting you. Please do not hesitate to contact me if you have any questions.