**RISK ACKNOWLEDGEMENT AND DISCLAIMER**

1. Please review and sign or agree to the online ‘tick box’ the disclaimer for all participants in the Bitesize Bootcamp sessions (the “**Sessions**”) organised by Bitesize Bootcamp Limited (“**BBL**”).

**This is a legally binding document. Do not sign it unless you wish to be bound by its terms.**  
  
In consideration and as a condition of being allowed to participate in the Sessions you hereby acknowledge and agree to the following:   
  
1. You are a competent adult aged 18 years or older.   
  
2. You acknowledge and agree that this disclaimer will be used by BBL and will govern your actions and responsibilities whilst participating in the Sessions.   
  
3. You acknowledge and agree that your involvement and/or participation in the Sessions is voluntary, and you are acting under your respective own free will.   
  
4. You acknowledge and agree that participation in the Sessions will be physically demanding (and that you may come in to contact with various obstacles including without limitation scaffolding structures, hay bales, water and man-made hazards, swings, ropes, slime pools, and netting) and that there is a risk of injury as result of participating in the Sessions. You also acknowledge that such risks cannot be eliminated entirely without jeopardising the essential qualities of the Sessions and that while particular rules, equipment and self-discipline may reduce the risks, the risk of injury does still exist.   
  
5. You acknowledge and agree that there is potential for risks and dangers that may not be obvious or reasonably foreseeable at this time.   
  
6. You agree to accept and assume such risks of participating in the Sessions.  
  
7. To reduce the risks you agree to follow the rules established for participation in the Sessions and notified to you from time to time, and all instructions given to you and the participants by BBL before and during your participation in the Sessions.   
  
8. You confirm that you have read (and/or have had read to you), understand and will follow the rules established for participation in the Sessions and the reasonable instructions given to you by BBL.   
  
9. You confirm that you do not have any medical conditions or health concerns that make it dangerous to participate in the Sessions in a safe manner .   
  
10. You accept sole responsibility for your own conduct and actions whilst participating in the Sessions.   
  
11. You agree, to the full extent permitted by law, to waive, release, and discharge BBL (including its agents, contractors and volunteers) from any and all liability and any loss or damage to property which may arise as a result of the participant participating in the Sessions. Nothing in this disclaimer shall operate to limit or restrict BBL’s liability for death or personal injury arising from BBL’s negligence, or breach of contract, or breach of statutory duty.  
  
12. You consent to receiving medical treatment that may be deemed advisable in the event of injury, accident, and/or illness as a result of participating in the Sessions.   
  
13. You understand that this disclaimer, release of liability and image release is intended to be as broad and inclusive as permitted by the laws of England and Wales and agree that if any part/s of this disclaimer are held invalid the remainder will continue in full force and effect.   
  
14. You agree that this disclaimer is governed by the laws of England and Wales and that the venue for any legal proceedings shall be the courts of England and Wales.   
  
YOU HEREBY CERTIFY THAT YOU HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENT.   
  
BY SIGNING YOUR NAME BELOW OR SELECTING THE ONLINE TICK BOX YOU ARE ACKNOWLEDGING AND AGREEING THAT YOU FULLY UNDERSTAND THE INHERENT RISKS OF THE SESSIONS AND AGREE TO THE TERMS OF THIS DISCLAIMER.

Signed by: …………………………………….

Print name: …………………………………….

Parent / Guardian / Other (delete as appropriate)

Participant’s name: …………………………………….

Participant’s age: ……………………………………..