Activity booked:

Date and times (as agreed with centre):

Name of Person booking:

Address:

Post Code:

Tel. No Daytime:

Evening:

Number of Additional Participants and number and age if U18:

Please detail any certificates held or previous experience of the activity:

I enclose a cheque/cash for £ ………..… payable to MAC Sunderland.

Signed: Date:

Please send the completed form to:

Adventure Sunderland, Marine Activities Centre, Sunderland Marina, Sunderland SR6 0PW

All sessions are subject to our general Terms and Conditions

For water-based activities we suggest clothing which is warm and comfortable. We recommend a number of thin layers, as this is the warmest option, and that if you are expecting to be wearing a wet suit you bring either swimwear or undergarments and a long sleeved top of synthetic material (preferably not cotton). Always bring at least one spare set of clothing and a towel. For non-immersion activities, e.g. power boating, if you have waterproof clothing bring it with you. Denim jeans are not suitable for any activity. Footwear should be flat-soled shoes (not slip-ons) or old trainers with a good sole tread, which will get wet. Please bring sun cream and any medication that may be needed.

**Terms and Conditions**

**Activity Consent/Medical Form:**

All participants must complete a MAC Activity Consent/Medical Form (attached) prior to undertaking any activity. Failure to bring an appropriately completed Consent Form will result in exclusion from the course/activity. All participants under the age of 18 must have the form signed by their Parent/Carer.

**Bookings**

Telephone or e-mail bookings will be only held for 7 days. During this period the centre must receive a completed booking form with either full payment or 50% deposit.

Cancellation

The Marine Activities Centre reserves the right to cancel an activity up to two weeks before it is due to start, in which case a complete refund of any fee paid will be given, or where possible, an alternative date or activity offered. All water-based courses are subject to suitable weather conditions and should the activity or part of the activity need to be cancelled due to the prevailing conditions then either an alternative date will be agreed or an appropriate refund made.

The Marine Activity Centre reserves the right to invoice for activities cancelled less than four weeks before the activity starts.

**Physical Fitness & Safety**

In the interest of safety, those taking part in all water-based courses MUST be confident in water. Buoyancy aids are provided and must be worn at all times on, or near the water. I confirm that I am confident in water. I undertake to advise the Centre staff, before participating in the course or activity, of any medical condition or medication taken that may affect me during the activity.

Water based activities are “risk” sports, and some of the activities can be physically demanding, therefore a satisfactory state of health is essential. The participants must ensure that they are fit enough to participate in the activity beforehand. If you are in any doubt about your/their fitness please have them consult with their doctor before undertaking the activity.

All participants on water activities must comply with the Centre’s safety regulations and follow instructions from the Centre staff.

The Marine Activities Centre (Sunderland), MAC Trading Ltd., or their agents are not under any liability whatsoever in respect of personal injury, loss or damage incurred, while attending the course, except where caused by our negligence.

**Data Protection**

For its own marketing purposes the Marine Activities Centre maintains a data-base of individuals undertaking activities. This information is confidential and not released to any third party. Should you wish for your name to be removed from this data-base please notify the centre in writing.