



Highwood Primary School

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Promoting Resilience, Achieving Potential

Cathy Cox – Head Teacher

Monday 21st January 2019

Dear Parents and Carers,

As part of our topic on mountains, we have arranged to take our Year 5 children to Rock Up in Watford's INTU centre on Tuesday 12th February. The children will be taken in two groups by coach to the venue across the morning and will return to school around lunchtime. Please provide your child with a packed lunch as we will not be back in time for a hot meal. If you would like your child to have a school packed lunch, please note this in the comments when making payment or let the school office know.

Date	Tuesday 12 th February
Location	Rock Up, Watford INTU centre
Cost (full price)	£9.00
Cost if eligible for Free School Meals	£4.50
Payment via School Gateway due (please note this is non-refundable)	Friday 8 th February
Disclaimer to be returned by (see below)	Friday 8 th February
Clothing required	Black/Grey jogging bottoms, P.E. top and trainers. Long hair MUST be tied back. If your child has their ears pierced, please ensure earrings are removed for the day.
Parent help required?	Yes. If you can come along to help on the day, please note this in the comments section or let the School Office know.

IMPORTANT!

To enable your child to take part in this trip, Rock Up requires the attached Risk Acknowledgement and Disclaimer form to be signed by each child's parent or guardian and returned to school before arrival at the centre. Please note that without this form being signed, your child will not be able to attend the trip, even if you have made payment on School Gateway. Please hand the form in to the class teacher or the School Office.

Please be aware that although payment is on a voluntary basis, the trip may not be able to go ahead should we not receive enough contributions.

Kind regards

Mrs Keith and Mr Willimott
Year 5 teachers

Risk Acknowledgement & Disclaimer

All participants must be at a weight of less than 330lbs (150kg) for the automatic belay devices and harnesses to operate correctly.

1. I am over the age of 16 or wish to voluntarily assume responsibility for a participant under the age of 16.
2. If I am assuming voluntary responsibility of any participant under the age of 16, I confirm that I am over the age of 18.
3. In the event that I am not the parent or guardian of any participant who I have assumed responsibility over, I confirm that I have the authority of the parents or guardian to sign this risk acknowledgment and disclaimer.
4. I understand that climbing is a dangerous pastime and although Rock Up has taken the necessary steps to ensure a safe and fun experience, I understand that climbing has a significant potential for serious injury and that it is necessary to maintain control of my high quality harness at all times.
5. I confirm that I have informed Rock Up staff of all existing injuries or health issues which may affect my ability to take part in the activities.
6. I confirm that I will not use my mobile phone or camera whilst participating in the activities at Rock Up.
7. To reduce the risks I agree to familiarise myself with and follow the Safety Rules that I have received with this document as well as all the instructions given to me during the safety briefings before taking part in any activities. I acknowledge that I must attend a climbing safety briefing at the beginning of every visit.
8. I freely assume responsibility for myself and of those who I am legally responsible, understanding the risks involved. I agree to accept any and all risk of injury, disability, death, loss or damage to any person or property whether arising from my own negligence or otherwise arising from my participation at Rock Up, to the full extent permitted by the law.
9. I confirm that in the event of any injury, disability, death, loss or damage to any person or property, Rock Up will not be liable and accepts no responsibility whatsoever for any loss injury suffered by myself or those I have voluntarily assumed responsibility.
10. I understand that in signing this Risk Acknowledgement and Disclaimer I have given up substantial rights and sign freely without any inducement.
11. I understand that the belay devices and the harnesses are provided for my safety and I agree to have the harness fastened at all times whilst climbing.
12. I understand that climbing beyond my physical capabilities on any of the walls is likely to result in an injury and I confirm that I will make my own assessment of the risks whenever I climb.
13. I confirm that I have read and explained the Safety Rules to any participant I have assumed responsibility over and I confirm that they will follow all instructions given during the safety briefings, set out in the Safety Rules and all verbal instructions that will be given by Rock Up's trained and qualified staff.
14. I confirm that if I have not understood any part of the safety briefings or the Safety Rules I will not participate in any climbing activity.

- 15. I confirm that I will obey all instructions given by Rock Up staff at all times.
- 16. I confirm that if I am concerned in any way about the operation of the harness I will cease all participation in any climbing activity.
- 17. I declare that I have made Rock Up aware of any medical conditions or injuries, past or present which may make myself or a participant I have assumed responsibility over more likely to sustain further injuries during this climbing experience.
- 18. I confirm that I am not under the adverse influence of drink or drugs.

I ACCEPT AND ASSUME RESPONSIBILITY OF MY OWN PARTICIPATION IN THE ACTIVITIES TODAY AND OF THOSE WHO I HAVE VOLUNTARILY ASSUMED RESPONSIBILITY OF BY FOLLOWING THE SAFETY RULES, SAFETY BRIEFINGS AND GUIDELINES SET OUT TO ME BY ROCK UP.

PRINT FULL NAME	AGE	SIGNATURE OF PARTICIPANT/GUARDIAN