



Brisbane | Ipswich | Logan | Gold Coast

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Risk, Safety & Consent Form

Participant Name: _____

Date of Birth: _____

Parent/Guardian (if under 18): _____

Emergency Contact Name: _____

Phone: _____

Doctor/Clinic Name & Phone:

1. Overview

Ironbark Adventure Mentoring provides personalised outdoor experiences in a 1:1 or group setting, including but not limited to:

- Mountain biking and cycling
- Hiking and bushwalking
- Fishing and water-based activities
- Camping and overnight trips
- Ball sports and other outdoor activities

Activities are designed to promote confidence, resilience, skill development, and enjoyment of the outdoors.

2. Acknowledgement of Risks

I/We acknowledge that participation in outdoor and adventure activities carries inherent risks, including but not limited to:

- Slips, trips, falls, cuts, bruises, fractures, or sprains
- Environmental hazards, including weather extremes, sun exposure, storms, flooding, and other natural events
- Equipment failure or malfunction, whether personal or provided by Ironbark Adventure Mentoring
- Water-based risks, including drowning, slips, or injury near water
- Mountain biking or cycling risks, including collisions, falls, or loss of control
- Fatigue, dehydration, or exacerbation of pre-existing medical conditions
- Contact with wildlife, including insects, snakes, or other animals, which may result in bites or stings
- Unforeseen or unpredictable events beyond the control of Ironbark Adventure Mentoring

I/We understand that while all reasonable precautions will be taken, risks cannot be entirely eliminated.

3. Participant Responsibilities

I/We agree to:

- Follow all instructions, safety guidance, and directions provided by mentors

- Wear appropriate clothing, footwear, and safety equipment at all times
- Use equipment safely and responsibly
- Fully disclose any medical conditions, injuries, allergies, or medications
- Act responsibly and respectfully towards other participants, mentors, and the environment

4. Mentoring / Advice Limitations

I/We acknowledge that:

- Mentoring is provided for educational, recreational, and personal development purposes
- Advice from mentors is based on professional experience but does not replace medical, psychological, or therapeutic treatment
- Participants are responsible for their own decisions and actions at all times

5. Medical Information & Emergency Consent

I/We provide the following medical information:

Medical Conditions / Allergies / Medications:

Doctor/Clinic Name & Phone: -----

Emergency Contact Name: -----

Emergency Contact Phone: -----

I/We authorise Ironbark Adventure Mentoring to:

- Administer first aid as required

- Seek medical assistance, including transport to a medical facility, if necessary
- Provide relevant medical information to medical personnel in the event of an emergency

I/We understand that all reasonable precautions will be taken for the participant's safety and that every effort will be made to contact the emergency contact as soon as possible. I/We release Ironbark Adventure Mentoring from liability for any actions taken in a medical emergency, except in cases of proven negligence.

6. Consent for Participation

I/We voluntarily consent to participation in Ironbark Adventure Mentoring activities, acknowledging the risks outlined above.

7. Photography and Media Consent (Optional)

I/We consent to photos/videos for promotional, educational, or social media purposes:

☐ Yes ☐ No

8. Insurance

Ironbark Adventure Mentoring holds public liability and professional indemnity insurance covering all activities delivered.

9. Waiver & Release of Liability

I/We release and hold harmless Ironbark Adventure Mentoring, its mentors, staff, volunteers, and associated personnel from any claims, demands, or

actions for injury, loss, or damage sustained during participation, except in cases of proven negligence.

10. Behaviour Policy

Participants agree to act responsibly and follow mentor instructions.

Behaviour that endangers themselves, others, or the environment may result in removal from activities without refund. Please view the *Participant Code of Conduct* form sent upon booking.

11. Acknowledgement and Agreement

I/We have read, understood, and voluntarily agree to the terms and conditions outlined above. I/We acknowledge that this form constitutes informed consent for participation in Ironbark Adventure Mentoring activities.

Participant Signature: _____

Date: _____

Parent/Guardian Signature (if under 18): _____

Date: _____

Mentor Signature: _____

Date: _____
