



Medical Conditions

All activities will require a certain amount of physical exertion
As with all activities there are associated inherent risks in participation.

Generic

- ❑ We advise anybody with any medical condition that they think may affect them whilst participating in any activity to consult their Doctor and/or the One4all Group.
- ❑ Conditions such as mild asthma, diabetes etc. may not exclude that person from participating, though the activity instructor must be informed of the situation and personal medication must be available for administering during participation. We can usually accommodate people with a number of physical and mental disabilities if we are given prior notice. Generally if we can adapt an activity for allow safe participation then we will.
- ❑ For most activities a completed medical declaration is required. This is usually completed on arrival at the venue.
- ❑ Medical conditions such as heart problems, pregnancy and certain joint injuries will usually prevent that person participating in high exertion activities.

Land Based Activities

A number of activities will require some walking over rough terrain, please ensure you are fit enough to participate.

Motor Sports

Motor Sports by their nature do require a certain amount of physical activity.
There are minimum and maximum height and weight restrictions in place for a number of motor activities. As a guide:- Min height 5ft. Max height 6'5". Max weight 18 stone. If unsure you are more than welcome to visit us prior to your event and we can discuss and special requirements.

Water Sports Activities

As with all water activities, there is the possibility of entering the water and being required to swim. Therefore all participants for water activities should be confident swimming in open water (50m).

- For white water rafting there is a maximum weight limitation of 17 stone.

Other

- Please advise us of any special dietary requirements prior to visiting the One4all Group

The One4all Group reserves the right to refuse participation in any activity, if in the opinion of the activity instructor; it would be unsafe to allow participation. No refund is offered.

Any person who is thought to be under the influence of alcohol or drugs will be excluded from participating in any activities and may be asked to leave the premises.

Please inform your group of the above information.

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