

TXT only: 07739536122 E: info@gowersurfing.com

(NB: Due to the beach locations we work in, we may not always be able to receive and / or action your messages straight away)

Consent and information form for all participants

(those under 18 yrs will need their guardian to sign and all under 8 yrs will need guardian to stay at the beach)

Name _____ D.O.B __ / __ / __ (if under 18)

Email address _____

Emergency Contact number

Please note **you must be able to swim 50 meters** and declare any medical conditions which may cause safety problems to yourself, rest of group or instructors.

Anyone who has been drinking alcohol will not be allowed to participate in surf session and will lose their payment.

Glasses may not be worn during the water work but can be worn for demonstrations and beach work. Please inform instructors of any hearing or visual difficulties that they will need to be aware of so they can provide a lesson that suits all.

Once we meet you at the beach we will give you wetsuits to put on; the zip should be on your back.

After everyone has changed, we assemble the group and go through a safety talk and give specific beach environment information which will come in handy for future visits to the particular beach.

Our aim is to give you enough safety information to ensure that you have the right start in surfing and a) will not endanger yourself or b) will not endanger others from your actions.

After the briefing, we will go down on to the beach and have a warm up. (If for any reason you or a member of your group cannot do a gentle jog then please feel free to warm up at your own pace.)

Remember, we will only be surfing in shallow water so at no time should you dive or jump from your board. Every time you fall off your board please fall flat and cover your head.

We may take pictures or videos of the surfing session which can be obtained from us via email for free, if you do not wish any pictures to be taken of you or your party please let the instructor know at start of session.

If there is only one instructor: If anything should happen to the instructor or you lose sight of him/ her, then please return to the water's edge and walk along until you find them. If they have been injured please re-call the group and use the mobile phone in the dry bag to summon help. (If the lifeguards are on duty send two adults up to them; if you are all children, the whole group

should stay together and summon help.)

AT NO TIME SHOULD UNTRAINED GOWER SURFING CUSTOMERS ATTEMPT A RESCUE. YOUR SAFETY IS OUR PRIORITY.

By accepting this briefing and booking with GS you are confirming that you have read the above and communicated it to anyone in your party surfing with GS.

Signed Date

Have you seen the Customer & FAQ page regarding surfing lesson information with us?

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