



In the unlikely event of a serious incident which requires the intervention of emergency services, is there anything they need to know about you, and who would you like informed?

Please complete the following few questions and return this form to the trip/event organiser. The form will be destroyed following the trip or event, which is why you will be asked to complete a form each time.

Trip/event: .....

Date: .....

<b>Name</b>	<b>Phone number</b>	<b>Name of emergency contact</b>	<b>Emergency contact number(s)</b>	<b>Relationship to paddler</b>	<b>Nature of any medical conditions/disabilities, including allergies</b>

Please note: if any paddler has medication that they need to take (e.g. inhaler, EpiPen, etc.), they should ensure that it is easily available at all times and that they have made the Coach/Leader/Trip Organiser/other participants aware of its location.



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