

Registration and medical form

Registration requires an initial, non-refundable fee of £150. Please complete and return this form today. If you would like to know more before registering, please contact the challenge events team on 020 7561 7571. Once we receive your form and registration fee we will reserve your place, subject to availability, and send you a full fundraising and information pack.

Personal details

Mr / Mrs / Miss / Ms / Dr / Other (delete as appropriate)

First name _____ Surname _____

Home address _____

Postcode _____

Daytime phone no _____ Mobile no _____

Email _____

Date of birth _____ Sex: Male Female (tick as appropriate)

Profession _____

Where did you hear about this event?

Have you taken part in an ActionAid challenge before? If so, which one?

T-shirt size: S / M / L / XL (delete as appropriate)

Dietary information

Vegetarian/Vegan/other (please specify)

Medical information

Please inform us of any medical conditions (diabetes, asthma, epilepsy, heart problems etc), medical problems (knee or back difficulties etc), current medication or operations you might have had that could affect your participation in this activity. Please continue on another sheet if necessary.

Emergency contact

(This must be a person not taking part in the event who can be contacted during the challenge)

Name _____

Phone no _____

Room sharing

Accommodation is in dormitory style rooms with a varying number of beds. If you have anyone you would like to share with please specify their name and we will do our best to accommodate you.

Contact list

We will distribute a list of contact details for everyone in the group before the event. If you do not wish to be on this list please tick here

Conditions of entry

Please ensure that you have read the conditions of entry. Your registration implies acceptance of these conditions.

1. To register for the challenge we require a non-refundable registration fee of £150, to be enclosed with your application form. Should you cancel your place your deposit will be used to cover administration already undertaken.
2. By registering for the challenge we ask you to pledge to raise a minimum of £350 for ActionAid, with the objective of raising as much sponsorship as possible.
3. You will aim to send ActionAid all funds raised by 31 July 2009.
4. Should you withdraw from the challenge all sponsor forms and monies will be forwarded to ActionAid.
5. You must be at least 18 years old before the challenge, or accompanied by a parent or guardian if you are aged 16-18 (guardian must be 25 or over).
6. Accommodation on the challenge is shared, with a varying number of beds, and conditions may be basic. Mixed couples and room share requests will be catered for where possible, however this cannot be guaranteed.
7. You are responsible for providing your own personal equipment. A kit list will be provided.
8. The event is organised by Adventure Café who provide public liability insurance, however we recommend you also take travel insurance so that you are fully insured against all eventualities. This is available from Adventure Café at approximately £12.
9. You participate at your own risk and must be prepared and fit enough to take part in this event.
10. ActionAid reserves the right to cancel the event if there are fewer than the minimum number of participants required (in which case your registration fee will be refunded).
11. ActionAid may, at their sole discretion, withdraw places on this challenge if it is believed to be in its best interest to do so.

I apply to take part in the ActionAid midsummer challenge 2009 and abide by the conditions of entry. I confirm that to the best of my knowledge my general state of health and fitness is good and I take full responsibility for my fitness to take part.

Signature _____

Name (in capitals) _____

Date _____

- I enclose a cheque for £150 made payable to ActionAid
 Please take payment from my debit/credit card below

Visa/Mastercard/Maestro/Amex no. _____ / _____ / _____ / _____

Valid from: ____ / ____ / ____ Expiry date: ____ / ____ / ____

Unfortunately we are unable to accept payment by Solo or Diners cards.

Please return your completed form and payment to:

**Jan Truscott
ActionAid
Freepost BS4868
Chard
TA20 1BR**