

# High-Expectations.co.uk Booking form

(including participation statement and health declaration)

2018

Course Title .....

Dates from.....to.....

Title..... First name.....

Surname.....

Age.....

Occupation.....

Address.....

.....

.....

Postcode.....

Day tel..... Evening tel.....

email.....

24 hr emergency home contact details

Name.....relationship.....

Tel numbers...land line.....mobile.....

Details of any significant medical conditions, disabilities or allergies,  
Injuries etc that may effect you during the course.

.....  
medication taken or carried

.....  
Course members often find that they can share transport or arrange  
to stay in the same accommodation and cook together if self catering.

If you would like to be included in group emails please indicate below.

**Please *include / don't include* my email address in group emails**

## To book a course:

- Please return this completed and signed booking form with enclosed deposit or full booking fee (if 4 weeks or less to course start date)
- pay cheque to – high-expectations
- bank transfer – sort code 09 06 66  
account 424 863 81  
please use your name as payment reference

Deposit	£
Full course fee	£
<b>Total enclosed (cheques payable to High-Expectations)</b>	£

How many hill walks have you done in last 2 years?

In summer ..... In winter .....

Do you lead rock climbs? .....

Do you lead winter climbs? .....

### Candidate reference number

(if attending- ML/MLW/SPA/ WGL/CWA training or assessment.)

Find this on personal detail page of your log book or Candidate Management System on line.

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## Please read this information carefully

- **You have booked a place on a course only when we have receive a completed booking form and deposit and you have received a letter/email confirming your place on the course.**
- A non refundable deposit of £100 is required for all courses costing over £200. A deposit of £50 for all other courses.
- The full course fee must be paid if there is less than 4 weeks to the start of the course when you book.
- **High-Expectations recommends you take out cancellation, curtailment and accident insurance.**

- I understand that if I cancel within 4 weeks of the course start date and High-Expectations cannot fill my place I will be liable for the full course fee.
- I understand that if High- Expectations cancels a course I will be offered a full course refund. This does not include a refund on accommodation that I may have booked. High-Expectations liabilities do not extend beyond this.
- I have read the relevant course information and understand what this course involves.
- I understand when accommodation is booked on my behalf payment for the accommodation is my responsibility.
- I am physically fit to participate in the course that I have booked and fully understand the physical demands that this activity will make on me.
- I understand that climbing and mountaineering are activities with a danger of injury or death.
- I am aware of and accept the inherent risks and am prepared to take responsibility for my own actions and involvement during the course.
- I agree to abide by safety decisions made by the group instructor.

## Signature .....

(by signing this form I confirm that I am over 18 years of age and understand and agree to the above terms and conditions)

Please send signed forms to ; **High-Expectations, Balachochan, Donavourd, Pitlochry, Perthshire, PH16 5JS**  
Or email signed forms to [mail@stevespalding.plus.com](mailto:mail@stevespalding.plus.com) [www.high-expectations.co.uk](http://www.high-expectations.co.uk)