



lake café walks plants events

KAYAKING, CANOE AND PADDLEBOARDING BOOKING FORM

Alderford kayaking, canoeing and paddleboarding operates from 10am to 4pm, seven days a week. Although every effort is made to ensure your safety, undertaking these activities at Alderford Lake are at your own risk. Life rings are situated every 100m around the lake. There are no life guards or rescue boats. However Alderford Lake will endeavour to have a trained first aider on site as much as possible. The water is 3.1m deep in places. £5 for adults, £3 for children (16 or under).

I declare that I am of good health & fit to kayak, canoe or paddleboard and do so at my own risk. I will abide by the rules of the Lake owners and agree to their terms & conditions below. I accept that the owners are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence of my participation in these activities.

Name

Address.....

Email

Total Payment (£5 per person):..... Date.....

Emergency contact name Number.....

Time in..... Time out

Signed.....

Signature of appropriate adult.....(must be over the age of 18).

Terms & Conditions

- No lone kayaking, canoeing or paddleboarding is permitted.
- You must be 18 years or over. Children (those under the age of 16 must be accompanied by an appropriate adult. Competent Kayakers, canoers or paddleboarders aged 16-18 years are permitted without an appropriate adult if the booking form is signed by an appropriate adult accepting the terms of booking.
- Kayakers, canoers or paddleboarders must be suitably competent and experienced on water courses similar to Alderford Lake.
- You must be capable of self rescue procedures, such as self righting after capsiz.
- You must have no medical issues preventing safe involvement in these activities and must have taken no drugs or alcohol.
- You must use proprietary and necessary associated equipment with this in full and proper working order and preferably of a bright colour.
- A proprietary helmet is recommended and floatation device must be worn by the individual, and he/she must be capable of swimming whilst wearing this equipment.
- A means of communication and summoning assistance must be taken by the kayaker whilst on the lake (eg mobile phone, whistle).
- Suitable clothing and provisions for cold conditions and water must be worn to prevent hypothermia.
- In hot sunny conditions, suitable protection should be worn such as a hat, sunscreen, and eyewear.
- You have a duty to make yourself aware of any information provided by the Lake managers as to lake features and hazards to be aware of, other activities on the site, and general hygiene safeguards and requirements.
- Safe points of entry and exit have been identified by the Lake managers.
- Weather conditions must be established as safe including consideration of any forecasted deterioration during the intended activity period.
- You must advise someone of your plans, eg location, intended time period, and expected return.
- No powered boats or jet skis permitted anywhere on the Lake
- Alderford Lake reserve the right to suspend these activities at any time at their own discretion and to change times as required for operational purposes.

10% DISCOUNT AT THE CAFÉ FOR GROUPS OF 10 OR MORE