

Over the last month, how much time **overall** did you spend in nature **per week**?

0 – 60 mins 2 – 4 hours +7 hours
 1 – 2 hours 4 – 7 hours

Will you be able to attend all 4 sessions of the course?

Yes No

If no, please circle which ones you will **NOT** be able to attend? **Please note participants cannot be accepted onto the course if they are unable to make more than one session.*

10th September 17th September 24th September 1st October

Do you own wellies or suitable outdoor shoes?

Yes No

If no, please indicate what size shoe you are:

D. Medical Information and Emergency Contact

- Are there any medical issues and/or allergies which are important for us to know about whilst you are on this course?

Yes No

If yes, please detail here:

- Do you have any dietary requirements?

Yes No

If yes, please detail here:

- Do you need any support to access this course?

Yes No

If yes, please detail here:

Emergency Contact Name:	Relationship to applicant:
Contact phone number:	

E. Participant's agreement and consent

- I agree that my participation in this event is voluntary and that I am medically fit and able to participate in this wellbeing programme without any undue mental or physical risk to myself or others. I will remain responsible for my own safety, or if unable to do so, I will attend with my support worker who will accept responsibility.
- I understand that if I have any existing medical conditions or plan to make significant lifestyle changes, that I am advised to consult my doctor. If there are any changes to my health, I will notify the programme team at the earliest opportunity.
- I give consent for any feedback I give about this course/event to be used for evaluation purposes with the proviso that I won't be identified. (If you are unhappy with this please let a member of CWT staff know and we will be able to ensure we do not share any information you give us).
- I give my consent to be contacted following the end of my participation on the programme for feedback and evaluation purposes.
- Participants under 18 years of age require a responsible adult to accompany them for the duration of the programme.
- Participants agree to assume any risk that is associated with participating in the event and releases Cornwall Wildlife Trust from any and all claims of damage and loss that may be as a result of participation.
- Participants agree to abide by the government guidelines and Cornwall Wildlife Trust safety advice regarding Covid-19. If any participants contract Covid-19 whilst at this event Cornwall Wildlife Trust cannot be held responsible.
- Cornwall Wildlife Trust maintains the right to refuse participation in the event at their own discretion.
- This programme is a wellbeing course and should not be used in place of mental health support. By booking on to this course, you confirm that your mental health is stable and that you are able to fully participate in this course will follow instructions from Cornwall Wildlife Trust staff and volunteers during the event. If these requirements are not adhered to, Cornwall Wildlife Trust maintains the right to refuse/terminate participation in this event.

By signing this application, you are confirming that you understand that your details will be stored by Cornwall Wildlife Trust in accordance with our data protection statement. A copy of our Master Privacy policy can be provided on request .

Participant's signature:

Date: