The Cross Adventure

http://thecrossadventure.tripod.com

Course Registration And Consent Form

		SNAS License No: SNCS License No:			
COURSE / ACTI	IVITY DETAIL	Sives License ivo.			
Name as in NRIO	C / Passport :				
Organization (if	any) :				
NRIC/Passport No. :		Date Of Birth:			
Address	:	·			
		S()			
Tel:	(H)	(Hp) E-mail:			
alcoholic drinks ar staff of the Tao Na ACKNOWLEDG I am aware that m co-operate fully wi Nan School, The O of property or any cause in connectic caused by the neg instructors or the a	the training cond drugs. I sha an School. MENT OF RI y attendance in the staff and Cross Adventur injury or loss of on with the Cou gligence or wilfur assistants.	Course involves certain amount of risks. I understand that I will have to gently comply with all safety systems. I shall therefore not hold the Tao burse instructors and the assistants responsible for any damage to or loss which may be sustained by me during the Course or arising from any where such damage to or loss of property or any injury or loss of life is not tor omission of the Tao Nan School, The Cross Adventure course			
		eve read and fully understood all the sections in this course registration ided herein are true.			
Name Of Pa	articipant	Signature Date			
*****	***** Conse	form for participant below 21 years old *************			

I am aware that my *child's/ward's attendance in the Course involves certain amount of risks. I understand that my *child/ward will have to co-operate fully with the staff/course instructors and the assistants and diligently comply with all safety systems. I/We shall therefore not hold the Tao Nan School, The Cross Adventure course instructors or the assistants responsible for any damage to or loss of property or any injury or loss of life which may be sustained by *my child/ward during the Course or arising from or in connection with the Course where such damage to

omission of the Tao Nan School, The Cross Adventu I further declare and confirm that I have read and ful registration form and that all the information provide *child/ward.	lly unde	rstood	all the sections in this course
Name Of *Parent/Guardian	Signa	ature	
Contact No(In case of Emergency)			
*Medical Declaration (to be completed by Appl	icant o	r Medio	cal Examiner if "Yes" is indicated)
1 HAVE YOU EVER HAD	YES	NO	If "Yes," please give details
(a) Chest pain, high blood pressure, heart problems such as			
heart murmur, extra heart beat or other heart abnormality			
(b) Asthma, bronchitis, tuberculosis, sinusitis, other lung problems			
(c) Fits, epilepsy, fainting attacks, migraine, severe head injury			
(d) Severe eye problems/poor vision			
(e) Ear problems/deafness			
(f) Nervous illness			
(g) Diabetes			
(h) Bone or joint injury			
(i) A carrier status for any infectious disease			
(j) Medical treatment within last two years			
(k) Are you pregnant?			
2 DO YOU REQUIRE	YES	NO	If "Yes," please give details
(a) Routine medication			
(b) Special diet			
3 DO YOU HAVE	YES	NO	If "Yes," please give details
(a) Any disability			
(b) Any other medical information to note, e.g. food, drug allergy	,		
examinedon(name)(name)			f " <u>Yes</u> " indicated for any condition abov
(name) (d	late)		
	ent).		
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n the programme (course, activity or rental of equipme			·
Remarks, if Any			



Recommended attire for Abseiling and Sport Climbing:

Top: Comfortable loose fitting t-shirt or singlet

Bottom: Longs tights or track pants for easy movement

Foorwear: Covered shoes e.g. running shoes; sneakers (sandals or toe revealing shoes are

not recommended) What to bring?

1. Water-bottle (250ml to 1 litre) - depending on individuals

- 2. Sun-visor; Cap; Hat (Optional)
- 3. Sunglasses (Optional)
- 4. Sunblock lotion (Optional)
- 5. Camera (Optional)



Recommended attire for Kayaking and Dragon Boating:

Top: Comfortable loose fitting t-shirt or Long sleeve for Protects from the sun's rays.

Bottom: Shorts, track pants or tights

Foorwear: Covered shoes e.g. running shoes; sneakers; sea sport booties (sandals or toe revealing shoes are not recommended)

What to bring?

- 1. Water-bottle (250ml to 1 litre) depending on individuals
- 2. Sun-visor; Cap; Hat
- 3. Sunglasses (Optional)
- 4. Sunblock lotion
- 5. Waterproof Camera (Optional)
- ** Please trim your long finger nails to avoid having injuries
- ** Avoid wearing any valuables e.g. necklaces; finger rings