



# Individual Information Form

*Plas Pencelli provides programmes of Outdoor Education that can make a unique and powerful contribution to an individual's education and development. Using a variety of teaching methods, adapted to a range of individual learning styles, within a challenging environment, each course focuses on specific learning objectives within the National Curriculum. Citizenship, Physical Education and Personal, Social and Health Education feature strongly. Achievement centres on 4 main areas. **Personal development; Relationships; Social Skills and Appreciation of the Natural Environment.** Throughout the course a high priority is placed on health and safety.*

Full Name			Adult/Student	
Date of Birth			Male/Female	
School/Group			Course Dates	
Address				
Emergency Contact	Daytime tel no.	Evening tel no.	Mobile tel no.	
Doctor			Tel. no.	
<p>Medical conditions, allergies, significant disabilities (e.g. asthma, heart trouble, diabetes, epilepsy, previous injuries etc.) or any special educational needs. Please give details of any medication, care plans and any additional information.</p>				
<p>Water confidence (e.g. 50 metres in a swimming pool)</p>				
<p>Special dietary needs (e.g. vegetarian)</p>				
<p>Overnight concerns(e.g. sleep walking)</p>				
<p>Please outline previous experience of outdoor activities</p>				

*Courses at Plas Pencelli may include any of the following activities: Caving, Mine Exploration, Rock Climbing, Abseiling, Canoeing, Kayaking, Hill walking & Mountaineering, Mountain Biking, Paddle Surfing, Improvised Rafting, Gorge Scrambling, Sea Level Traversing, Surfing, Ice climbing, Orienteering and other Outdoor Activities. I confirm that I understand what a course at Plas Pencelli entails and I am sufficiently fit and healthy to participate safely. I agree to emergency medical treatment if necessary. The course fee is none refundable.*

Signed: ..... (Parent/Guardian to sign if under 18)