



Booking Form

Personal Details

Name

Address (inc postcode)

Phone Number(s)

Email

D.O.B.

Medical Conditions
(please note this is highly confidential)

Emergency Contact Details

Name

Phone Number(s)

Relationship to you

Course Details

Course name (if unknown leave blank)

Date

Location

Special requirements (including any preference on which FlowFree coach runs this course)

Please return this form to: FlowFree Coaching, 6 Maes Gwyn, Llanddoged, Llanrwst. LL26 0BQ.
w: www.FlowFree.co.uk p: 07810 878738 / 01492 642569 e: info@flowfree.co.uk



Your Experience

Please briefly outline your paddling experience

Is there anything specific that you wish to be included or want to work on during this FlowFree course?

Payment

50% of the course fee is required on booking and will be treated as your deposit. Fees for all courses should be paid in full 30 days prior to the course starting.

Please select your payment method:

- Cheque made payable to Lowri Davies
- Bank transfer to Lowri Davies, account number 81419110, sort code 40-39-16. Please include the course title as the reference plus your name if not the same as the account you pay from.

I enclose / have paid £ as 50% deposit / as full payment (delete as appropriate)

Declaration

By signing this form you are stating that all information is correct and complete and are agreeing to the Terms & Conditions found on www.flowfree.co.uk. Please ensure you have read these thoroughly, particularly in relation to course cancellation by either party.

Signed:

Date:

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Terms and Conditions

Booking

In order to book onto a course you must send a completed and signed booking form (available from FlowFree.co.uk) to the address stated on it. You will receive confirmation of booking via email, or if this is not possible, by telephone. A booking has not been officially made until confirmation is given.

Payment

A minimum of 50% of the course fee is required on booking and will be treated as your deposit. Fees for all courses should be paid in full 30 days prior to the course starting. If a course is full at the time of Booking, all money paid will be refunded or an alternative date offered.

Cancellation

Cancellation should be made in writing only, to the address given on the Booking Form. Should you wish to cancel, the following charges apply: 25% of the course fee if cancelled more than 30 days before course, 50% if cancelled 14-30 days in advance and 100% if less than 14 days in advance.

If FlowFree have to cancel the course, a full refund or alternative date will be offered. If the course has to be cancelled due to weather or other factors out of FlowFree's control, the choice of an alternative date or 50% refund will be offered.

Safety

All clients should be aware that the sport of kayaking / canoeing is one of assumed risk. All reasonable precautions will be taken by FlowFree to ensure the safety of those on their courses, however accidents can happen and FlowFree accept no responsibility unless gross negligence on their part can be proven. Clients should also be aware that many courses require a certain level of fitness and it is their responsibility to ensure that they are appropriately fit. All medical conditions must be declared on the Booking Form and the coach should be made aware of any changes in medical conditions or injuries incurred prior to the course commencing.