



## GROUP COMPOSITION

AGE RANGE (Please circle)

18 - 25 / 26 - 35 / 36 - 45 / 46 - 55 / over 55

APPROXIMATE OVERALL GROUP ABILITY (please tick)

Activity	Beginners	Intermediate	Experienced
Canoe/Kayak			
Cave			
Rock Climb/Abseil			
Mountain Bike			
Archery			

If experienced, please specify (e.g. star test courses, etc) \_\_\_\_\_

HEIGHTS AND SEX OF MOUNTAIN BIKERS - If more than one group, please photocopy this sheet.

HEIGHT	SEX	NUMBERS
Under 5'00" (152cm)	Male _____	_____
	Female _____	_____
5'0" - 5'3" (152 - 160cm)	Male _____	_____
	Female _____	_____
5'4" - 5'7" (162 -170cm)	Male _____	_____
	Female _____	_____
5'8" - 6'0" (173 - 183cm)	Male _____	_____
	Female _____	_____
Over 6'0" (over 183cm)	Male _____	_____
	Female _____	_____

\* Please ensure that all participants complete a Forest Adventure medical form

\* If special needs group - please list details on a separate sheet

PLEASE SEND COMPLETED FORM TO:

***FOREST ADVENTURE Ltd***

3 Blakes Way, Staunton Road, Coleford, GL16 8EX

Tel No: 01594 835116

Email: info@forestadventure.co.uk

*www.forestadventure.co.uk*