

Walk Register



Date: _____

Route: _____

Leader(s): _____

By partaking in this walking session or programme

I understand that:

- I take part at my own risk and that neither the organisers nor Walking Leaders will be liable for any injury that may occur to me.
- I should inform the Walking Leader of any health problems I have before the start of a walking session.
- I should wear appropriate clothing and footwear.
- I should partake at a pace that is appropriate for me.
- I should inform the Walking Leader if I am finding the walk too difficult for me.
- I should notify the Walking Leader if I wish to leave the walk before the finish.

Walker Signature

Tel No.

ICE No.

1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
9.	_____	_____	_____
10.	_____	_____	_____