

Walk this Way...South Downs Women's Walking Group

Annual Membership Form – 1st April 2023/24

Name:

Address:

Post code:

Email:

Tel: (Landline)

Tel: (Mobile)

Emergency Contact Details: (Name, Relationship, Tel. No.)

Annual Membership Fee: £12 (1st April to 31st March)

(or a pro-rata amount of £1 per complete month remaining until end of March)

Please pay Cash or a Cheque payable to: **Walk this Way South Downs National Park Walking Group**

Or by Bank Transfer: **Sort Code 20-20-65 Account No. 63199479**

(Please use your name as reference)

Please Return this membership form and your completed PAR-Q form to:

Mrs Jackie Tuppen

15 Gilwynes

Bognor Regis

PO21 3SG

Or Email: jackietuppen@outlook.com

PLEASE NOTE: **WhatsApp** is the most efficient way of contacting you should we have to cancel or change a walk at short notice. If you have a smart phone you just need to download the App if you don't use it already.

Disclaimer Form

I understand that **Walk this Way** is a group of individuals who come together solely for the purpose of arranging walks and associated social activities on a personal and voluntary basis.

I understand and accept that **Walk this Way** as a group, and individuals within the group who volunteer to organise or lead group activities, bear no responsibility or liability whatsoever for any incidents or accidents and their possible consequences to those who choose to join the activities.

I further understand that by choosing to join any group activity, I do so entirely at my own risk and in full knowledge that I am solely responsible for my own safety at all times.

As a group, **Walk this Way** will endeavour to promote safe practice on walks on all occasions, having regard to the conditions prevailing at any particular time. All group participants have a collective responsibility to ensure this happens. Walk leaders will explain the nature of every walk before it commences but participation is a personal decision. I accept that any decision on which route to take or whether to continue or discontinue any walk is entirely my own choice made in the circumstances prevailing at the time, even if based on recommendations of a group leader which I am completely at liberty to disregard.

From time to time photographs are posted on the **Walk this Way** Website and Facebook page. If you object to your photograph appearing on either of these sites please tick the box below

I do not wish my photograph to appear on the **Walk this Way** Website

I do not wish my photograph to appear on the **Walk this Way** Facebook page

IMPORTANT: PLEASE ALSO COMPLETE and return a copy of our PAR-Q FORM (Physical Activity Readiness Questionnaire).

We also ask you to keep an envelope inside your rucksack containing contact details of Next of Kin plus any relevant medical conditions and regular medication - just in case of an emergency situation.

I have read and fully understand this disclaimer note. I accept my responsibilities and agree that no claim of any nature can or will be made against the Group for any of the activities.

Signed.....

Dated.....