

Walkers' Responsibilities on g.o.d. Walks

Our first g.o.d. walk was in the Stiperstones area in July 2012. Since then the number of walkers has increased and there are often 15-20 of us enjoying the exercise and fresh air, scenery, good food and the company of our friends.

The walk leaders make a great deal of effort to send out information in advance about the length and difficulty of each walk, but, due to their growing popularity we decided to make a list of the personal responsibilities of each individual. We therefore feel that the following should be agreed with and signed by everyone who walks with the group.

All participants should:

1. Agree the role of the leader is solely to indicate the suggested route.
2. Agree to take care when walking and observe the relevant rules of the Country Code and the Highway Code.
3. Accept full responsibility for their actions.
4. Confirm that they are in a reasonable state of health and ascertain in advance that a walk is suitable for their capabilities. It is recommended that any medical condition that might lead to an emergency during a walk is made known to someone else along with any emergency medication carried.
5. Agree to always carry and provide an emergency contact telephone number in case of an unforeseen emergency.
6. Agree that if they are in any doubt as to their physical ability to participate in a walk, they will first consult their G.P.
7. Ensure that they are suitably attired for a walk having regard to the route and forecasted weather conditions and also to provide food and water to suit their needs.
8. Agree that any transport arrangements they make with any other participants are a private matter between them and accept that neither the group nor the leader will accept any liability in respect of loss, damage or injury arising from them.
9. Consult the leader in advance should they wish to bring a dog.
10. Confirm that they undertake walks at their own risk and that neither g.o.d. nor the walk leader will accept any liability whatsoever in respect of any loss or damage to personal effects which may be sustained on any walk.
11. Agree that they will be totally responsible for any friend or family member they may choose to bring along with them on a walk.

PLEASE PRINT OUT, SIGN AND RETURN TO MARY K. OR SUE W.

NAME..... SIGNATURE.....

NAME & PHONE NUMBER OF EMERGENCY CONTACT.....

.....