

Walk Register

Date: _____

Route: _____

Time: _____

Duration (approx.): _____

In partaking in this I understand that:

- I take part at my own risk and that neither the organisers nor Walk Leaders will be liable for any injury that may occur to me.
- I should inform the Walk 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 Walk Leader if I am finding the walk too difficult for me.
- I should inform the Walk Leader if I wish

Walker Leader Name; _____ Tel no: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____