

New members joining That's Fitness BFB Walking group are to sign this acknowledgement of risk form and all members are to sign an acknowledgement of risk form for every scheduled walk or at least once a year (preferably at the time of membership renewal)

Insert: That's Fitness BFB Walking Group

ACKNOWLEDGEMENT OF RISKS AND OBLIGATIONS OF MEMBERS

This acknowledgement of risks applies to all Walking Groups activities I may undertake as a member of That's Fitness BFB Walking Group. In voluntarily participating in activities of the walking group which are described to me by the activity leaders I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days. In particular when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavour to ensure that 1. Each activity is within my capabilities, 2. I am carrying food, water and equipment appropriate for the activity. In addition 1. I will advise the activity leader if I am taking any medication or have any physical or other limitation that might affect my participation in the activity. 2. I will make every effort to remain with the rest of the party during the activity 3. I will advise the leader of any concerns I am having, and 4. I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join the activities of the BFB Walking Group. I acknowledge that I will take responsibility for my own actions and that signing this form or the payment of my subscription will be deemed as full acceptance and understanding of the above conditions.

Name: _____ Name: _____ please print names

Signed: _____ Signed: _____

Date: _____ Date: _____