



WALKING GROUP REGISRTATION

www.treksandtiaras.co.uk

info@treksandtiaras.co.uk

MEMBERSHIP APPLICATION FORM

Please download and print this application form and email to info@treksandtiaras.co.uk

I wish to become member(s) of the TREKS & TIARAS Walking Group and enclose a cheque made payable to TREKS & TIARAS to the value of £60 to cover the annual membership subscription fee.

Please tick box if paid online through the website

PLEASE COMPLETE THE FOLLOWING IN BLOCK CAPITALS
(IN ORDER THAT YOUR DETAILS MAY BE PUT ON THE MAILING LIST).

Delete as applicable	FIRST NAME	SURNAME
Mr / Mrs / Ms		
ADDRESS IN FULL		
TEL NO		POST CODE
E MAIL ADDRESS Please PRINT		
GROUP LOCATION		

Please note that this information is used for Group purposes only.

Please send the completed Application Form and fee to the Membership Secretary. On receipt of the form and fee you will be placed on the mailing list for details of the walks.

Please tick to confirm that you have read 'Information for New Members'



WALKING GROUP REGISTRATION

PARTICIPANT INFORMATION - *All information will be treated in confidence.*

Name

Age

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How often do you exercise?

What regular exercise do you currently do?

- Physical activity 0 or 1 day per week
 Physical activity 2 - 4 days per week
 Physical activity 5 or more days per week

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NB: 'physical activity' means a minimum of 30 minutes of moderate exercise, such as brisk walking, swimming, jogging, cycling etc

Describe your level of fitness

When did you last do any walking?

(please do not simply write 'average'!)

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Your hill-walking experience?

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Medical conditions, allergies, special requirements or recent illnesses

Please list all pre-existing medical conditions, allergies, special requirements or recent illnesses that may affect your participation in this activity, even if you think they may not be relevant. Please give full details of your condition(s), as this helps us provide an enjoyable and rewarding day for all. If you have a pre-existing medical condition that may make it unsafe for you to take part in this activity, then it may be necessary to seek advice from your GP. Please ensure that you bring any medication that you may need with you on your activity.

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- I am aware that walking & outdoor activities have an inherent and unavoidable risk of personal injury. I understand the nature of the activity I have chosen to take part in and accept the risks involved.
- I consent to any emergency medical treatment or medication to be administered to me during the activity in the event of injury or accident.
- I confirm that I have a reasonable and suitable level of fitness and ability for my chosen activity.
- I confirm that the information I have provided on this Form is accurate and complete.

Signed *(by the participant)*

Date

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WALKING GROUP REGISTRATION

Information for New Members

Things You Require

You must have strong walking boots.

Clothing depends on the conditions and time of year but it is advisable always to carry waterproofs (jacket with hood and trousers) and warm clothing: walking trousers but not jeans, a number of layers of clothing are better than one big woolly jumper, a hat and gloves.

Note: custom-made walking clothing: breathable, windproof, waterproof and wicking are available in local outdoor shops.

It is usual to take food and drink for lunch, mid-morning and mid-afternoon breaks. Leaders often arrange for the lunchtime stop to be taken at a public house where drinks and food may be purchased. This is not always possible, so members should ensure that they carry sufficient refreshment for the whole day, where we do Day walks.

Rucksack, waterproof rucksack liner, foam pad or plastic sheet to sit on, a simple first aid kit, whistle, plastic bags to cover muddy boots while in the pub, road map or O.S. map in the car to help in finding the start of the walk, clean pair of shoes in the car, plastic bag to hold muddy boots at the end of the walk.

Please Note: members are expected to: comply with the Country Code, accept the leader's authority, refrain from bringing dogs and avoid consuming or displaying their own drinks or flasks on pub premises.

Grades of Walks

'G' up to 3 miles at a gentle pace, 'D' 4 to 5 miles, 'C' 7 to 9 miles at an easy pace, 'B' 10 to 12 miles, 'A' 12 to 15 miles, 'A+' 15 to 20 miles or strenuous mountain routes, 'S' Over 20 miles or special circumstances.

Transport Arrangements

Members may share cars to travel from the meeting points to the starting points of the day walks, but we can not guarantee always to provide lifts to members turning up on foot.

For further details please email Yasmeen at info@treksandtiaras.co.uk