

Health Declaration



I confirm that I am physically fit and able to take part in a guided walk with Walking the Wolds. To the best of my knowledge, I have no underlying medical condition, illness, injury, or health issue that would make participation unsafe for myself or others.

I understand that walking in the Wolds may involve uneven ground, hills, stiles, country lanes, and varying weather conditions. I accept responsibility for ensuring that I am suitably prepared and capable of completing the walk.

Please declare any health concerns or conditions that may affect you while out walking:

- 1.
- 2.
- 3.

In addition (please read and complete the following if you are bringing a dog(s))

I confirm that my dog(s), named (please add) _____
is in good health and fit to take part in walks organised by Walking the Wolds.

By signing this declaration, I confirm that:

- My dog is not suffering from any illness, injury, or condition that could affect their ability to safely join a group walk.
- My dog is up to date with routine vaccinations (or I have discussed any exemption with the walk organiser).
- My dog has been treated for fleas, ticks, and worms as appropriate.
- My dog has not shown symptoms of contagious illness (including coughing, vomiting, diarrhoea, or unexplained lethargy) in the past 7 days.
- My dog is not currently recovering from surgery, injury, or veterinary treatment that would make participation unsuitable.
- I will inform the walk leader of any medical conditions, allergies, or behavioural issues that may affect my dog during the walk.
- I understand that it is my responsibility to ensure my dog is physically capable of completing the planned route and terrain.

Veterinary practice (optional):

Name:

Phone:

Liability & Risk Statement

I understand that participation in countryside walking activities involves inherent risks for both people and dogs, including but not limited to uneven or slippery terrain, livestock, wildlife, weather conditions, road crossings, stiles, gates, and interactions between dogs and other walkers. I accept responsibility for ensuring that I am suitably prepared and capable of completing the walk.

I confirm that I am physically fit and able to take part in the walk, and I accept responsibility for my own safety and conduct, as well as that of any children or guests I bring.

I accept full responsibility for my dog's behaviour, welfare, and supervision at all times during the walk.

I acknowledge that participation is at my own risk and I will read the risk assessment provided to ensure that I am fully aware of any risks on the walk. While reasonable care is taken in planning and leading walks, the organiser accepts no responsibility for loss, injury, illness, or damage suffered by any person, dog, or personal property, except where caused by proven negligence of the organiser.

I also accept responsibility for any veterinary costs or third-party damage caused by my dog.

We reserve the right to refuse participation if a person or dog appears unwell, injured, or unsuitable for the planned walk on the day.

Please Complete:

Participant Name:

Participant Email:

Emergency Contact Number

Signature:

Date:

