



KLEIN KAROO HIKING CLUB (KKHC)

INDEMNITY FORM: MEMBERS

Please take careful note of the information below, complete the form in full and submit it with the membership application form.

I, _____ (identity number, initials and surname) hereby declare as follows:

1. I am fully aware of the possible general risks that hiking activities pose, including but not limited to the following:
 - Injury, e.g. sprain/breakage of ankle or other limbs due to careless, negligent or irresponsible actions of the individual. **Be careful, especially in difficult places.**
 - Exposure to heights (fear of heights). **Let someone help you.**
 - Snakebite, scorpion sting, bee sting, spider bite etc. **Keep an eye out for this, and take your bee sting allergy medication with you.**
 - Heat exhaustion, sunstroke and dehydration due to exposure to the sun. **Protect yourself from the sun, and drink enough water regularly.**
 - Exposure to cold: rain, snow, icy wind, temperatures below freezing. **Take enough warm clothes and a rain jacket with you.**
 - Exposure to unexpected wildfires. **Escape from the fire – do what is necessary.**
 - Drowning due to irresponsible diving and injury in pools/rivers or when crossing rivers. **Be careful, and do not dive where you cannot see what is under the water.**
 - Moving too close to cliffs – one can slip and fall, or the wind can blow you off. **Keep a safe distance from cliffs, and do not scare anyone near a cliff. Be careful.**
 - Straying from the group can endanger the person who wanders or walks away from the group. **A firm and unquestionable rule of the club is that each participant MUST maintain visible contact with the person behind him/her AT ALL TIMES during an activity and must wait when the person goes out of sight, and each hiker has a responsibility to help look after the welfare of the hiker in front of and behind him/her.**
2. I am physically and medically fit enough to participate in the hiking activities in which I choose to participate.
3. I acknowledge that the organiser(s) of an activity will take all reasonable measures to keep participants safe for the entire duration of the activity, from departure to return. However, I understand, that it is my responsibility to ascertain the level of difficulty, distances, nature of the terrain, weather conditions, exposure elements and other critical details of a hiking activity before participating in it, that I participate in activities of the club voluntarily and at my own risk, accept full responsibility for my safety during the duration of an activity, and indemnify the Klein Karoo Hiking Club, its management, the organiser of an activity and the club's members against any claim for injury, damage or loss of any nature whatsoever arising from my participation in an activity.

SIGNATURE

DATE