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**Welcome to Coast & Country Walking #walkingwithandy Group Walks.**

Please complete this form & return by email to coastandcountrywalking@gmail.com **BEFORE** the commencement of your first walk. You only need to complete this form **ONCE**. But you must update Andy in writing, or by email of any changes. A separate form will be needed for each participant.

Click or tap here to enter text.

Emergency contact name, and telephone number:Click or tap here to enter text.

Email address :Click or tap here to enter text.

Contact number :Click or tap here to enter text.

Address : Click or tap here to enter text.

Name : Click or tap here to enter text.

I reserve the right to refuse anyone on medical grounds if it is considered to be detrimental to the safety and smooth running of the walk. I will contact you for further information to allow a comprehensive specific risk assessment to be carried out if required.

**The medical section must be completed**

Any injury or illness occurring between the time of the declaration and the commencement of the walk must be reported.

Any medical conditions or allergies, including previous injuries? If none please write N/A

Click or tap here to enter text.

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Whilst walking is a relatively safe activity, there could be occasions where participants could encounter hazards. By participating in walking events clients accept that there is a degree of risk to themselves. Andy Turner is a highly experienced practitioner who aims to reduce the risks to an acceptable level. At any point you have the right and responsibility to highlight if you are uncertain, and we encourage this on all our walks.

Agree

Disagree

Responsibility for injury can only be accepted if negligence can be proven. No responsibility can be accepted for personal items.

Agree

Disagree

Walking activities take place in varied natural environments where there are hazards and risks to manage. Every effort will be made by Andy to provide a walk in a safe manner. Clients participating in walks are expected to comply with all safety guidance and instructions given by Andy. Failure to do so may result in clients being asked to leave the walk, with no refund offered. Due to environmental conditions outside of our control there is the potential for walks to be cancelled – in this event a mutually acceptable decision will be taken, either a refund or alternative dates offered.

Agree

Disagree

The medical section must be completed as part of the booking process. All prior injuries and/or serious illnesses must be declared. Any injury or illness occurring between the time of the declaration and the commencement of the walk must be reported. The client must satisfy him/herself that taking part in the walk is within his/her own capabilities. Andy Turner (Coast and Country Walking) reserves the right to refuse a booking on medical grounds if it is considered to be detrimental to the safety and smooth running of the walk.

Agree

Disagree

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Your personal data will be collected as part of our responsibility to you, and stored online. this data will only be shared with third parties when there is an immediate requirement to do so (for example with the emergency services).

Agree

Disagree

You will need to be suitably equipped to complete the walk. You are advised to wear sturdy shoes or boots. Wear suitable clothing, and have additional clothing to deal with our ever-changing weather (e.g. waterproofs). You are also responsible to provide your own supply of water & snacks.

Agree

Disagree

Signed : Click or tap here to enter text.

(For under 16’s, signed by parent or guardian)

Dated : Click or tap here to enter text.

Occasionally we may use photos or videos from our courses for commercial or marketing purposes – if you do not wish for your image to be used then please mention during your course as well as informing us here \*

Agree

Disagree