

Halesowen Ramblers Club Walk Notification

Day/date/time			
Meeting point	Start:		
Distance			
Grade <i>(Please X appropriate box)</i>	A. Strenuous (10+ miles) May include rough paths, steep inclines or longer distances. <input type="checkbox"/>	B. Moderate (6-10 miles) Some steady inclines, stiles and uneven surfaces. <input type="checkbox"/>	C. Easy (2-6 miles) Few steep inclines, flat paths and a gentle pace. <input type="checkbox"/>
Walk Location			
Walk Leader		Mob. No:	For additional information or advice please contact.
Additional information and guidance			
Date Pioneered			

If necessary please refer to the Ramblers Risk Assessment sheet, and remember to consider:

- 1. Weather 2. Traffic 3. Path surfaces and obstacles 4. Animals 5. Communications**

Walk Leaders:- Please forward this form to your walk co-ordinator, two weeks before your walk, to enable the information to be e-mailed to all members.

**IN CASE OF EMERGENCIES, PLEASE ENSURE YOU HAVE THE WALK LEADERS CONTACT NUMBER IN YOUR MOBILE.
ALSO HAVE YOUR EMERGENCY CONTACT DETAILS WITH YOU.**

PLEASE NOTE. WALKERS ARE ULTIMATELY RESPONSIBLE FOR THEIR OWN HEALTH AND AGREE TO WALK AT THEIR OWN RISK.