

## OU Walking Club - Participation Statement

Trip Destination and term: Long Mynd MT15



Oxford University Walking Club recognises that walking, and hillwalking in particular, is an activity, which carries with it a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Participants should be aware that they have a Duty of Care to not cause harm to others by their actions or omissions. Participants should also be aware that the Group Leaders are not necessarily qualified, are not regarded by the club as 'technical experts', but are amateur walkers or mountaineers who are regulated by guidelines in the trip's Risk Assessment as having a sufficient 'Level of Experience' to act in the capacity of a leader for this trip, and who are happy to impart their knowledge to others: any advice given should be viewed with this in mind by the recipient.

*Tick boxes and then fill in details and sign below:*

- I have read, understand and accept the above Participation Statement.
- I have read and understand the Risk Assessment for this trip.
- I have read the Club's Equipment List and I understand that I will not be allowed to come on the trip or participate in the walks if I don't arrive with the proper equipment, including worn-in hiking boots.
- I understand that I must inform the Group Leaders of any medical conditions that I think they should be aware of and that they will treat the matter in the strictest of confidence.
- I am 18 years old or over.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Contact address and phone number for next of kin (e.g. father or mother) in case of emergency:

\_\_\_\_\_

Any allergies: \_\_\_\_\_

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