

Kilbroney Ramblers

Membership Application Form

Annual membership fee £20

(Please make cheques payable to 'Kilbroney Ramblers')

Name:

Phone numbers: Landline: _____

Mobile: _____

Email address:

I.C.E. numbers (In Case of Emergencies):

We carry a card attached to our back packs giving contact numbers for 2 family members. Should you have an accident on the hills or become unwell and need to be taken to hospital then we can contact a family member on your behalf to let them know.



Family member/Friend 1:

Name
number

Family member/Friend 2:

Name
number

Rules of the Club:

1. Membership is primarily for the 50 + age group (we don't have a strict minimum cut off point at age 50, but the ethos of the club is to encourage the 50 + age group to enjoy the outdoors, to experience the health, well-being and social benefits that hill walking brings).
2. Only 2 free walks for non - members (insurance cover allows new potential members to take part in 2 walks only).
3. No dogs allowed on any walks.
4. Leave no trace (not even a banana skin or an apple core)
5. Prospective new members (who are not members of another hill walking club) must first come on a T walk and can progress to grade C and later to a grade B walk depending on their level of fitness.
6. On all walks, walkers should have waterproof walking boots with ankle support, coats and over trousers. Refer to our website for a full list of recommended clothing and equipment.
7. The walk leader can refuse to take a walker on the hills if they are not wearing the proper boots and clothing. The leader can also refuse to take a walker on their walk if they are not up to the standard of that grade of walk.
8. All walkers must stay behind the leader in charge, and in front of the leader at the back of the group.

Personal Responsibilities:

It is the responsibility of each walker to notify the walk leader:

1. *Of any medical condition, injury or medication carried,*
 2. *If they are unsure of their fitness and/or ability to undertake their chosen walk,*
 3. *If they begin to feel unwell during a walk,*
 4. *If they need to leave the group e.g. for a toilet break.*
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Disclaimer:

Hill walking is an activity with a risk of personal or fatal injury. Club insurance is there only to provide public liability cover to Leaders and Committee members in the event of an incident. **The Club does not carry personal injury insurance. Each member is responsible for their own health & safety, actions and involvement.**

Club insurance is provided by the Ulster Federation of Rambling Clubs and details can be read on their website at

www.ufrc-online.co.uk/about/club-insurance/

Each member should follow the Leader's instructions and wear suitable clothing and footwear. (see www.kilbroneyramblers.com for a list of recommended clothing and equipment for hill walking)

I certify that I have read and understood the terms and conditions as stated on this application form:

Signature:

Date: