

# Get Ireland Walking

## Walk Register + Waiver

<b>Date:</b>	<b>Time:</b>
<b>Has the route been risk assessed</b> (Mark Yes/No): <input type="radio"/> Yes <input type="radio"/> No	<b>Duration:</b>
<b>Group Coordinator / Volunteer Walk Leader Name:</b>	<b>Phone:</b>

**In partaking in this activity I understand that:**

- I take part at my own risk and that neither the organisers nor Group Coordinators / Volunteer Walk Leaders will be liable for any injury that may occur to me.
- I should inform the Group Coordinator / Volunteer Walk Leader of any health problems I have before the start of a walking session.
- I should wear appropriate clothing and footwear.
- I should partake at a pace that is appropriate for me.
- I should inform the Group Coordinator / Volunteer Walk Leader if I am finding the walk too difficult for me.
- Get Ireland Walking recognises that walking is an activity with a potential risk of personal injury. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.

**List of participants:**

<b>01 Name:</b>	<b>Phone:</b>
<b>02 Name:</b>	<b>Phone:</b>
<b>03 Name:</b>	<b>Phone:</b>
<b>04 Name:</b>	<b>Phone:</b>
<b>05 Name:</b>	<b>Phone:</b>
<b>06 Name:</b>	<b>Phone:</b>
<b>07 Name:</b>	<b>Phone:</b>
<b>08 Name:</b>	<b>Phone:</b>
<b>09 Name:</b>	<b>Phone:</b>
<b>10 Name:</b>	<b>Phone:</b>
<b>11 Name:</b>	<b>Phone:</b>
<b>12 Name:</b>	<b>Phone:</b>
<b>13 Name:</b>	<b>Phone:</b>
<b>14 Name:</b>	<b>Phone:</b>
<b>15 Name:</b>	<b>Phone:</b>