



Bandon Hillwalking Club's Visitors Guide/Form

Please ensure that you follow these simple rules to ensure that you enjoy a safe walk.

1. Proper walking gear is required:
 - a. Several layers of clothes, fleeces etc.
 - b. Water proof jacket and trousers, hat, scarf and gloves.
 - c. Boots and thick socks
 - d. Do not wear jeans.
2. Respect the environment, leave no trace and bring all your litter home.
3. Food, hot drink and water to be consume during the walk.
4. Ensure that you bring some form of personal identification and the name of someone who can be contacted in the event of an accident, e.g. next-of-kin, friends.
5. If you are on medication or suffering from any physical, mental, or other condition that might affect you or the group on the walk, then you must inform the walk leader of it before the walk starts.
6. Please be aware that hill walking is an activity with a danger of personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions and involvement.
7. The leader has the right to refuse anyone who is not adequately equipped or anyone who in the leader's opinion is unfit to walk.
8. Visitors are welcome to the club on 3 different occasions but after 3 occasions we would expect you to join the club either as a full member or an associate member.

NAME

(Block letters): _____

POSTAL ADDRESS

(Block letters): _____

Telephone Number: _____

Email address: _____

M.C.I. Number (if already a member of MCI): _____

Emergency Contact Name and Number: _____

Conditions of Temporary Membership

I acknowledge receipt of a copy of the rules for visitors attending club activities and agreed to be bound by them. I accept that hill walking is an activity with a danger of personal injury or death. I am aware of and shall accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

Signed: _____

Date: _____

Note: ALL Visitors attending activities do so at their own risk and the Bandon Walking Club, guides and officials cannot accept responsibility for any loss or injury.