

Nenagh Walking Club – Aonach ar Siul

Membership Application Form 2018

PLEASE USE BLOCK CAPITALS AND WRITE CLEARLY.

Name: _____

Address _____

Telephone Number: _____ Date of birth _____

E-mail Address:

Telephone Number in case of Emergency: _____

Name: _____

DECLARATION:

- I accept that hill walking, climbing and rambling are activities that can be challenging and may result in personal injury or death. Walkers should be aware of and accept these risks and be responsible for their own actions.
- I understand that I should notify a leader on the morning of the walk of any relevant information such as medical conditions, allergies, injuries, medications etc.
- I have read the list of minimum gear required ([Minimum Gear Link](#)) and understand I may not be allowed to participate on a Club Walk without this gear. Please see over leaf for a list of Minimum Gear.

Members Signature: _____ Date: _____

SUBSCRIPTION: Adult €45 - Club Membership includes M.I. Membership
Juvenile 12 – 18 yrs. €10

This form when completed must be forwarded to the **Treasurer Ms Lily Kelly Coolagh, Ballinacloagh, Nenagh, Co. Tipperary.**

Membership cannot be accepted without this Form being completed in full.

Advice & Safety Guidelines for Walkers

Safety

Please check the **Minimum Gear** you need for Hiking/Walking, and be aware that even a small incident can quickly lead to hypothermia if there is a delay. Our safety policy is:

No boots, no walk!

Although your Walk Leader will be experienced, your safety is ultimately your own responsibility.

Therefore, you should take the following into account before setting out on a Walk.

- ✓ Check the Weather Forecast
- ✓ Be properly equipped and have sufficient Food and Drinks
- ✓ Consider your fitness in relation to the hike which you are undertaking.... If necessary, check with the Walk Leader who is leading the walk. Name and Phone number is displayed on the Walk Schedule.
- ✓ If you have any doubt in relation to your Health and Fitness, you should consult your Medical advisor before taking up hill walking.
- ✓ Stay with the Group and follow the Leader's instructions.
- ✓ Do not leave the Group without informing the Leader.

Obligations under Insurance & Child Protection Guidelines

- ✓ Children under 12 years are not allowed on Walks.
- ✓ Minors (12 – 18 years) must be accompanied by a Parent or Guardian on Walks.
- ✓ No Dogs allowed on Walks.

Environmental Obligations.

In line with Guidelines from Mountaineering Ireland, we adhere strictly to **Leave no Trace** policies. You should check out these policies on our link on the home page.

Some areas we walk in are special conservation areas and we are always conscious of this.

So... *Leave nothing but footprints, and take nothing but photographs.*

Car Safety

Make sure that your car is locked and that there is nothing of value left in your car.