



Illawarra Ramblers Inc - Activity Register

Walk Cycle Paddle Social Trip Other (circle)

Leader Date: Activity:

Deputy Hazards (advise participants):

Please scan or photo completed form and email to the Activities Recorder, Caroline Hudson– see Leaders List for contact details, or advise the Activities Recorder if the activity is cancelled.

Acknowledgement of Risks and Obligations:

In voluntarily participating in any activity of the Illawarra Ramblers Inc, I am aware that I am risking injury, illness and death, and loss of or damage to my property. Typical risks may include but are not limited to hyperthermia, hypothermia, slipping on loose or icy surfaces, slipping on rocks, falling rocks, exposure, snake bite, bee stings and other insect attacks, dog attacks, burns, drownings, collisions, stepping into unseen holes, accidents during vehicle travel to activities, navigation errors and becoming lost.

To minimise these risks I will:

- observe the Grading and Guidelines as outlined on the Club website for specific activities (walks, bike rides, paddles) which I have read;
- inform myself of the nature of the activity and ensure that it is within my capabilities;
- ensure my equipment is adequate as per the Grading and Guidelines;
- carry food, water, medication, and clothing appropriate for the activity;
- advise the leader of any physical or other limitation, or any dependence on medication, that may require urgent attention during the activity;
- make every effort to remain with the rest of the party during the activity;
- advise the leader of any concerns I am having;
- comply with all reasonable instructions of the leader.

I understand these risks and requirements. In signing this form (a) as a temporary member, I acknowledge that I have been granted temporary membership of the above named club, and (b) as an e-bike rider, I acknowledge that I am required to take out individual insurance with Bicycle NSW.

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ACTIVITY PRE-REGISTRATION

Leaders: This section will prove useful if you wish to contact participants for any reason.

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