

**Ashley Surgery Walking for Health Disclaimer**

Please note that Ashley Surgery Walking for Health Group cannot be held responsible for any loss, injury or damage caused on a walk or on the journey to and from each walking venue. Members should note that path walking, hill walking and outdoor activities in general can be dangerous pastimes and Ashley Surgery Walking for Health Group has no control over the condition of the terrain to be walked, although a risk assessment will be carried out by walk leaders prior to the walk. Each participant on a walk voluntarily assumes the risk of participating in the walk and accepts responsibility for their own actions and involvement. Each participant should therefore familiarise themselves with navigation and walking techniques suitable for the standard of walk chosen and be suitably equipped to ensure their own safety at all times.

Dogs are very welcome on walks but must be kept on a lead for the safety of other walkers.

Signed \_\_\_\_\_

Print Name \_\_\_\_\_

Date \_\_\_\_\_