

Please use this page to write an account of the days activities for the club newsletter and records and return to Sean Fogarty, Rocklands, Hempfield, Enniscorthy, Co. Wexford,

Comments & Observations

Please record any comments re incidents, safety, future recommendations etc. that you may have.



Walk Leader: _____ **Date:** ___ / ___ / ___

Advertised Route: _____ **Grade:** _____

Weather: _____ **Duration:** _____

Leaders, Please follow the instructions below

- Please get all participants to sign this card and record details of their address and phone number.
- Advise all participants that they must follow the leaders instructions at all times. Failure to do so will be taken to indicate that they are no longer participating in the club walk.
- Ensure that all participants are properly equipped for the walk that you intend to undertake.
- Advise all participant of the length, level of difficulty, duration and type of terrain the walk will involve.
- Any non members must be advised that they are not insured and advise them that they should join the club before coming on another walk.

**All participants must read the following
and then sign below.**

I have read and accept the walks guidelines on my membership form and I accept that mountaineering is an activity with a danger of personal injury or death. I am aware of and accept these risks and wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.

	Name (please print)	Phone	Member y/n	Return Check
1				
2				
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	Name (please print)	Phone	Member y/n	Return Check
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From	To	Magnetic Bearing	Distance	Time for distance	Height Gained	Time for Height	Total Time

Add 10min per hour to the totals above: Time Out _____ Time Back _____ Dark At _____