



Illawarra Ramblers Inc

Liability Disclaimer:

In voluntarily participating in any activity of the Illawarra Ramblers Inc, I am aware that this may expose me to hazards and risks that could lead to injury, illness or death or to loss of or damage to my property.

These hazards and risks may include but are not limited to:

Slippery and/or uneven surfaces, rocks being dislodged, falling at edges of cliffs and elsewhere, risks associated with crossing creeks, cycling on busy roads, weather conditions that could lead to hypothermia or heat exhaustion and being in remote locations where evacuation for medical treatment may take hours or days.

To minimise these risks I will endeavour to ensure that:

- Each activity is within my capabilities
- I am carrying food, water and equipment appropriate for the activity
- I will advise the activity leader if I am taking any medication or have any physical or other limitations that might affect my participation in the activity
- I will make every effort to remain with the rest of the party during the activity
- I will advise the leader of any concerns I am having
- I will comply with all reasonable instructions of the activity leader.

I have read and understand these requirements. I have considered the risks before choosing to sign this form. I still wish to join this activity. I accept that in registering and participating I will take responsibility for my own actions. If I am not a member, I also acknowledge that I have been granted temporary membership for the duration of this activity only.
