



# 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 [activities@illawarraramblers.com.au](mailto:activities@illawarraramblers.com.au)

If the activity is cancelled, please advise the Activities Recorder at the above email address.

## Acknowledgement of Risks and Obligations of Members

This acknowledgement of risks applies to all club activities I may undertake as a member or a visitor of the Illawarra Ramblers Club (The Club). In voluntarily participating in activities of the Club which are described to me by the activity leaders I am aware that my participation in the activities may expose me to hazards and risks that could lead to injury, illness, or death or to loss of or damage to my property. I also acknowledge that I may encounter weather conditions that could lead to hypothermia and being in locations where evacuation for medical treatment may take hours or days. In particular, when participating in abseiling or above the snowline activities I am aware that these activities could expose me to additional hazards and risks described to me by the activity leader.

To minimise risks I will endeavour to ensure that:

- Each activity is within my capabilities
- I am carrying food, water, medication, and equipment appropriate for the activity
- I will advise the activity leader if I am taking any medication or have any physical or other limitation 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, and
- I will comply with all reasonable instructions of club officers and the activity leader.

I have read and understand the above requirements. I have considered the risks before choosing to sign this acknowledgement of risk. I still wish to join this activity. I accept that in signing this form I will take responsibility for my own actions and that if signing this form as a visitor, I have been granted temporary membership of the above-named club for the duration of this event only.

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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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**NOTES:**