

2025 CLUB INFORMATION

GENERAL - The Club was originally founded in June 1983 for NALGO (now UNISON) Trade's Union members, however in January 1994 previous membership restrictions were removed and the Club name changed. The Club is an affiliate member of Connected Voice and stages events throughout the year. There is a Saturday & Sunday walk each month; one or two weekend trips are arranged each year; and we have an annual week trip. When selecting the locations of walks, the Club Committee have tried to cater for the varying standards and capabilities of our 54 members; however, the nature of the terrain is such that we have to assume that both members and invitees/guests have a **reasonable level of fitness** as a minimum (see grading guidance below).

GRADING GUIDANCE - Sunday Walks are usually graded Leisurely or Moderate. Saturday Walks are graded either Leisurely/Moderate for suggested lower-level routes or Strenuous/Technical for suggested higher-level routes.
Leisurely - walks for those with a reasonable level of fitness and ideally a little country walking experience. May include unsurfaced rural paths. Walking boots and warm, waterproof clothing are recommended;
Moderate - walks for those with country walking experience and a good level of fitness. May include some steep paths and open country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential;
Strenuous - walks for experienced fell-walkers with an above average level of fitness. May include hills and rough country, and may be at a brisk pace. Walking boots and warm, waterproof clothing are essential;
Technical - walks for experienced and very fit fell-walkers with additional technical skills. May require scrambling and use of ice axes or crampons.

SATURDAY WALKS - We meet in the car park of Gateshead Civic Centre for a 08.00 departure to various destinations in the north of England. A Denton Travel minibus is usually provided; however, to enable more than 16 members to participate in each walk, members who either own or have access to a private vehicle are requested to allow it to be used as Club transport on a maximum of one occasion each year. In return, petrol/parking expenses are paid @ 40p per mile. Both high and lower-level routes are usually suggested; new or inexperienced members are requested to carefully consider which route they will best be able to safely complete in view of the terrain, fell and weather conditions and the hours of daylight - **if in any doubt, please choose the lower-level walk**. We usually break our homeward journey for about half an hour with a fish and chip stop. Over the Summer months we usually arrive back at Gateshead Civic Centre by 22.00; in Winter we arrive back much earlier as walks are obviously more restricted by the hours of daylight.

2025 Saturday Events			
1 st February	Hexham/Warden Hill Fort	26 th July	Whinlatter/Braithwaite/Coledale
1 st March	Simonside	6 th September	Martindale
5 th April	High Cup Nick	4 th October	Blencathra
3 rd May	Ambleside	1 st November	N Y Moors Rosedale
7 th June	Great Langdale	29 th November	N Y Moors Coastal
5 th July	Honister Pass	Reserve Event	Thrunton Woods

Bookings open two calendar months in advance of any Saturday walk involving use of a Denton Travel Services' minibus and can be made either by email or phone/text message. Anyone who insists in using their car to travel to an event or wants to return early (i.e. miss out the refreshment stop) will not qualify for petrol expenses and must pay the required £1 per participant BACS payment within 3 working days. If notification of a cancellation is received at any time prior to 08:00am on the morning of the walk and it is still possible to fill all seats in all Club transport, the fare will be waived/refunded. If notification of cancellation is not received, unfortunately the full fare will remain due.



2025 Sunday Walks

19 th January	Craster - Low Newton	20 th July	Corbridge, Aydon Castle & Stagshaw
16 th February	Waskerley 4 reservoirs	17 th August	Cotherstone - Romaldskirk
23 rd March	Hartburn and Rothley castle	21 st September	Blanchland, Birkside Fell & Beldon burn
20 th April	Old Ingram valley	19 th October	Haltwhistle south Tyne
18 th May	Newbrough and Roman wall	16 th November	Herrington & Penshaw
15 th June	Willington circular	14 th December	Whitburn & Cleadon coastal

Bookings open one calendar month in advance of any Sunday walk and can be made either by email or phone/text message and confirmed within 3 working days by submitting the required £1 per participant BACS payment. In line with all Club events, the event Co-Ordinator will attempt, whenever possible, to allocate bookings on a 'first come, first served' basis.

WEEKEND TRIPS - For weekend trips we invariably hire self-catering cottages, although we occasionally stay in youth hostels or camp. Walks are usually planned on the day after studying a map and the local weather forecast.

2025 Weekend Events

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WEEK TRIPS:

2025 Week Events

Patterdale	15 th to 22 nd March	Craigard Lodge, Cairngorms	9 th to 16 th May

In March 2025, Claire O'Sullivan, Lyn Boyle, Lynn Ford, Ronnie Willison, Liz Beech, Anne Marie Forster, Neil Waite, Ian Goodman & Natalie Goodman will be staying in Lodge 1 and Chalet 1 on the Patterdale Hall Estate at a cost of £142 per member. This 300-acre private estate is located in the breath-taking Ullswater valley, wrapped around the southern tip of Ullswater, England's most beautiful lake. Ideally located at the foot of some of Lakeland's most magnificent and scenic mountains (Place Fell, St Sunday Crag, Helvellyn, High Street) and, at the same time, for exploring by car the whole of the Lake District as it is within a short drive of Penrith, Keswick, Windermere, Ambleside, Bowness and Kendal. In May 2025, Lynn Ford, Ronnie Willison, Claire O'Sullivan, Carol Lonsdale, Ian Storey, Ellen Morrison, Mike Morrison, Jean Walker, Steve Walker, Malcolm McVey, Ailie Langston, Margaret Andison, John Costello & Lucy Topping will be spending 7-nights in Craigard Lodge, Boat of Garten, within the Cairngorms National Park at a maximum cost of £257 per member. This is a grand and spacious Highland self-catering lodge with cinema room, games room, hot tub, wine cellar, stained glass windows, rain showers, very impressive staircase and mountain views from turreted rooms. Should you also wish to participate in either event, please contact the Secretary as soon as possible.

COMMITTEE MEETINGS - These are held at least every six months in Gateshead Civic Centre.

2025 Committee	
Officers	Other Members
Secretary	Graeme Page
Assistant Secretary	Ania Retkowska
	Evelyn Brown
	David Ellerington
	Lynn Ford
	Anne Marie Forster
	Alan Ross
	Roger Smith
	Ian Storey

NAVIGATION - New or inexperienced members are more than welcome to accompany the more experienced members on walks that take place during Club events. However, for those with little experience of navigation it is advisable, for member's own safety and enjoyment, to use Club walks to learn and/or develop navigational skills. Experienced members will always be ready to give help and advice about navigation during Club walks.

SHOPPING - Privileged shopping facilities (usually 10%) are available to members at NevisSport, 100 Grainger Street, Newcastle.

MAP READING - A map is a representation, on flat paper, of the three-dimensional features of the earth. Some members boast that given a map of some part of the country, they can scan a part of it and have a mental picture of the landscape it represents. This is possibly an exaggeration. The map certainly details the bones of the landscape, the flesh is left to the imagination. The Club has some experienced map-readers, however that task is invariably left to them. This is unwise; everyone should take a turn! Map reading is important as it is the key to enjoying the countryside. Anyone who lacks this easily acquired skill is denied an essential freedom.

CLOTHING, EQUIPMENT and PREPARATION - Safety, efficiency and comfort should be your guide. Clothing should be warm, comfortable, windproof, waterproof and colourful. The longer and higher the route, the better the equipment which is required.

Winter conditions (i.e. any time when there is snow, ice or frozen turf underfoot), plus the reduced daylight hours, can transform a pleasant summer stroll into an epic journey and paths normally posing no real dangers or problems can change overnight. It is obviously essential, in such conditions, that the correct equipment is carried and clothing worn.



€ Obtain a local weather forecast with fell conditions.

€ Learn how to use a compass, read a map and administer simple first aid.

€ Walk in company - it is safer and more enjoyable.

€ Start the day with a cooked breakfast.

€ Plan your route beforehand, balancing the terrain, the hours of daylight, the fell and weather conditions against your own experience and ability. You should allow at least 1hr for every 4km [2.5 miles] of your route plus 1 minute for every 10m contour line crossed during ascent.

€ Allow a large safety margin and always anticipate the worst.

€ Ensure that other party members are adequately clothed and equipped and that no one is overburdened.

€ Before you set off leave precise written details of your party, intended route (with possible variations) and expected time of return with a responsible person.

INSURANCE - The Club have both Employer's (£10,000,000) & Public (£1,000,000) Liability Insurance. Such cover specifically excludes any Club activities involving the use of "ropes".

To Whom It May Concern
Gateshead Civic Walking Club

 **access** INSURANCE
 **MARKEL**

COMMUNITY GROUPS, CHARITIES AND TRUSTEES
COMBINED INSURANCE CERTIFICATE

 **access** INSURANCE

This is to confirm that we are the insurance advisers for the above organisation and arrange the following cover on their behalf:

Employers Liability
Insurers : Markel International Insurance Co Ltd [Scheme]
Policy Number : SC2100F240YR/1/564
Limit of Indemnity : £10,000,000
Renewal Date : 15/01/2025

Public/Products Liability
Insurers : Markel International Insurance Co Ltd [Scheme]
Policy Number : SC2100F240YR/1/564
Limit of Indemnity : £1,000,000
Renewal Date : 15/01/2025

Signed :  Dated: 18 December 2023

THIS IS TO CERTIFY that in accordance with authorisation granted under the Certificate Number stated below to the undersigned by Markel International Insurance Company Ltd (hereinafter "Underwriters"), which shall be supplied on application by reference to the Binding Authority Number MKL201601, and in consideration of the premium specified herein, the Underwriters are hereby bound to insure in accordance with the terms and conditions herein or endorsed hereon.

SCHEDULE

CERTIFICATE NUMBER:	SC2100F240YR/1/564
Assured:	Gateshead Civic Walking Club
Period of Insurance:	15/01/2024 to 14/01/2025 (both dates inclusive)
Sum(s) Insured and Limits of Indemnity:	As stated in the Schedule of Sum(s) Insured and Limit(s) of Indemnity
Premium:	£75.00 (+ IPT @ 12% = £9.00) = £84.00
Fee:	£30.00

In Witness whereof this Certificate has been signed by 

On behalf of Markel International Insurance Company Ltd. Dated: 18 December 2023

Access Insurance Services | Selsdon House | 212-220 Addington Road | South Croydon | London | CR2 8LD
020 8651 7420 | insure@accessinsurance.co.uk | www.accessinsurance.co.uk
@accessinsurance | /accessinsuranceservices
Access Insurance Services is a trading name of Access Underwriting Limited.
Registered in England and Wales: No. 3880990 Registered Office: As above. Authorised and regulated by the Financial Conduct Authority. FCA Register No. 300421.

FURTHER INFORMATION REQUIRED? - Please  **CivicWalker@Gmail.COM**



CONSTITUTION (Effective – 16th January 2025)

1) TITLE - The title of the Club will be “Gateshead Civic Walking Club”.

2) OBJECTIVES - The objectives of the Club will be “To encourage and enable members to participate in hill-walking events utilising, whenever possible, minibus/car-sharing (*‘Club Provided Transport’*) from the Civic Centre to minimise carbon emissions”.

3) MEMBERSHIP

3.1 Membership will be open to all persons aged 18 years or over. During an initial calendar year, prospective members may attend up to **two** Club organised Saturday or Sunday events as a *‘guest’* before being required to submit an application for membership in order to facilitate, if approved by Club Committee, continued participation in organised Club hill-walking events for the remainder of that calendar year. Prospective members must submit a guest participation form in order to facilitate, if sanctioned by Club Committee, participation in any organised Club hill-walking event.

3.2 Applications for membership will be made in writing on the form provided for that purpose and signed by the candidate. The candidate’s election to membership will be subject to the agreement of the Club Committee.

3.3 Membership of the Club will expire on 31st December each year, after which a new application for membership may be submitted.

3.4 The Club Committee will have power to close membership if it is deemed necessary.

3.5 The Club Committee will have power to suspend the membership of any member who offends against the Constitution or bylaws of the Club or whose conduct, in the opinion of the Committee, renders them unfit for continued membership.

4) SUBSCRIPTIONS

4.1 The cost of annual subscription will be **£5**. The Club Committee will however have power to revise the cost of subscription after 30th June each year.

4.2 Members who are elected as Officers will not be liable for the cost of subscription.

5) MANAGEMENT

5.1 The management of the Club will be vested in a Committee, which will consist of: Secretary, Assistant Secretary (together called *‘the Officers’*) and up to **seven** other members.

5.2 All members of the Club Committee will be elected at the Annual General Meeting and, subject to termination of office by resignation or otherwise, remain in office until successors are elected at the next Annual General Meeting.

5.3 The Club Committee will have power to fill any casual vacancy which may occur.

6) BOOKING REQUIREMENTS

6.1 Bookings for an organised Club hill-walking event will only be accepted when made either by e-mail to CivicWalker@Gmail.COM or by phone/text to 07963064198. Any member or *‘guest’* failing to make either an e-mail or phone/text booking will not be allowed to participate in that organised Club hill-walking event.

6.2.1 Bookings in respect of a Saturday event involving the use of a minibus will only be accepted from a member or *‘guest’* up to a maximum of two calendar months in advance of each Saturday event.

6.2.2 A member or *‘guest’* volunteering to use their private vehicle for car-sharing purposes from the Civic Centre may make a booking up to a maximum of one calendar month in advance of each Saturday/Sunday event. A member or *‘guest’* requiring car-sharing transportation from the Civic Centre may make a booking up to a maximum of two weeks in advance of each Saturday/Sunday event.

6.2.3 Full payment must be received by the Secretary within three working days of the booking.

6.2.4 Seats in all '**Club Provided Transport**' (i.e. minibus or private vehicle being used specifically at the request of the Club) will be allocated on a '**first come, first served**' basis. In the event of all seats in all '**Club Provided Transport**' being allocated, a reserve list will be created and the Secretary will, if numbers permit, arrange additional Club provided transport. If this is not practicable, a full refund will be given.

6.2.5 If a member or '**guest**' is unable, for whatever reason, to travel from the Civic Centre in '**Club Provided Transport**' and still wishes to participate in the walk, mileage will not be paid by the Club, however a booking must still be made with the Secretary up to a maximum of one calendar month in advance of each Saturday/Sunday event and a **£1** per participant administration fee will be levied in respect of all participants.

6.2.6 The driver(s) of all '**Club Provided Transport**' from the Civic Centre will subsequently receive expenses via BACS Transfer to cover all fuel and parking cost associated the car-share. The Club Committee will have power to determine an appropriate mileage rate.

6.2.7 Any member or '**guest**' subsequently wishing to cancel a booking must do so either by e-mail to CivicWalker@Gmail.COM or to the Club's telephone number as specified in the booking confirmation ('**Due Notification**'). No other method of cancellation will be considered valid.

6.2.8 If '**Due Notification**' is received and it is subsequently possible to fully allocate all seats on all '**Club Provided Transport**', no payment will be required and any payment received will be refunded in full by BACS transfer on receipt by the Secretary of the '**guest**' or member's bank sort-code and account details. In all other circumstances the fee will remain payable in full.

6.3.1 Bookings for either a Club Week or Weekend event will only be accepted when made either by e-mail to CivicWalker@Gmail.COM or by phone/text to 07963064198. The '**initial payment**' required in order to confirm the booking should ideally be received by the Secretary within five working days. Once in receipt of the required '**initial payment**', each Club member will, in the event of subsequent cancellation, remain liable for the full total cost of each bed unless it is possible to fully allocate all beds in all Club organised accommodation. The Club therefore suggest that participants should ideally invest in a suitable holiday cancellation insurance policy.

6.3.2 A **£10** per participant administration fee will be levied in respect of all organised Club week events together with a **£5** per participant administration fee being levied in respect of all organised Club weekend events.

6.4 If the Club cancels an event for any reason, a full refund will be given.

6.5 The Club Committee shall have the absolute discretion to agree to a refund/non-payment of fees in exceptional circumstances. These would include (but are not limited to) where a member or '**guest**' has a serious injury or illness that prevents them participating in an organised Club hill-walking event or suffers a bereavement.

7) SAFETY REQUIREMENTS

7.1 Members and '**guests**' intending to participate in an organised Club hill-walking event must ensure that they have made an e-mail or phone/text booking and must also provide, on the day, full written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members and '**guests**' should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.

7.2 Members and '**guests**' must wear strong boots with good grips and carry the following items of clothing and personal equipment in a well-fitting rucksack: spare warm clothing, full set of waterproofs, torch, whistle, emergency rations and a survival bag. An ice axe must also be carried if winter conditions are likely to be encountered. In addition, each group of walkers must have access to at least one map, compass and basic first aid kit for the entire walk.

7.3 Members and '**guests**' must wear a seat belt when travelling to an organised Club hill-walking event in '**Club Provided Transport**'.

8) ALTERATIONS TO THE CLUB CONSTITUTION - The Club Committee will have power to alter the Constitution of the Club, but no such alteration will take effect until confirmed at a General Meeting.

9) BYLAWS - The Club Committee will have power to make bylaws for regulating the conduct and affairs of the Club, provided that they are not inconsistent with the Constitution of the Club. Such bylaws will be notified to and be binding on all members.

10) ANNUAL GENERAL MEETING

10.1 The Annual General Meeting will be held not later than 31st January each year in order to transact the following business:-

10.1.1 to receive and, if approved, adopt a statement of the Club's Accounts to the end of current financial year;

10.1.2 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

10.1.3 to appoint the Secretary, Assistant Secretary and other members of the Club Committee;

10.1.4 to deal with any motions which either the Club Committee or members wish to bring before the meeting;

10.1.5 to consider making an appropriate Club donation to the **Lake District Search and Mountain Rescue Association (LDSAMRA)** having due regard to the current state of the Club's finances.

10.2.1 All proposed alterations to the Constitution of the Club, motions to be considered at the meeting and nominations for the Officers and Committee must be made on the form provided for that purpose and be received by the Secretary by the due date. Motions received after this date may still be considered at the meeting, subject to the prior agreement of the Club Committee.

10.2.2 At least seven days notice will be given to members of the date, venue and agenda items for the Annual General Meeting.

10.2.3 If less than three members are nominated for the Officers and Club Committee by the due date, the Secretary will have power to re-elect the retiring Officers and Committee. If less than three retiring members agree to be re-elected, the Secretary will call a General Meeting in order to consider a resolution for the dissolution of the Club.

11) SPECIAL GENERAL MEETING

11.1 A Special General Meeting will be convened by the Secretary within one calendar month of the receipt of a written requisition signed by at least three members, for any of the following purposes:-

11.1.1 to consider and, if approved by a majority of two-thirds of those members present and voting, sanction any duly made alteration to the Constitution of the Club;

11.1.2 to deal with any motions which either the Club Committee or members wish to bring before the meeting;

11.1.3 to remove any member or members of the Club Committee from office and to fill any vacancy or vacancies caused by such removal;

11.2 At least seven days notice will be given to members of the date, venue and agenda items for the Special General Meeting.

12) CHAIRPERSON'S CASTING VOTE - At Club Committee and General Meetings those present will elect one of their number to be Chairperson. The person so elected will have a casting vote in the event of an equality of votes.

13) POSTAL VOTE - If a member is unable to attend a General Meeting where a ballot is required, a postal vote will be accepted, provided it is made on the form provided for that purpose and it is received by the Secretary by the due date.

14) QUORUMS

14.1 At Club Committee meetings (except for the purpose of expulsions when five members will form a quorum) three will form a quorum.

14.2 At General Meetings ten members will form a quorum.

15) INDEMNITY

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

15.1 That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;

15.2 That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities (*'the Organisers'*) against all liability arising by virtue of that member's *'guests'* participation in the same;

15.3 That *'the Organisers'* do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or member's *'guests'* safety;

15.4 That *'the Organisers'* shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or *'guests'* nor loss of or damage to their property arising from participation in Club activities;

15.5 That both members and *'guests'* are responsible for ensuring that they are properly equipped and clothed for each Club activity;

15.6 That members and *'guests'* participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members or *'guests'* participation will attach to *'the Organisers'*.

16) DISSOLUTION OF THE CLUB - If at any General Meeting a resolution for the dissolution of the Club is passed by a majority of three-quarters of the members present and voting, the Club Committee will immediately, or at such future date as may be specified in such resolution, proceed to realise the property of the Club and, after discharge of all liabilities, will divide such property by way of a donation to one or more Registered Charities which share similar Aims and Objectives to that of the Club (*"encourage and enable participation in organised hill-walking events"*). On the completion of such discharge, the Club will be dissolved.

17) HEADINGS - The Club Constitution headings are for ease of reference only and will not be taken into account in their interpretation.



2025 MEMBERSHIP APPLICATION FORM

FULL NAME

HOME ADDRESS

POST CODE

[Home]

[Mobile]

[Work]

EMAIL ADDRESS

Home



Work



Club news will be circulated electronically. However, the very latest Club information may also be viewed and/or downloaded from the Club's [Website](http://www.civicwalker.org.uk) <http://www.civicwalker.org.uk>.

Person to be contacted in an emergency

Name

Address



Relationship

Details of your [Mobile] together with your emergency contact will appear on event Attendance Sheets.

Have you a medical condition of which the Club should be made aware?

YES/NO

If **Yes**, give details:

If you have access to a car, would you be prepared, if necessary, to use it on one occasion per calendar year as *Club Provided Transport*? In return the driver will receive fuel/parking expenses.

YES/NO

Annual Subscription Fee (expires 31/12/25)

£5

TOTAL {Cheques to be made payable to **Gateshead Civic Walking Club**}.

£5



Sort code: 52-30-44 Account number: 46159282 {Reference = your full name}

I am aware that my photograph or video image may be taken whilst attending or participating in Club walks or activities connected with the Club and by signing this form, I consent it being used by the Club for items like newsletters, event reports or on the Club website or social media channels.

I AGREE TO ABIDE BY THE CLUB CONSTITUTION AND HAVE NOTED THE CLUB INDEMNITY AND SAFETY REQUIREMENTS OVERLEAF.

SIGNED

DATE


Return completed Membership Application Form {and payment} electronically (scan or photo) to CivicWalker@Gmail.COM (A mailing address can be supplied upon request). Election to Membership is subject to the agreement of the Club Committee.

CLUB INDEMNITY AND SAFETY REQUIREMENTS

As a condition of membership of Gateshead Civic Walking Club and of participation in its activities, members agree and acknowledge:-

- ① That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;
- ② That any children or other legally incapacitated persons who attend the Club's activities at a member's invitation, remain that member's responsibility throughout and he or she agrees to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities (*'the Organisers'*) against all liability arising by virtue of that member's *'guests'* participation in the same;
- ③ That *'the Organisers'* do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility for members or *'guests'* safety;
- ④ That *'the Organisers'* shall not be under a duty to effect or maintain insurance cover in respect of death or injury to members or *'guests'* nor loss of or damage to their property arising from participation in Club activities;
- ⑤ That members are responsible for ensuring that they and their *'guests'* are properly equipped and clothed for each Club activity;
- ⑥ That members and *'guests'* participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from members or *'guests'* participation will attach to *'the Organisers'*.
- ⑦ Members and *'guests'* intending to participate in an organised Club hill-walking event *must* ensure that they have made an e-mail or phone/text booking and must also provide, on the day, full written details of their intended route (with possible variations), the name and telephone number of a person to be contacted in an emergency and sign to confirm that they agree to abide by the Club Indemnity and safety bylaws. The Club also recommend that members and *'guests'* should carefully consider whether they have the necessary ability and experience to safely complete their intended route in view of the terrain, fell and weather conditions and the hours of daylight.
- ⑧ Members and *'guests'* *must* wear strong *boots* with good grips and carry the following items of clothing and personal equipment in a well-fitting *rucksack*: spare warm *clothing*, full set of *waterproofs*, *torch*, *whistle*, *emergency rations* and a *survival bag*. An *ice axe must* also be carried if winter conditions are likely to be encountered. In addition, each group of walkers *must* have access to at least one map, compass and basic first aid kit for the entire walk.
- ⑨ Members and *'guests'* *must* wear a *seat belt* when travelling to an organised Club hill-walking event in *'Club Provided Transport'*.

Guest Participation Form

	SECTION A: GUEST DETAILS (Please complete all details in block capitals.)		
	First Name		Surname
	Mobile ☎		eMail
	Home Address		
Emergency Contact		Emergency Tel ☎	

<p>SECTION B: MEDICAL INFORMATION</p> <p>Please detail below any important medical information that our event coordinator should be aware of (e.g. epilepsy, asthma, diabetes, allergies, etc.) Please do not leave blank - if there is no information please write 'None'.</p> <div style="background-color: yellow; height: 30px; width: 100%;"></div> <p>* I consent to my special category personal data provided in section B to be shared with the event coordinator for the purposes of the delivery of my safe participation in club activity. This data will not be shared or processed for any other purpose.</p>
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SECTION C: PHOTOGRAPHY & VIDEO CONSENT (AGED 18 OR OVER)

I am aware that my photograph or video image may be taken whilst attending or participating in Club walks or activities connected with the Club and by signing this form, I consent it being used by the Club for items like newsletters, event reports or on the Club website or social media channels.

SECTION E: Disclaimer

I wish to participate on this walk organised by Gateshead Civic Walking Club. I wish to state that I have suitable clothing and equipment. I declare that I am fit and that I do not have any health issues that would inhibit my ability to complete the walk safely. Gateshead Civic Walking Club recognises that hill walking and rambling are activities with a danger of personal injury or death. By signing this form, I accept these risks and take responsibility for my own actions and involvement.

Date		Signature		Print Name	
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As a condition of participation in all Gateshead Civic Walking Club events, guests must agree and acknowledge:-

- ❶ That it has been brought to their attention that many of the Club's activities take place in steep, exposed mountainous or otherwise potentially hazardous terrain;
- ❷ That guests agree to indemnify the Club Committee and all others involved in the organisation or leadership of Club activities (*'the Organisers'*) against all liability arising by virtue of that guest's participation in the same;
- ❸ That *'the Organisers'* do not hold themselves out as having any special or particular skills or experience and do not bear any responsibility in respect of guests' safety;
- ❹ That *'the Organisers'* shall not be under a duty to effect or maintain insurance cover in respect of death or injury to guests nor loss of or damage to their property arising from participation in Club activities;
- ❺ That guests are responsible for ensuring that they are properly equipped and clothed for each Club activity;
- ❻ That guests participate in all Club events in the knowledge of all the above facts and in so doing acknowledge that they are a volunteer for the attendant risks and that no liability for death, injury or damage to property arising from guest's participation will attach to *'the Organisers'*.