

**** WalkTallSpain Disclaimer ****

I, _____ (full name)

Hereby acknowledge and agree to the following terms and conditions for participating in the **WalkTallSpain Informal Walking Group** with Tracey:

- I acknowledge and understand that outdoor activities such as walking can be hazardous, and I am voluntarily participating in these walks with knowledge of the risks involved, including but not limited to slips, falls, weather changes, and difficult terrain. I understand that I am personally responsible for my own safety and belongings during the walks.
- I fully understand that Tracey is organising these informal group walks as a friend and is not formally trained as a guide. I am fully aware that Tracey does not have public liability insurance, group rescue insurance or group medical insurance. I also understand that it is strongly recommended, and my own responsibility to obtain personal rescue insurance, and medical insurance. Tracey will not be held liable for any injuries, accidents, costs or losses that may occur. Additionally, Tracey cannot be held responsible for any delays or cancellations caused by events beyond her control, including but not limited to severe weather or other 'force majeure' events.
- I understand that I am solely responsible for understanding and deciding if I can walk the chosen route based on my current fitness, ability, health, and weather conditions. I agree not to participate if I am under the influence of alcohol or drugs.
- I will check the weather on the day of the walk and dress appropriately.
- I agree to arrive before the designated start time for each walk, understanding that the group will not wait for latecomers.
- I will come prepared for each walk with appropriate clothing, footwear, torch, hi-vis, whistle, food, drink, first aid kit, charged mobile phone, emergency contact number, and necessary identification.
- I am aware that Hi Vis is mandatory on roads, and I need to walk on the left-hand side in the direction of oncoming traffic, and to do so in single file.
- I will walk with the group and not break away, if I do so, I know this is at my own risk. I will inform someone if I decide to finish the walk separate from the group.
- I agree to take all rubbish home with me and respect the environment. I will not pick fruit or foliage unless explicit permission is given by the landowner.
- I acknowledge that the group is not open to children, and I will not bring dogs to respect the preferences and comfort of other group members.
- I understand that photos may be taken during the walks - I grant permission for my images to be used online.
- In accordance with GDPR regulations, I consent to the use of my personal information for the purposes of communication regarding WalkTallSpain.

By signing below, I declare that I hereby release and discharge Tracey and any other associated individuals from all liability, claims, demands, actions, and causes of action, whether in law or equity, arising from or relating to any injury, damage, or loss sustained during the walks, whether caused by negligence or otherwise.

Signature: _____ Date _____

Email: _____