

# Step Out at SWFC

## The Wednesday Walk on Thursdays



### Walker registration form

Welcome to the SWFC Community Programme health walk! Please complete this form before walking with us so we can help you get the most out of your walk.

<b>Please provide the following information:</b>		Name:	
Mobile:		Address:	
Phone:			
Email:		Post code:	

<b>Can we add you to our WhatsApp group?</b>	Yes	No
We have a WhatsApp group for announcing our walks and other activities. <i>If you use WhatsApp, please tick above.</i> If you are not in the WhatsApp group, you may not be notified about walks being cancelled, etc. If this is the case, you need to make your own arrangements for keeping in touch.		

<b>Do you have any medical condition which the walk leaders need to know about which could affect your ability to complete the walk?</b>	
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Unlike most Health Walks, our walks can be quite strenuous and in woodland or open countryside. We go over stiles and up and down steep slopes. If you feel that this may be a bit much for you, check with the leader before we start, as there is always an easier alternative.

<b>Do you need a carer, support worker or responsible adult to accompany you on the walk?</b>	Yes	No
Please note that leaders cannot always give one-to-one support and you may be asked to leave the walk if the leader feels there is good reason. Anybody under 16 must be accompanied at all times		
<b>If so, please give their name and contact details here:</b>		
Name:		
Mobile:		
Organisation (if relevant)		

<b>Please tick here to confirm that you understand you take part at your own risk and will seek medical advice if appropriate:</b>	
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**Continued Overleaf**

## Photographs and Videos

Please note we take photos and videos on the walks. If you do not want your picture to appear on social media, the web or posters, etc., please sign the box below. (This will only apply to 'official' publications; we cannot stop individuals publishing photos.) We will try to avoid taking pictures where you are recognisable, but please remind us at the start of a walk.

If you want to take pictures of the walk, please check that anybody who can be recognised has given permission to appear, and do not take 'candid' shots.

<b>Please tick here to confirm that you understand the photography guidelines and will try to abide by them.</b>	
<b>Please sign here if you DO NOT want to appear in any pictures</b>	

**The following information is optional;** if you supply it, it will be used to compile anonymous statistics which we will use it to help us create walks for you to enjoy and to manage them safely, and we will also compile statistics to help us raise funds and publicise the walks.

What year were you born in?		Gender?	
Ethnicity?			

<b>How far do you walk regularly</b>			
Very little (Sedentary or disabled)		Round the supermarket	
A couple of miles / an hour (eg walking the dog)		<i>This walk!</i>	
		Round Town	
		Five miles or more	

<b>Please tell us how you found out about the walk?</b>					
A friend		Fit Fans		Other SWFC	
				Twot.uk	
Other walk		Other		(Please specify):	
					<i>Other website</i>

<b>Were you recommended by a health professional to start walking?</b>					If so, who?
GP		Nurse		Physiotherapist	
				Cardiac Team	
Other		(please specify):			Mental health team

When you register to take part in this walk, your information will be held securely by the walk administrators and may be shared with walk leaders to ensure your safety on the walks. Your name and address and some anonymised statistics are shared with SWFCCP for the provision of insurance cover for these walks.

<b>Please sign here to say you understand the above and have been given our 'Information for Walkers' sheet, and you are happy for us to use your details as described.</b>	
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For full details see the 'information for walkers' sheet you should have been given with this form, or download from [twot.uk/resources](http://twot.uk/resources).