

**** WalkTallSpain Disclaimer ****

I, _____ (full name) hereby acknowledge and agree to the following terms and conditions for participating in the WalkTallSpain walking group organised by Tracey:

- I understand that Tracey, the organiser of WalkTallSpain, is not formally trained. I am participating in the walks at my own risk. I am personally and individually responsible for my safety, well-being, insurance and belongings during the walks. Tracey will not be held liable for any injuries, accidents, or losses that may occur.
- I am aware that Tracey does not have public liability insurance and I understand that it is strongly recommended, and my responsibility to obtain my own insurance coverage for rescue and medical costs in case of an accident during the walks.
- 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 will check the weather on the day of the walk and dress appropriately.
- I agree not to participate in the walks if I am showing signs of illness or intoxication, as it may compromise my safety and that of the group.
- 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 will stay in visual contact with fellow walkers, particularly at junctions, and ensure that I am aware of the people ahead and behind me.
- 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 and shared within the closed Facebook group and on social media. I grant permission for my images to be used online.

By signing below, I declare that I acknowledge that I have read, understood, and agree to the terms and conditions outlined in this disclaimer.

Name: _____

Date: _____

Signature: _____