



Application Form and Declaration Room to Breathe Group

Although we shall endeavour to lead this event with all due care and safety, we need participants to be responsible for their own physical well-being. Please sign this declaration and return **it to Chris Powell at least 5 days before the walk.**

PLEASE USE BLOCK CAPITALS AND COMPLETE ALL SECTIONS.

I understand that I am going to undertake a physical activity in the open-air, and that such activities are potentially hazardous. I understand that I am responsible for my own physical well-being and safety, and will behave in a manner to ensure my own and others' safety. I declare that I am not aware of having any physical illness or disability that would prevent me from hill-walking safely. I am sufficiently physically fit to walk for 8 miles in hill country and spend the day on the hills in poor weather conditions.

Signed	
Date	
Print name	
Address	
Email address	
Home phone number	
Mobile phone number	

Person to contact in case of emergency

Name	
Mobile phone number	
Home phone number	
Work phone number	

Please return to Chris Powell, 1 Hilton Place, Harehills, Leeds, LS8 4HE **at least 5 days before the walk** along with a cheque for £30 for one day, or £90 to book the next four days, made out to Spark, or contact chris@spark.uk.net for details for electronic bank transfer.

Please contact Chris if you have any queries about the form, the payment or the walk.