Leeds Health Walks

WELCOME: Please complete the section below the 'Tear Here' line to sign on with LHW, and return the completed section to a Walk Leader as soon as you can.

Walk schedules are issued to cover bi-monthly periods of the year and give details of each walk, including approximate distance (usually 3 to 6 miles) hills, stiles and start points. You don't need to book ahead so please just turn up on the day ready for a start at 10.30. If there is a last minute problem we will try to make mobile contact.

We aim to Risk Assess all walks but on the day there can be other concerns such as weather extremes, and roadworks. As with all walks you need to watch out for tree stumps, rubble, oncoming path users and cyclists etc! Before the start the Walk Leader will add other details such as road crossings, electric fences and livestock before we set off.

Please note that you always walk at your own risk.

FEES: Annual membership covers all walks in a 12 month period from April to the end of March the following year. The current fee is £15.00, however, if you prefer to walk with us on random dates, then please decide personally what you should pay based on the time of year you start, and your probable walk frequency! All payments should be made online, but if you have a problem with this, please let us know. We don't charge for kids!

LEEDS HEALTH WALKS: Sort code: 09 - 06 - 66 Account Number: 42190471
Please enter your name as the reference so we can identify the payment

CONTACT DETAILS: Our website is www.lhwalks.wixsite.com/home and is kept updated with information including Walk Schedules. Walk Leader phone numbers are also on the schedules. Please complete details below, then tear off the section below and return it to a Walk Leader, keeping the above notes for yourself.

>>TEAR HERE>>

FULL NAME: ..... SIGNATURE:.....

ADDRESS: ..... POSTCODE: .....

TELEPHONE: ..... EMAIL:.....

HEALTH & FITNESS INFORMATION: If you have any condition now or in the future that may affect your ability to walk safely you should check with your Doctor before starting or continuing to walk with LHW. Please make a note below of any current health issues we should be aware of.

INFORMATION DETAILS: Your information will be stored on a computer and will be used to send walk schedules, newsletters and other information. It will never be used for marketing purposes. By completing and returning this form, you are agreeing to LHW using the information for administrative purposes. To unsubscribe use the contact page on the LHW website, enter your details with the subject as "Unsubscribe" and send. Your details will be removed within 14 days.