



SPORT SOUTHLAND WALK GROUP REGISTRATION 2009

Sport Southland walk groups venture and explore around the Southland Province. Registering entitles you to all walk lists and participate in any of our walk groups. In addition to this you will receive regular updates and invitations to Sport Southland events and activities. Registration is \$10 per year. Nametags are issued with your inaugural membership. If you would like to register for 2009, please fill out the attached form and return with \$10.00 to:

Sport Southland PO Box 224 Invercargill 9840

OR CONTACT

Ann Robbie (03) 211 2150 or 0273538488

kiwiseniors@sportsouthland.co.nz

Walk list are available from Sport Southland reception or via our website -
www.sportsouthland.co.nz



SPORT SOUTHLAND WALK GROUPS 2009 REGISTRATION FORM

REGISTRATION FEE \$10.00 - PAYMENT WOULD BE APPRECIATED PRIOR TO 31 MARCH

NAME _____ MALE FEMALE

PREFERRED NAME ON NAMETAG _____

ADDRESS _____ POSTCODE _____

PHONE NO. _____ NEW MEMBER RE-REGISTERING

WALK GROUP (please tick)

- Invercargill
- Te Anau
- Eastern
- Northern Southland
- Takatimu

AGE GROUP (please tick)

- Under 50
- 50 - 59
- 60 - 69
- 70 - 79
- 80 plus

EMAIL _____

HEALTH ISSUES No Yes (If yes, please provide details) _____

I HAVE READ, UNDERSTOOD AND AGREE TO ABIDE BY THE RULES PROVIDED AS PART OF THIS WALK GROUP.

SIGNED _____

DATE ____/____/____

PLEASE HOLD ONTO THIS IMPORTANT INFORMATION:

- All nametags are to be worn on all walks please. Let us know if you don't have one or require a replacement
- Meet at 9.20am STADIUM SOUTHLAND CAR PARK. Buses will leave at 9.30am SHARP unless otherwise stated. Estimated time of return is approx 1-2.30pm unless stated
- Leave the 2 seats behind the bus driver free for the leaders so they can advise the driver on travel routes
- The road code applies to all road walks – Maximum of two abreast, stay off the traffic lanes please and vehicles have right of way
- All walkers please stay behind the leaders as they have planned the walk, will know of any detours, hazards etc
- Buses will follow where possible so you can get back on if necessary
- No walker is to walk alone - please look after your team
- Bring a campstool, thermos/drink bottles, sun block, food, comfortable shoes, water proof jacket and warm clothing. These can all be left on the bus whilst walking
- Remember to bring coin change for your bus fare. Bus fares usually range from \$6 to \$15. Prices can vary depending on the number attending
- Please show respect to everyone. Be considerate of others and all private property
- Cancellations (although unlikely) are on More FM or Classic Hits radio station before 8.30am
- All participants are to help the leaders. Please speak to the leaders if you notice something amiss or someone that is showing signs of illness or fatigue
- Any injuries must be reported to the daily leader, who will inform Sport Southland
- Sport Southland will not be held responsible for any injury that occurs during a walk
- Compulsory for you all to enjoy your walks! Sport Southland loves your constructive feedback

NB: –Please register for all the 'full day' trips and pay before the due date. All 'day trips' will be first in first served - when payment is received

