

BNZ ACTIVE WALKERS 'KIWI SENIORS' EASTERN SOUTHLAND REGISTRATION 2011

Sport Southland KiwiSeniors 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; this information is available via our website, from Sport Southland or in the weekly 'folder' in the gear bag on the bus. Registration is \$10 per year. Nametags are issued with your inaugural membership. If you would like to register for 2011, please fill out the attached form and return with \$10.00 to:

**Sport Southland, c/- Gore Multi Sports Complex,
P O Box 8 Gore**
(03) 208 3846, susie.burrows@sportsouthland.co.nz
Or Ann Robbie (03) 211 2150

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



BNZ ACTIVE WALKERS 'KIWI SENIORS' EASTERN SOUTHLAND 2011 REGISTRATION FORM

REGISTRATION FEE \$10.00 - PAYMENT WOULD BE APPRECIATED PRIOR TO 31 MARCH 2011

NAME _____ MALE FEMALE

PREFERRED NAME ON NAMETAG _____

ADDRESS _____ POSTCODE _____

PHONE NO. _____ NEW MEMBER RE-REGISTERING

Age group – please tick 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 .PLEASE SEE OVER THE PAGE.

SIGNED _____ DATE ____ / ____ / ____

PLEASE HOLD ONTO THIS IMPORTANT INFORMATION:

- To register for each walk, please put your name on a list at either the **Sport Southland office or the Gore Library** or email susie.burrows@sportsouthland.co.nz. This needs to be done before 5pm on the Friday before the walk.
- If you need to cancel your seat on the bus, please phone Sport Southland (208 3846) or one of the Leaders.
- Please wear your name tag on all walks. Let us know if you don't have one or require a replacement
- Meet at 9.20am outside the Gore District Council on Civic Ave. Buses will leave at 9.30am SHARP unless otherwise 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, insect repellent, water proof jacket & over-trousers and warm clothing. These can all be left on the bus whilst walking.
- Remember to bring the correct change for your bus fare. Bus fares usually range from \$8 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 Hokonui Gold 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. One of the leaders will be carrying a first aid kit.
- 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.

