

BNZ ACTIVE WALKERS 'KIWISENIORS' INVERCARGILL 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 PO Box 224 Invercargill 9840

OR CONTACT

Ann Robbie (03) 211 2150

kiwiseniors@sportsouthland.co.nz

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



SPORT SOUTHLAND ACTIVE WALKERS 'KIWISENIORS' INVERCARGILL 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 ____/____/____

IMPORTANT –WALKERS RETAIN THIS FOR FUTURE REFERENCE

- All nametags are to be worn on all walks please. Let us know if you don't have one or require a replacement
- Please meet **before** 9.15am 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 2 seats behind the bus driver free for the leaders so they can advise the driver re 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 must stay behind the leaders, they planned the walk and will know of any detours, hazards etc
- Buses will follow where possible so you can hitch a ride if necessary
- Never walk alone! – and please look after your team
- Bring a campstool, thermos/drink bottle, sun block, food, comfortable shoes, water proof jacket and warm clothing. These can all be left on the bus whilst walking. Listen to your leader for instructions re the day.
- 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 – so be prepared as we do not have change.
- Be considerate and respect others and all private property. Leave gates as you find them. Take your rubbish.
- Cancellations (although unlikely) are on Classic Hits 98.8 FM 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 at Sport Southland for all the 'full day' trips and pay before the due date. All 'full day' trips will be first in first served - when payment is received.

