



WWW. Walkabout-int.org
 Phone (619) 231-7463
 Fax (619) 231-9246

*******Personal Waiver*******

I recognize that WALKABOUT INTERNATIONAL, and its affiliates are non-profit organizations which promote walking for health, social and educational purposes for the benefit of the public. I also realize that such activities are provided by the efforts of public spirited volunteers offering their services without payment. THEREFORE, in a spirit of mutual good will, I AGREE that I or others acting in my name, will not bring any claims or litigation against WALKABOUT INTERNATIONAL, its walk leaders or any other person(s) or agency participating in this event, as a result of any personal or physical loss, including, but not limited to illness, accidents, theft, damage, injury, loss of property or loss of life.

Walk Sign-in Sheet

<u>Walk Title:</u>	<u>Walk Leader:</u>	<u>Meeting Place</u>	<u>Date:</u>	<u>Miles:</u>
<u>Signature</u>		First Timers or Non-Subscribers Please: Print Name & Phone Number or Email		
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Safety Rules Approved 12/14/2018

All participants must be in condition, well-prepared for walk conditions, and will be accepted at the leader's discretion.

General:

Carry Identification and/or Medical Card with you

Lock belonging in trunk before walking and take valuables with you on the walk

Car locked & windows up

Stay behind the walk leader, let leader set the pace. No one behind the sweep

Echo back obstacles

Obey traffic signals

Cross at intersections

Regrouping will occur at crosswalks and the end of walk

Stay on sidewalks when possible. Walk facing traffic

Stay off private lawns

You must notify the leader if you want to leave walk

Only service animals allowed unless indicated in the newsletter as a special walk with dogs

Adventure pass or equivalent displayed if necessary

Participants must be able to keep up with the group

Carry sufficient water

Be prepared for adverse weather, we may not turn back

Night Walks:

Use flashlight or walk with someone with flashlight.

Don't shine flashlight on houses

Fold along this line; tape both top & bottom to mail into the office. Please attach stamp and your return address.

**WALKABOUT-INTERNATIONAL
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San Diego CA 92106**