



## MOVE MORE WALKS

### TERMS & CONDITIONS

The priority of the walking program is to safeguard the health of all walkers and walk leaders whilst providing safe, fun, social and accessible sessions. Please read the Terms below and if anything is unclear, please contact Seán, our Move More Jersey Volunteer Program Officer at [movemore@jerseysport.je](mailto:movemore@jerseysport.je) or call 07797 819916.

- New walkers must register themselves via the Hub before joining their first walk: [Move More Jersey - Online Referral Form - ReferAll Self-Referrals \(refer-all.net\)](#) Please note should anyone arrive at a walk on the day without registering, they will be politely asked to register and return to another walk on a future date.
- Once registered, walkers are not required to book to attend walks.
- All walkers are requested to bring their own filled water bottle and hand sanitizer.

- The participant must inform the Move More Jersey Walk Leaders, if there is any change to their health condition whilst participating in the Walks programme. Jersey Sport cannot be held responsible for any injury/ death which may occur as a result from any omission or false information.
- The Participant must accept that they are walking entirely at their own risk and that they are suitably fit and well to attend a Walk.
- The participant will be responsible for monitoring their own responses during exercise:
  - If at any time on the walk, the participant experiences discomfort or concern, it is the participants responsibility to inform the Walk Leader.
  - Participants must stop immediately and inform the Walk Leaders if they feel unwell, experience any chest pain, nausea, dizziness or feel faint whilst exercising.
  - If a participant is unwell (e.g., cold, flu, generally feeling unwell), they must not attend the walk.
- Jersey Sport, it's staff and its volunteers cannot be held responsible for any injury which may take place because of the participant deviating from the programme in place.
- Please be aware that the level of walks varies across the programme. If participants are unsure which walk to sign up to, they should contact the Move More Jersey Volunteer Programmes Officer for advice prior to attending a walk.
- Participants must wear appropriate clothing and shoes for the walk. The Walk Leaders will not be responsible for accidents incurred through participants wearing incorrect clothing or footwear. Walk Leaders may turn participants away if their footwear/clothing is deemed inappropriate. Please bring sun cream / hats in summer and hats / gloves / coats in winter.
- All participants are requested to bring their own filled water bottle, food, suncream and medication that they may need during the session.
- Participants are expected to arrive in time for the start of walks. If a participant has any questions or concerns, they should arrange to arrive a few minutes early to discuss these with the Walk Leaders or call the Move More Jersey Volunteer Programmes Officer prior to attending.
- Some meeting points may have access to toilets, though not all will. Please consider this when signing up for walks.
- Walk Leaders are unable to accept responsibility for participants personal belongings and/or medication.

- It is the participant's responsibility to bring and keep in their own possession any medication they may need during the walk, please also note that the Walk Leaders cannot administer any medications to participants.
- Participants (and their carers) are responsible for ensuring all participants bring any medication they may need during the session and have taken on appropriate nutrition and hydration to ensure their safety and good health during sessions. Should a participant require to eat, drink, or take medication during a session to ensure their ongoing safety, this is not a problem but should be done discretely so as not to impact the session for other participants.
- Our walks are inclusive but any participant who is unable to take part in a session independently and requires assistance to understand instructions or maintain their own personal safety must attend with a carer, support worker, family member or friend who must support them throughout the walk.
- If using a wheelchair and mobility scooters, please ensure that batteries are sufficiently charged to complete activity.
- Participants must inform the Move More Jersey Walk Leader if they are leaving a walk early.

## DISCLAIMER

Jersey Sport accepts no responsibility or liability for any loss, injury or damage to persons or property save where such loss, injury or damage is directly caused by the negligence of Jersey Sport. It is my responsibility to ensure I am fit and in good health to participate in the activity I choose to attend. Jersey Sport reserves the right to cancel any course if necessary. If Jersey Sport staff feel that there is a risk to your health, you may be advised to seek written consent from your health professional before continuing with a Move More Walk.