



## MOVE MORE **HEALTH WALKS**

### **TERMS & CONDITIONS**

The Move More Health Walks programme will be operated in strict accordance with the latest Government of Jersey (GOJ) Safe Exit Strategy.

The priority of the walking programme is to safeguard the health of all walkers and walk leaders. Please read the Terms below and if anything is unclear, please contact our Move More Walk, Run, Cycle Officer, Emma Sterry at: [emma.sterry@jerseysport.je](mailto:emma.sterry@jerseysport.je) or call 07797 756831.

- Maximum attendance numbers for all walks are set based on the current GOJ guidelines and will be strictly adhered to by the Move More Officer and Walk Leaders. Any walkers who have not signed up will politely be asked to leave.
- All walkers are requested to bring their own filled water bottle and hand sanitiser.
- Walkers will be required to maintain a minimum of 1m physical distance from all other walkers, at all times. Please also adhere to this on arrival and departure from the venue, and do not share lifts with people living outside your household.

- The participant must inform the Move More Walk Leaders, if there is any change to their health condition whilst participating in the Health 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 Health 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 it's volunteers cannot be held responsible for any injury which may take place as a result 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 Walk, Run, Cycle 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.
- 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 Walk, Run, Cycle 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.
- If a participant is unable to attend their walk, they should cancel their booking online, or contact the Jersey Sport office on 01534 757700

## 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 Health Walk.