



### **Virtual Walking Group**

Walk Leader: Geraint John

Telephone: 07774 619 473

Email: support@paulpophamfund.co.uk

Website: www.paulpophamfund.co.uk

## **REGISTRATION FORM**

This form can be completed online

(Type in grey boxes, then save to your pc/laptop/tablet before returning)

Name:

Date of Birth:

Address:

Postcode:

Home Tel No:

Mobile:

Email Address:

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Emergency Contact Name:

Relationship:

Emergency Contact Tel 1:

Emergency Contact Tel 2:

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**Current level of exercise/walking ability:**

Beginner  Walks occasionally socially (friends/family/dog)

Walks regularly around recognised routes

Experienced walker, taken part in treks/walks/challenges

**What are your goals or reasons for participating in the Virtual Walking Group?**

### **GROUP ETHOS**

To support kidney patients and family to join a social walking group to meet new people and to start getting active in a gentle way. Each walk will be held in a fun and social environment where you can rest as often as needed.

## COMMUNICATION

Please confirm the best form of communicating updates from the group:

WhatsApp:       Email:       Text:

Please tick to confirm you are happy to receive updates on the walking group:

Please tick to confirm you are happy to receive updates on the charity - Paul Popham Fund, Renal Support Wales:

## DECLARATION

Walking group leaders are qualified leaders and are willing to share their experience and enjoyment of walking with group members.

Please read and agree to the following -

- I confirm that I am 16 years of age or above.
- I understand that my participation in the Virtual Walking Group is entirely at my own risk and I should consult my doctor or other Health Care Professional if suffering from any condition that may make running injurious to my health.
- I understand that I am responsible for my own safety whilst undertaking walks associated with the PPF Virtual Walking Group.
- I understand that I am responsible for ensuring that my walks are in accordance with current Welsh Government Coronavirus Guidelines, as well as the Paul Popham Fund Virtual Walking Group Risk Assessment guidelines.
- I understand that my address details will be used to arrange delivery of the Walking Group hat and achievement badges. Furthermore, it is my responsibility to keep the Paul Popham Fund updated with any changes of address.
- I understand that the information on this form will be stored securely in line with data Protection laws, on the Paul Popham Walking Group database and will be shared only with the Charity and Walking Group Leaders, in accordance with GDPR.
- I give permission for any photographs or videos I submit of me participating in virtual walks to be shared on the Paul Popham Fund website and social media accounts, and for use in promotional or publicity material.

**SIGNED:**

**DATE:**

**SIGNED BY ACCOMPANYING ADULT (IF 16 – 17yrs):**

PLEASE RETURN COMPLETED FORM VIA EMAIL TO:

[support@paulpophamfund.co.uk](mailto:support@paulpophamfund.co.uk)

or post to:

**11, Tawe Business Village, Enterprise Park, Llansamlet, Swansea, SA7 9LA**