

WELCOME TO THE CLUB!

Torbay Rambling Club (TRC) is a well-established local club for people who love walking. We walk around Torbay and the surrounding area, often starting near a bus route or members may car share. Walks are organised and led by members and usually range from 5 to 12 miles. There are walks on Saturdays, Sundays and Wednesdays, as well as occasional social events, so come along and enjoy the views and the company.

TRC's safe walking code:

- **Only walk if you are sufficiently fit and able to complete the walk as described on the programme.**
- Wear stout boots/walking shoes. Consider using poles or a stick over rough ground. The leader reserves the right to ask you to leave if you are inadequately equipped. (For more detail see the TRC website).
- Bring a waterproof jacket and trousers, warm clothing and sunscreen as appropriate.
- Take sufficient food and drink.
- Walkers are advised to carry a personal first aid kit, an *In Case of Emergency* Card (details of any medical conditions and details of whom to contact in case of incident, available on the website), a whistle and a mobile phone. Best practice: add the leader's phone number in case of separation from the group.
- **Walk behind the leader** and in front of the back marker and tell the leader if you leave a walk early or leave the group for a toilet stop.
- **Keep sight of the person in front of you and walk at a reasonable pace.**
- Abide by the country code.
- Follow the leader's instructions regarding single file walking, crossing roads, closing gates etc.
- Fluorescent vests should be worn on roads if you have one.
- Dogs, when permitted, must be on a lead of not more than 2 metres at all times.

Programme and Membership:

The walks and social events programme is available on our website www.torbayramblingclub.org.uk.

The annual subscription (currently £7) runs from 1st November. However, joining in September or October will carry your membership through to the following November. Prospective members are welcome to join us for up to 3 walks before applying for membership.

Members walk **at their own risk**:

Walks are over varied terrain and may include road walking, moorland and coastal paths, trip hazards such as boulders, cattle grids and tree roots, stiles, slippery ground, ascents and descents. Consider the difficulty of the advertised walk and remember that you walk **at your own risk**.

TRC's insurance is for public liability cover only, **not for personal accident cover**.

No liability will be accepted by Torbay Rambling Club or any officer, member of the committee, walks leader or other, for any accidents or injuries however caused. All persons walking with or taking part in any event organised by Torbay Rambling Club, its members or members of the committee do so at their own risk.

APPLICATION FOR MEMBERSHIP OF TORBAY RAMBLING CLUB

If you are happy with the above, please complete and **email this application form** to the Membership Secretary at **trcmemsec@gmail.com**

and **pay your annual subscription** of £7.00 by bank transfer to

Lloyds Bank 30-96-06 00012174 quoting your name as the reference for tracking purposes.

If you are unable to pay by bank transfer, please contact our treasurer on 07801 369000 or trc.treasurer@outlook.com

NAME

EMAIL

ADDRESS

CONTACT NUMBER (mobile preferred).

Please let us know how/where you heard about our club, eg website, friend, social media.

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*Here at the Torbay Rambling Club we take the privacy of our members' data seriously and will only use your contact details for the administration and communication of club business. Only authorised members of the committee will be able to access your contact details. We will never sell your data and we will not share it without your permission. **All communication will be by email.***

I am happy with the above statement regarding the protection of my data. I agree to abide by TRC's safe walking code. I understand that members of TRC walk at their own risk.

Signed: _____

Name: _____ Date: _____

We look forward to you joining us.