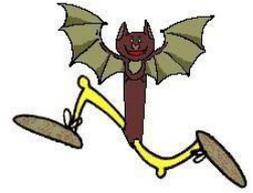


Bere Alston Trekkers (BATs)



Guidance Notes 2017

Club Chair: Martin Head
chair@berealstontrekkers.co.uk

Club Secretary: Julian Setterington

BATs welcome all abilities to the club, minimum age for membership is 16years.

We aim to offer members:

- a range of routes covering the local area (and would welcome any new routes you may have)
- provide weekly coached sessions to suit all abilities

all within a friendly, supportive and inclusive environment.

BATs are affiliated with England Athletics and a member of The Armada Athletics Network, all of our Coaches and Leaders are UKA trained. Members agree to be bound by the rules of England Athletics.

We meet every Wednesday at 7.30pm (10 minutes earlier for warm-up / notices) at either the United Reform Church (Fore Street), Trinity Hall or alternative location (see website). During the summer months the group will still meet on a Wednesday evening in the village but there will also be 'away' runs that you are welcome to join in with as well as the Sunday run and other runs which will be on the website. The last Wednesday of the month will meet in Trinity Hall and after the run there will be a chance for club members to catch up with each other and the coaches, leaders and committee and share a cup of tea and cake.

Please read the notes below for your own safety:

- Runs take place over ground that may be steep, uneven, slippery, muddy or rough. Care is necessary at all times. No liability is accepted by the committee or Bere Alston Trekkers in respect of any personal loss, damage or injury that occurs on, or as a consequence of, any walk, run or other event. You are advised to make your own insurance arrangements in this respect if you wish.
- Runners should be adequately clothed for the anticipated weather and terrain including appropriate footwear. Please bring a drink where desired.
- The leaders reserve the right to vary the route or cancel runs to take account of weather or ground conditions. The leaders also have the right to exclude from the walk and or run anyone whom they feel is insufficiently fit or equipped for the activity. Where possible the run leader will advise in advance.

Dogs and children are not welcome on Wednesday runs.

I have read and understood the above guidance notes.

Signed.....

Print name.....

Date.....