



MEMBERSHIP FORM

MEMBERS DETAILS

Name: _____

Address: _____

_____ Eircode: _____

Phone No: _____ M.I. Membership No: _____

Email: *(please write clearly)* _____

If you are a full member of another M.I. registered club please insert club name:

Emergency Contact Details:

Name: _____ Phone No: _____

I wish to participate, at my own risk, in walks organised by Sligo Mountaineering Club. I am aware and accept that in the course of these walks I may suffer an accident with consequent personal injury and possible loss or damage to my property. I declare that I have suitable clothing and equipment. I acknowledge that I am responsible for my own safety on walks. I also declare that I am fit and do not suffer from any relevant disability. I disclaim and discharge Sligo Mountaineering Club and the owners and occupiers of lands that the Club's walks traverse, from all liability in respect of any injury sustained, or for any loss or damage to my property during a walk.

PHOTOGRAPHY AND VIDEO CONSENT

I am aware that my photograph/video image may be taken whilst participating in Club activities and to it being used on the Club Website / Facebook / WhatsApp / Local Press. *Please tick box.*

I consent I do not consent

PRIVACY STATEMENT

The Club will treat your personal information in accordance with the General Data Protection Regulations which came into effect 25th May 2018. It will take care to keep such information secure and prevent any unauthorised access. It will provide Mountaineering Ireland with your personal data to facilitate your automatic registration as a member of Mountaineering Ireland.

I confirm that I understand the Club's privacy policy and how my personal data will be used.
I consent to my details being shared by the Club Committee and with Mountaineering Ireland.

Signed: _____ Date: _____

SAFETY STATEMENT

Sligo Mountaineering Club is dedicated to walking in high mountain areas, where sometimes conditions can be extreme. Therefore, the club urges all members to dress appropriately and to acquire navigational and survival skills so that they can safely enjoy this activity. All members are responsible for themselves but should also look out for their fellow walkers, thus ensuring the safety of all on the mountain.

To ensure that the club ethos is adhered to and that our excellent accident free record continues, the Safety Committee request that you familiarise yourself with the following rules and guidelines:

- All walkers must be members of MI & SMC and be fully insured.
- No dogs allowed on club events - as there are sheep on most mountains.
- All children under 18 years to be accompanied by a parent/guardian who must be a fully paid up member of the club.
- All new (and existing) members who are not competent in the use of map and compass should attend the Navigation Skills course organised by the Club's Training Officers.
- No alcohol permitted on club walks.
- All members should carry the required kit list on all walks.
- Members are advised not to enter mines.



- Strong Waterproof Walking Boots
- Suitable Warm Clothing: NB Denim is unsuitable (v absorbent and slow to dry)
- Hat and Gloves
- Waterproof Jacket
- Waterproof Over Trousers
- Spare change of dry Clothing (Fleece, Leggings Socks)
- Hot/Cold Drink
- Adequate Food for the Duration of the Hike
- Emergency Rations (Sweets, Chocolate etc.)
- Map & Compass (Map should be of the area of the Hike)
- Whistle attached to the Outside of your Rucksack
- Torch with Spare bulb and batteries
- Basic First Aid Kit
- Two Walking sticks/poles
- Survival (Bivvy) Bag
- Suitable Rucksack to carry all of the above

The above recommendations are for your safety and comfort. It should be noted that Irish weather is very changeable. You may start a walk in fine weather and then experience high winds, heavy rain and fog/mist on the summit. Therefore, adequate warm and waterproof clothing should be carried in your rucksack throughout the year.

DECLARATION

I declare that I have read and understand and hereby undertake to comply with the above rules and guidelines. Furthermore, I wish to state that I am aware of the difficulties that I may encounter on mountain terrain and that I am responsible for my own safety.

Name in block Capitals: _____ Date: _____

Signature: _____