



## New Walker Guidance

A very warm welcome and thank you for your interest in our walks.

We would be grateful if, before signing the register and starting your walk with us, you could take a look at the information below:

- **Has your doctor ever said that you have a heart condition?**
- **Do you feel pain in your chest when you do physical activity?**
- **In the past month, have you had chest pain when you were not doing physical activity?**
- **Do you lose your balance because of dizziness or do you ever lose consciousness?**
- **Do you have a bone or joint problem that could be made worse by a change in your physical activity?**

**If you've answered yes to any of the above, we strongly recommend that you seek medical advice before taking part.**

We also request that you advise the walk leader(s) of any conditions you have that you feel they should know about. These may include whether you have diabetes, asthma or any other long-standing health issues that may limit day to day activities. We also recommend that you inform the walk leader(s) of any regular medication that you need and that they should know about. Please be aware that this information may be shared with all leaders on the walk.

We also ask that you remind walk leader(s) at the start of walks attended in the future of any relevant conditions and medication as well as advising them of any changes to your health.

By signing the register and attending the walk, walkers agree to walk at their own risk. The walk leader(s) have the right to refuse attendance should they feel a walker may pose a risk to themselves or to other members of the group.

Thank you for taking the time to read and

Enjoy the walk!



Noddir gan  
**Lywodraeth Cymru**  
Sponsored by  
**Welsh Government**