



Care and support  
through terminal illness

# Walker Agreement

## 10k Sponsored Walk.

### Saturday 8 June 10am

#### Our commitment to you:

We will respect your personal decisions and allow you to make your own decisions about the level of activity you can carry out.

We will make every reasonable effort to make sure that this Walk is risk assessed and that the route is described at the start of the Walk.

We will take all reasonable steps to make sure that our Walk Leaders have completed Paths For All or comparable training.

If you tell us that you have a disability which puts you at a substantial disadvantage in accessing the Walk, we will consider what adjustments, if any, are reasonable for us to make.

This Walk is an initiative of the University Wellbeing and Engagement group. This agreement is based on the wording provided and recommended by the walking charity Paths for All. Acceptance of this agreement is a condition of participation in the scheme. The Wellbeing and Engagement Group may be contacted at [wellgrp@st-andrews.ac.uk](mailto:wellgrp@st-andrews.ac.uk)

#### Your commitment to us:

You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with your participation in the Walk, you should get relevant medical professional advice and follow that advice.

You should let a Walk Leader know immediately if you feel unwell during the Walk.

It is your responsibility to ensure that you can safely and comfortably participate in the Walk. You undertake the Walk at your own risk.

You are welcome to invite friends and other family members along with you on the Walk. It is your responsibility to share this agreement with them. They join the walk at their own risk and on the understanding that by joining the walk they have accepted this agreement.

If anyone under the age of 18 accompanies you on the Walk, it is your responsibility to ensure their health and safety during the walk and to honour these commitments on their behalf.

You are welcome to bring dogs on the walk, provided you accept full responsibility for the safety and conduct of the dog during the walk.

Respect is a two way street: We as walkers and Walk Leaders agree to behave in a way that is respectful to each other.



University of  
St Andrews

Organised by the University Wellbeing and Engagement Group

