

Hiking waiver

I understand that I am participating in this hike completely at my own risk.

I acknowledge that if I have a health issue, it is my responsibility and mine alone, to take appropriate steps in safeguarding myself.

I fully understand that, like mountain sports and other such outdoor activities, hiking carries a risk of personal injury or death and that I hike at my own risk, and I accept these risks, and I am responsible for my own actions and involvement.

I understand that if I want insurance, I must insure myself.

I understand that it is myself who is responsible for getting the proper instruction in the techniques and equipment necessary for hiking and I assume all responsibility for injuries to myself or to third parties.

I understand that One in Four does not recognise any liability for injury or damage caused to, or by, walkers, climbers, third parties or property arising from such persons.

I understand that if any hiker, including myself, helps others, for example by advising a route, showing the way, reading a map or SatNav/GPS, helping others over fences, steep or rough terrain, streams or such obstacles, or making suggestions, that does not incur or imply any responsibility on that hiker. It is only me who is responsible for myself in any such interactions.

I have read and understood and agree to this waiver with its general principle that I understand that nobody else is responsible for me and I'm not responsible for anyone else.