



UFRC Course(s) for Hillwalkers and Ramblers Booking form

To confirm your booking, please complete this form, sign overleaf and return it to us with your full course fee.

Personal Details

Name :

Address:

Postcode

Email Address:

Telephone:

_____ (H) _____ (W)

Mobile:

Name of Courses: **GPS Training.**

Make and Model of your GPS: _____ (example Garmin Etrex 20)

Date of Course: **Sat 26th September 2015**

Time of Course **9.00am – 5.00pm**

Name of Hillwalking / Rambling club _____

Name and telephone number of a person we can contact in the event of an emergency:

Name: _____ Tel: _____

How did you find out about this course (please circle):

UFRC Website

Walking in your Community Website

Your Club Website

Your Club Newsletter

Word of mouth

Other (please specify):

COURSE FEE:

We cannot confirm your place on this course until we receive payment. Course fee. Payable is normally: £51.00pp but UFRC/Walking in Your Community are going to subsidise the course so you only have to **pay £35.00pp**

All forms need to be returned by Saturday 12th September 2015

Please note all attendees must also complete and bring with them on the day The Adult Health Declaration Form (Sport NI's form)

Should you require more information, please contact George Acheson (tel: 02893340642) or Claire Overend (tel: 02890303930)

I hereby state that I have read all that is involved in this course.

Signature:

Date:

/

/2015

Data gathered on this form will be held in accordance with regulations of the Data Protection Act 1998.

Cheques should be made payable to "The Ulster Federation of Rambling Clubs" and Post the completed application form and cheque to

Simon Reardon
23 Innisfayle Park
Bangor
Co. Down
BT19 1DR

Email: administration@ufrc-online.co.uk

What to bring:

Hillwalking boots, waterproof jacket, warm outdoor wear e.g. fleece, gloves/mitts, compass eg Silva type 4 or similar, day rucksack, small first aid kit, vacuum flask, notebook, pen, gaiters, waterproof trousers, warm hat, 1:25,000 map of the Mourne, torch, water bottle, personal medication, perhaps a snack or two. A change of clothes is a good idea.

Please Note:

Participants need to complete an Adult Health Declaration (this can be downloaded) and bring this to the course.