



Hamilton
Tramping Club

PO Box 766
Hamilton

HEALTH AND FITNESS STATEMENT

For the reference of all tramping club members and intending members.

Hamilton tramping club require all members, intending members, and those members of the public who participate in any of the clubs activities by invitation or otherwise, to be realistic about their individual abilities to physically manage the activities intended from a health and fitness point of view.

If any intending participant has any concerns or requires information about an intending trip they should discuss these with the group leader or their deputy, before committing to the trip.

Any such private information covered in discussion with the team leader will be confidential.

This club policy is clearly in the interests of the individual, the club, and other persons who will be on that trip so that activities can be approached properly prepared and with confidence.

Medical Conditions

It is not proposed to list out all the most common medical conditions that even normal or very fit people may have, it remains the responsibility of the individual to be honest and realistic and to raise any concerns or matters with the leader as outlined above.

It is essential that in any situation that could arise that the group leader is given instruction by the individual concerned, as to any special first aid measures that may be necessary for them, or any drugs that should not be administered in the case of normal first aid treatment.

Note that in attending any tramp or activity all individuals agree to, and will be given normal emergency medical treatment as may become necessary, and will be transported to a medical facility as quickly as possible, depending on the circumstances.

Whilst on the tramp participants are required to follow the directions of the leader or nominated deputy.

Please feel free to discuss any of the above matters with your group leader before you commit yourself to a tramp – you will be in good company on the day.

We hope you find these precautions in your own interest and that you will enjoy many happy days in the great outdoors.