



Walks n Talks Program

Risk Warning and Waiver

Section 1: Personal Details

First Name:

Last Name:

Phone:

Email:

Section 2: Risk Warning and Waiver

Please read the information below carefully and return to Cancer Council ACT before participating in the program.

The Walks n Talks program aim to provide education and skills to encourage participants to increase their level of physical activity, balance and mobility and provide peer support. Sessions will be facilitated by Dr Jo Chaffer who is will guide and lead the Walk n Talk sessions for Cancer Council ACT. She is a qualified and experienced mountain leader, a coach, and a counsellor in training.

All due care will be taken to guide you on the Walks n Talks Program. However, you should be aware that physical activities can be strenuous and may result in injury. We recommend that you consult a doctor for a physical examination and other advice before commencing an exercise regime.

You should consult a doctor particularly if you have ever experienced a heart condition, stroke, unexplained chest pains, faintness, dizziness, shortness of breath, severe asthma, diabetes, muscle, joint or bone problems or any other medical conditions that may make it dangerous for you to participate in physical activity.

Regardless of whether you consult a doctor, you agree that by participating in the programs, you do so entirely at your own risk. You agree that you are aware of the risks of participation in the Walks n Talks program and you voluntarily agree to assume those risks.

You agree to indemnify and hold Cancer Council harmless from all claims, actions, suits, damages, liabilities, costs and expenses (including legal fees on an indemnity basis) that Cancer Council suffers either directly or indirectly, (whether in contract, tort (including negligence), breach of statutory duty or otherwise), including claims relating to injury or death, arising as a result of your participation in the Walks n Talks program.

Cancer Council ACT is collecting the information in this form for the purpose of registering you for this program. If you do not provide this information, you may not be able to participate. Cancer Council ACT may share your information as set out above and use your details to send you information about Cancer Council's products, services, events, or any other activities which we consider may be of interest to you. Cancer Council ACT will handle your personal information in accordance with the Privacy Act 1988 (Cth) and its Privacy Policy (which is available on our website or which can be provided to you on request). The Privacy Policy also explains how you can contact us to access and correct your personal information, or make a complaint about a breach of the Australian Privacy Principles. You may unsubscribe by contacting us on 02 6257 9999. Cancer Council means the Cancer Council ACT, Cancer Council Australia and its other state and territory Cancer Council members.

Sign or Print Name

Date:

Please complete and return this form by:

Email: cancer.information@actcancer.org