

The Maamturks Walk

RULES

1. Participants shall present themselves at the start between 0500 and 0700 hours.
2. Each participant will be required to have warm, windproof and waterproof clothing, strong boots, a map (or maps) of the route, a compass and sufficient food (including emergency food such as glucose & chocolate) and water.
3. The Walk Stewards reserve the right to refuse entry and shall not be obliged to give a reason for such refusal.
4. Participants must follow the designated course and may only leave the walk at a checkpoint after informing a Walk Steward of their intention to do so.
5. Participants **MUST** obey the directions of stewards at all times. Failure to do so will result in disqualification from the walk.
6. Persons participating in the Walk do so at their own risk. The organisers shall not be responsible for any injury or damage to persons or property, no matter how caused.
7. In the event of an accident, participants and stewards shall come under the direction of the Rescue Co-ordinator.