

Polegate Rambling Club

Leaders form for Walks Programme

Date of walk _____ Leisurely/Half day/Whole day ** Mileage of walk _____

Title _____

Description including nearest town/village, terrain and special instructions _____

Pub/Picnic** Lunch _____ Distance (from Polegate to start) _____

Start place of walk _____

Leave Polegate Rec at 9.15am/9.30am** _____ Approx no. of stiles _____

** Circle or delete as appropriate

Please see the Club website for our Instructions to Leaders or ask the Rambles Secretary for a copy.

Our insurers require leaders to carry a basic first aid kit and a mobile phone.

Leader _____ Phone _____ Mobile _____

**Please return by _____ to Rambles Secretary, Angela Forman
33 Meadows Road, Willingdon, BN22 0NQ. Tel: 01323 504280 email: tonyang2@sky.com**

Cut and retain copy for your record

Polegate Rambling Club

Leaders Form for Walks Programme

Date of walk _____ Leisurely/Half day/Whole day ** Mileage of walk _____

Title _____

Description including nearest town/village, terrain and special instructions _____

Pub/Picnic** Lunch _____ Distance (from Polegate to start) _____

Start place of walk _____

Leave Polegate Rec at 9.15am/9.30am** _____ Approx no. of stiles _____

** Circle or delete as appropriate

Please see the Club website for our Instructions to Leaders or ask the Rambles Secretary for a copy.

Our insurers require leaders to carry a basic first aid kit and a mobile phone.

Leader _____ Phone _____ Mobile _____

**Please return by _____ to Rambles Secretary, Angela Forman
33 Meadows Road, Willingdon, BN22 0NQ. Tel: 01323 504280 email: tonyang2@sky.com**