



Whitelee Stroller Striders Enrolment Form

The Whitelee Stroller Striders aims to get parents/guardians of young babies/children together each week to enjoy the fresh air, take part in a little healthy activity and meet other parents/guardians.

Please read over the following information and **fill in the tear off strip and return it to us** if happy to take part/join the group.

Please place the following contact number in your phone **0141 614 0962** and use this if needing to contact the Countryside Rangers in the event of an issue, emergency etc.

- At Whitelee, please **meet next to the main entrance notice board** and do not wait on roads or in the carparks, due to the risk from other drivers.
- Each participant is **responsible for their own health and safety and the children in their care** when taking part in the walks run by the Whitelee Countryside Rangers. The Countryside Rangers are First-Aid trained and will provide First-Aid in the event of an accident or emergency.
- Participants agree to listen and act upon advice offered by the ranger whilst undertaking the walk.
- Pushchairs/strollers should be in good condition and suitable for the rough terrain on the routes. The surface of some tracks can be rough in places with occasional patches of larger diameter stone and participants should be confident that their pushchair can safely deal with these challenges.
- Participants should **wear/bring suitable outdoor/wet weather clothing** and footwear for themselves and warm clothing, blankets etc, and a stroller rain cover for their babies.
- The **walk is ~1½ hours** and will cover a distance of approximately **4 miles** at a moderate pace.
- **Dogs are welcome on the walk but should be kept under 'proper control'** as defined by the Scottish Outdoor Access Code. E.g. on the lead or close by the owner and responsive to commands. If unsure of your dog's temperament around livestock they should be on the lead whilst walking through the grazing area. (Grazing areas are denoted by cattle grids at the entrance/exit.) Please ensure that any dogs brought do not get in the way of other strollers, under feet etc otherwise you may be asked to place them on the lead.
- The group aims to walk at a moderate pace, raising the heart rate a little to improve fitness over time. Whilst all group members are responsible for their own health, they also have a responsibility to ensure they are comfortable with the activity, and let the walk leader know if they experience any discomfort or problems whilst taking part in the activity. **Please speak to a Countryside Ranger before the activity begins if you have any pre-existing medical conditions that might be affected by participating in the activity.**

First Name:	
Mobile Number:	
Council Area:	

Signed:		Date:
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Data Protection Act 2018:

The council will use the information you have supplied to us to manage events that we run and keep you informed of those events. We may also use your information to verify your identity where required, contact you by post, email or telephone and to maintain our records. The council will use this information because we need to do so to perform a task carried out in the public interest. You can find out more about how we handle this information and your rights in respect of it by going to www.eastrenfrewshire.gov.uk/strategyprivacy. If you do not have access to a computer and wish a paper copy please let us know by contacting us at Whitelee-crs@eastrenfrewshire.gov.uk or by telephone at 0141 614 0962

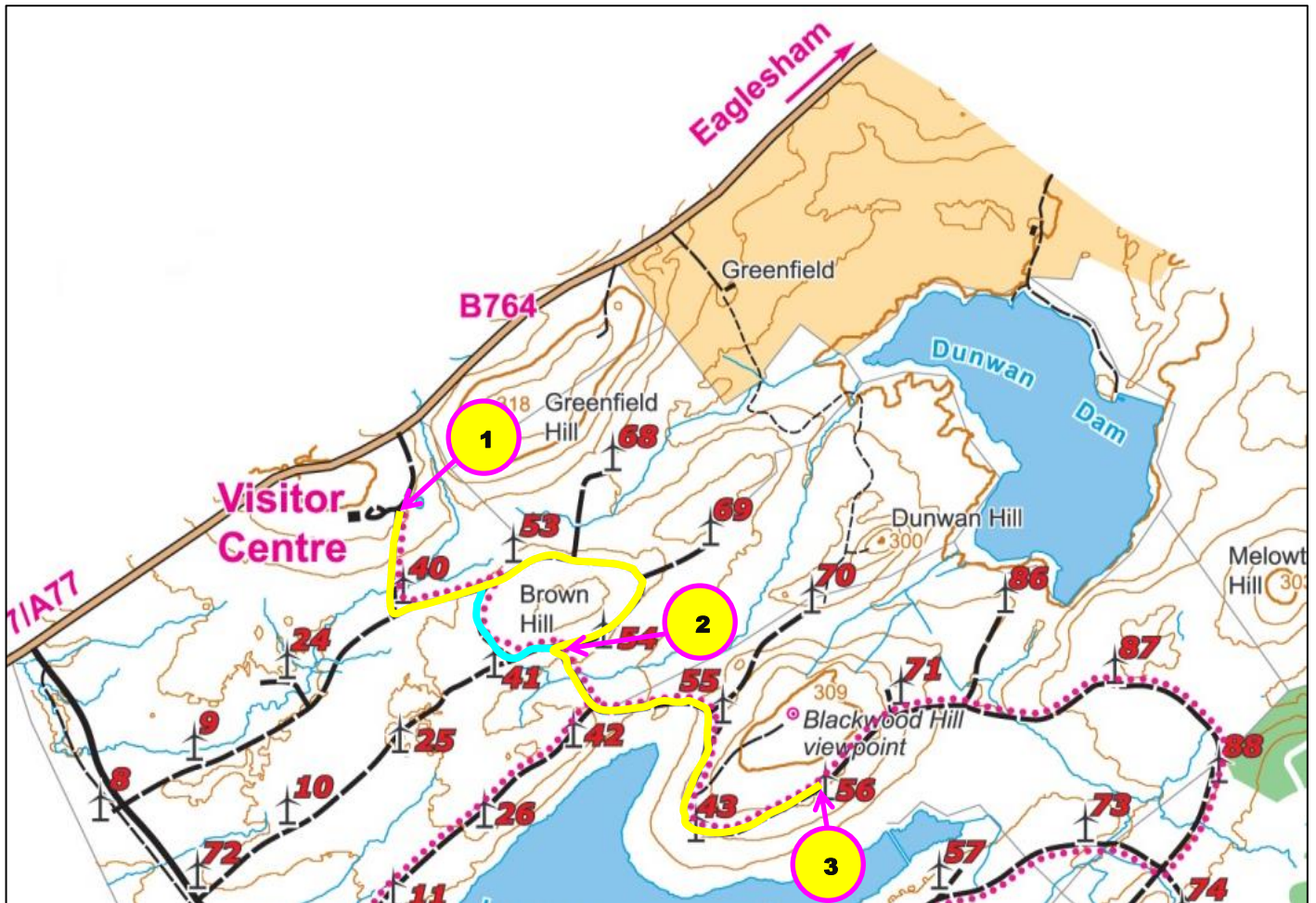
By checking this box you agree to us retaining your information for the above purpose

Map Key:

- 1: Walk start meeting point
- 2: Mid-point stop (next to bench/bin)
- 3: Halfway stop/turnaround point

Strollers Outward Walk Route:

Inward Walk Route:



Please connect with us via Social Media (facebook.com/whitelee.countrysiderangers & [@whiteleerangers](https://twitter.com/whiteleerangers) on Twitter), to be kept updated of changes or cancellations etc, or visit our website at www.eastrenfrewshire.gov.uk/whitelee or email us at: whitelee-crs@eastrenfrewshire.gov.uk