

Name _____

Address _____

Date: _____



Dear friend,

We understand that you will be taking part in one of the “32 Steps for Cystic Fibrosis, Ireland to Everest Campaign” events and that you will be raising sponsorship for The Irish National Association for Cystic Fibrosis (the Association). We are grateful to you for doing this as voluntary donations like yours are the life blood of our Association.

We would take this opportunity to point out that insurance cover is not being provided for you by the Association and that your participation in any of the “32 Steps for Cystic Fibrosis, Ireland to Everest Campaign” events is undertaken entirely at your own risk. We would strongly recommend that you arrange to put in place your own policy of insurance to cover your participation in the event. Perhaps your insurance broker may be able to advise you if you have any concerns in this regard.

As you are no doubt aware, Hillwalking is an outdoor pursuit that carries with it certain inherent risks and dangers. In the course of your participation in one of the events you may be exposed to - and may expose others to - dangers of both a physical and psychological nature. Prior to your participation, you should satisfy yourself that you are physically and psychologically capable of participation and you should seek medical advice in the event of any doubt in this regard. In addition you should ensure that you have the proper training and the correct equipment in order to allow you participate in a manner that is safe for you and that will not pose a danger to the organizers or to other participants. You should also satisfy yourself that the organizers have adequate safety measures in place.

*Please sign and return this letter at your earliest convenience to: *The Irish National Association for Cystic Fibrosis, CF House, 24 Lower Rathmines Road, Dublin 6.*

We wish you all the very best in your participation and thank you once again for raising much needed funds for the Association.

Yours sincerely,

Martin Cahill

Fundraising Manager

* I acknowledge receipt of the above information

Signed _____ Participant

DATED: this ____ day of _____ 2011