

RIHLA Trekking Club

Youth for Responsible Nature and Heritage Travelling

Department of Travel & Tourism Management

Govt. College for Women, Nawakadal

Email: rihlatrekgcwn@gmail.com

Instagram: @rihlatrekgcwn

FB Page: Rihla Trekking

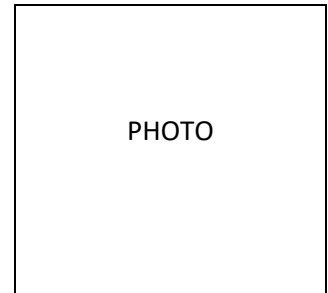
APPLICATION FORM NO: -----

Student Membership Application

NOTE: Submitting the application does not guarantee membership to the club. The membership is competitive and selection will be based on previous experience, physical fitness, academic performance and advance parental consent concerning acknowledgement of responsibility and acceptance of risk involved in such endeavours.

1. Student's Name: -----
2. Father's Name: -----
3. Mother's Name: -----
4. Permanent Address: -----
5. University Registration Number: -----
6. Mobile Number: ----- 6. Father's & Mother's Mobile Number: -----
7. Class/Semester: ----- 8. Stream: Arts/Social Sciences/Commerce/Sciences/BCA/BBA
9. Subject combination: -----
10. Blood Group: ----- Allergic to: -----
11. Details of previous experiences with trekking /sport at school level: -----

12. Physical Fitness level: i) any fitness-related issues in walking, hiking in mountainous terrains?
ii) are you suffering from any breathing problems or high-altitude sickness?
iii) any minor/partial physical disability of limbs, hearing, eyesight or other?
13. Have you participated in any tourism/travel/trekking related events/activities or other cultural/sports activities at school or college level? (Furnish documents in support which may include participation/achievement certificates):



Trekking/Hiking Rules and Regulation:

(Please read the following rules and regulations carefully and give your consent only AFTER reading each rule)

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GROUP LEADR:

- i) On all treks/hikes/tours group leader is to appoint someone to act as “sweeper” to stay with the participants at the back of the group.
- ii) The Club committee/coordinator is to use their discretion as to who should be allowed on a trek/hike, taking into consideration the intensity of the hike and the fitness level required.
- iii) Before the trek/hike commences the coordinator/group leader is to give a talk and instructions on the route, rules and what is to be expected of the participants.
- iv) Participants must check their backpacks before the trek commences to ensure that all necessary equipment has been included according to the backpacking guidelines issued to all members at the time of registration
- v) Trekkers/hikers are responsible for their own health and safety and are encouraged to bring along their own First Aid Kit.

CONDITIONS OF TREKKING/HIKING

- i) Prior parental consent is MANDATORY, and do make sure that treks and hikes will involve multiple overnight stays. Signing this membership form will be considered as written CONSENT from the parents/next-of-kin of the student participant.
- ii) The instructions of the group leaders will be followed at all times. Do not go ahead of the leader and do not leave the main party.
- iii) Before the trek/hike commences the coordinator/group leader must be informed of any medical problem/condition, trekker’s next-of-kin/parents’ contact details and, where applicable, Medical Aid contact details.
- iv) Flora, fauna and any and all natural, cultural, national heritage may not be damaged or interfered with in any way.
- v) No littering. All litter to be packed out and trowels to be used for burying “human waste” when overnight in pastures or tents.
- vi) A medical fitness certificate from a practicing doctor will be necessarily submitted both at the times of membership registration to the club and before the commencement of a trek/hike
- vii) Participation in the acclimatization and mock trek drill before the commencement of a trek is mandatory

WHILE ON A TREK/HIKE

- I) Obey the leader at all times.
- II) Abide by the rules of the club
- III) Be honest about your health conditions and your level of fitness
- IV) Develop your fitness and prepare yourself for strenuous hikes and treks
- V) You will ensure to reduce voice levels and respect your fellow hikers who wish to enjoy the sounds of nature and who are particularly observing birds and wildlife.

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TREK/HIKE INDEMNITY FORM/PARENTAL CONSENT

I indemnify and agree to hold the Club, the coordinator, its leaders and members blameless in the event of any injury (including death) to myself, or damage to or any loss of any equipment whilst participating in Club activities, including travelling to or from of these activities. I further agree to abide by the rules of the club and all conditions of hiking/trekking mentioned in this application form (Pp. 1-3).

Signature of the Student: -----

Signature of Parent/Next-of-Kin-----

Name of the Student: -----

Name of Parent/Next-of-kin -----

Place: -----

Active Mobile Numbers: -----

Essential Documents to be enclosed with the application:

Please make sure to enclose the following necessary documents along with your application without which the form shall not be accepted for evaluation/consideration of club membership:

- i) A photocopy of the applicant's **student identity card** issued by the college
- ii) **Physical fitness certificate** issued by a registered physician/medical practitioner, including the mention of allergies if any to any food, medicine or any other thing
- iii) Test Certificate confirming the **Blood Group**
- iv) **Parental consent** by signature and a genuine active mobile number of one or both the parents
- v) Self-attested photocopies of the **Marks certificates of 10th, 12th** and previous semesters of **UG** semester-end examination.
- vi) **Participation/achievement certificates**, if any, of the trekking/sports/cultural events you might have participated in.

LAST DATE FOR SUBMISSION:

Applications complete in all respects, along with the necessary supporting documents, may be submitted to the Department of Travel & Tourism Management of this college latest by **19 May 2022**.