

**SAFETY FIRST**

Our Nordic Walkfit instructors are trained in first aid and CPR. Even though your instructor has your personal information form on file, accidents may still happen. In the event of an unforeseen injury, having information readily available is important. Each Nordic Walkfit participant is asked to consider carrying identification (health card/ driver's licence), and an emergency contact name and number in his/her pocket or pouch. If you carry a cellphone, check to see that you have an emergency contact listed, OR you may wish to use the form on this page to record your personal information to carry with you during your walk.

|                              |               |
|------------------------------|---------------|
| EMERGENCY CONTACTS FOR _____ |               |
| Address:                     |               |
| Home Phone:                  |               |
| O.H.I.P. No.                 |               |
| Contact #1                   | Contact #2    |
| Name:                        | Name:         |
| Relationship:                | Relationship: |
| Work Phone:                  | Work Phone:   |
| Home Phone:                  | Home Phone:   |
| Cell Phone:                  | Cell Phone:   |