



## Walker Registration Form

### Foomka Diiwangelinta Socdaha

Prior to participating in Heart Foundation Walking, you must have read and understood the Walker Terms and Conditions at [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) or as provided by your Walk Organiser, completed and signed this form, and returned it to your Walk Organiser. You will need to find out the name and ID number of the group you wish to join as well as the name of your group's Walk Organiser before you can complete the registration process. The Walk Organiser for your group can help you with this. Visit [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) or call 1300 36 27 87 to find your nearest group.

Ka-hor ka-qaybgalka Heart Foundation Walking, waa inaad akhrisaa oo fahamtaa Shuruudaha iyo Caqdiyada Socdaha oo ku yaal [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) ama sida uu kuu siiyo Isku-duwaha Socodka, waa inaad soo buuxisaa soona saxiixdaa foomkan, Aadna u soo celisaa Isku-duwaha Socodka. Wuxaan u baahan doontaa inaad hesho magaca iyo lambarka ID ee kooxda aad doonayso inaad ka mid noqoto iyo sidoo kale magaca Isku-duwaha Socodka ee kooxdaada ka-hor-intaadan buixin habka diiwaangelinta. Wixii macluumaad ah ka eeg [www.heartfoundation.org.au/walking](http://www.heartfoundation.org.au/walking) ama ka wac 1300 36 27 87 si aad u hesho kooxdaada kuugu dhow.

By filling in and submitting the details below, you are confirming that (a) you have read, reviewed, considered and understood the Walker Terms and Conditions and (b) you agree to be bound by the Walker Terms and Conditions as varied from time to time.

Adigoo soo buuxiya soona gudbiya faahfaahinta hoose, waxaad xaqijinaysaa (a) inaad akhrisey, dib-u-eegtay, aad tixgelisey Aadna fahamtey Shuruudaha iyo Caqdiyada Socdaha (b) waxaad ogolaatay inaad ku dhaqanto Shuruudaha iyo Caqdiyada Socdaha kuwas oo la baddeli karo waqtii ka waqtii.

#### 1. Your walking group details Group ID

Faahfaahinta Kooxdaada Socodkayi ID Kooxda

Group Name/Magaca Kooxda:

Group ID/ID Kooxda:

Walk Organiser/Isku-duwaha socodka:

#### 2. Your details

faahfaahintaada

First Name:

Magaca Kowaad:

Last Name:

Magaca U-dambeeya:

Telephone:

Teleefanka:

Mobile:

Mobaylka:

Date of birth:

Taariikhda dhalashada:

Gender:

Male

Female

Lab

Dheddig

Email:

Email-ka:

Postal address:

Cinwaanka boostada :

Suburb:

State:

Postcode:

Xaafadda:

D/Goboleedka:

Boostkoodhka:

#### 3. Walker Recognition Scheme, Newsletter and e-updates

Mashruuca Aqoonsiga Socdaha, Wargeyska, iyo e-cusboonaysiinta

Would you like to participate in the Walker Recognition Scheme?

Ma doonaysaa inaad ka qaybgasho Mashruuca Aqoonsiga Socdaha?

Yes /Haa  No/Maya

To receive rewards, you must select Yes and provide your postal address

Si aad u hesho abaalmarinta, waa inaad doorataa Haa aadna sheegtaa cinwaanka boostadaada

Would you like to receive regular newsletters and e-updates?

Ma doonaysaa inaad hesho wargeyska iyo e-cusboonaysiinta oo joogto ah?

Yes /Haa  No/Maya

To receive e-newsletters and e-updates you must select Yes and provide an email address

Si aad u hesho wargeyska, waa inaad doorataa Haa aadna sheegtaa cinwaanka emailkaaga kore

Heart Foundation waxay ku tiirsan tahay deeqaha ay ka hesho shaqsiyadka iyo sadaqooyinka dadku ku sameeyaan dardaarkan. Ilaa 1959kii Heart Foundation waxay maalgelisey cilmi-baarisyo caafimaad oo nolosha badbaadiyay waxayna ka caawisey dad badan oo Australian ah inay fahmaan muhiimadda ilaalinta wadnahooda. Si aad deeq ugu samayso fadlan ka

wac 1300 36 27 87 ama ka eeg [heartfoundation.org.au](http://heartfoundation.org.au)

#### 4. Diversity questions (*optional*)

##### Su'aalo kala-jaadjaad ah (*ikhtiyaar*)

Is English your first language?  
Ingiriisigu ma luqaddaada kowaadbaa?  Yes/Haa  No/Maya (*specify*)/(*sheeg*)

Are you of Aboriginal or Torres Strait islander origin?  
Ma tahay asal ka soojeeda Aborigiin ama Torres Strait islander?  Yes/Haa  No/Maya

What is your occupation?  
Waa maxay shaqadaadu?

<input type="checkbox"/> Employed/Shaaqlaysan	<input type="checkbox"/> Self employed /Iskiis U shaqayste	<input type="checkbox"/> Unemployed/Shaqo-La'
<input type="checkbox"/> Retired/Howlgab	<input type="checkbox"/> Semi-retired/Howlgab dhimman	<input type="checkbox"/> Home duties/Shaqo guri
<input type="checkbox"/> Student/Ardy	<input type="checkbox"/> Other/Kuwo kale ( <i>specify</i> )/( <i>sheeg</i> )	

How did you hear about Heart Foundation Walking? (*select one*)  
Sidee baad ku maqashay Heart Foundation Walking? (*mid dooro*)

<input type="checkbox"/> Health professional /Xirfad-yagaanka caafimaadka	<input type="checkbox"/> Internet/Intarneed	<input type="checkbox"/> Newspaper/Wargeyska
<input type="checkbox"/> Flyer/poster/Falayer/boostarada	<input type="checkbox"/> Radio/Raadiyaha	<input type="checkbox"/> Television/Teleefishinka
<input type="checkbox"/> Word of mouth/Dadka baan ka maqlay	<input type="checkbox"/> Other/Kuwo kale ( <i>specify</i> )/( <i>sheeg</i> )	

What is your main reason for joining Heart Foundation Walking? (*select one*)  
Waa maxay sababta ugu weyn oo aad uga mid noqotay Heart Foundation Walking? (*mid dooro*)

<input type="checkbox"/> Improve fitness/Hagaajinta firfircoonida	<input type="checkbox"/> Improve health/Hagaajin caafimaad	<input type="checkbox"/> Fun/enjoyment/Xiiso/Raaxo
<input type="checkbox"/> Manage weight/Maaraynta miisaanka	<input type="checkbox"/> More energy/Tabar Dheeraad ah	<input type="checkbox"/> Referral /Meel-u-dirid
<input type="checkbox"/> Meet new people/La-kulmid dad cusub	<input type="checkbox"/> Other/Kuwo kale ( <i>specify</i> )/( <i>sheeg</i> )	

#### 5. IMPORTANT NOTICE – PLEASE READ

##### OGAYSIIS MUHIIM AH – FADLAN AKHRI

1. This form is for use by individuals participating (or intending to participate) in the Heart Foundation Walking program (Walkers and HFW respectively).  
Foomkan waxaa isticmaala shaqsiyaadka ka-qaybgalaya (ama doonaya inay ka qaybgalaan) barnamijka Socodka Heart Foundation Walking (Socdeyaasha iyo HFW siday u kala horreyaan).
2. This form is intended for online use but, if necessary, it may be printed and completed for submission by post to: Heart Foundation Walking, Reply Paid 84197, HUTT STREET SA 5000.  
Foomkan waxaa loo sameeyey in lagu isticmaalo intarneedka (online) hase ahaatee, waa la daabici karaa lana soo buuxin karaa si loogu diro boostada ah: Heart Foundation Walking, Reply Paid 84197, HUTT STREET SA 5000.
3. An applicant can opt to join one or more HFW groups and/or be a ‘virtual Walker’ (e.g. a walker without a current local HFW group or unable to walk simultaneously with the local HFW group) as a Walker and will be eligible for corresponding HFW participation benefits set out in the Walker Handbook as varied from time to time (Walker Recognition Scheme).  
Codsaduhu wuxuu dooran karaa mid ama wax ka badan kooxaha HFW iyo/ama wuxuu noqon karaa ‘Socde dhab ah’ (tus. Socde aan ahayn degaanka hadda ee kooxda HFW ama aan awoodin inuu isla markiiba la socdo kooxda HFW ee degaanka) ka Socde ahaan wuxuu xaq u leeyahay manaafacaadka ka-qaybgalka kooxda HFW sida ku qoran buugga Walker Handbook oo waqtii kaa waqtii isbaddali kara (Mashruuca Aqoonsiga Socdaha).
4. Applicant approval as a Walker is automatic but a Walker’s ongoing participation in HFW is governed by strict compliance with the version of the applicable terms and conditions currently available for download on the Heart Foundation website (the Walker Terms and Conditions).  
Aqbalidda codsadaha ka Socde ahaan waa mid isla markiiba ah hase ahaatee ka-qaybgalka joogtada ah ee Socdaha ee HFW waxaa xukuma ku-dhaqanka aadka u xadiddan ee qoraalka ku habboon shuruudaha iyo caqdiyada hadda jira oo laga soo degsan karo website-ka Heart Foundation (Shuruudaha iyo Caqdiyada Socdaha).
5. The Walker Terms and Conditions may be varied from time to time by changes made to the applicable terms and conditions available for download on the Heart Foundation website. Such changes will be notified in advance by any one or more of written notice on the Heart Foundation website itself, by letter (including newsletter) or by email and any Walker not consenting to be bound by the current Walker Terms and Conditions must withdraw from HFW.  
Shuruudaha iyo Caqdiyada Socdaha way isbaddali karaan waqtii ka waqtii kuwaas ah isbaddalo ku habboon oo lagu sameeyo shuruudaha iyo caqdiyada lagana soo degsan karo website-ka Heart Foundation. Isbaddaladaas oo kale hore ayaa laysku ogaysiinaya mar ama wax ka badanba ogaysiin qoraal ah oo ku qoran website-ka Heart Foundation, ama warqad ahaan (oo ay ka mid tahay wargeyska) ama email iyadoo Socdihii aan oglayn inuu ku dhaqmo Shuruudaha iyo Caqdiyada ay tahay inuu ka baxo HFW.

6. The Heart Foundation reserves the right to exclude or reject Walker(s) and/or others from participation in HFW activities at its sole discretion, at any time and without notice or explanation.  
Heart Foundation waxay xaq u leedahay inay ka saarto ama u diido Socdaha iyo dadka kaleba ka-qaybgalka nashaadyada HFW taas oo ah ikhtiyaarkeeda oo keliya, mar kasta ayadoo uusan jirin wax ogaysiin ama sharaxad ah.
7. If you have a medical condition and/or you would be significantly increasing your level of physical activity by participation in HFW activities, you must consult your doctor. You must not participate in HFW activities if you are not well enough to do so or if you do not feel well enough to do so. If your health or circumstances change, you must see your doctor to check that it is still safe for you to participate.  
Haddii xanuun ku hayo ama aad si aad ah u kordhinayo heerka nashaadkaaga jidheed adoo ka-qaybgalaya nashaadyada HFW, waa inaad kala tashataa dhaqtarkaaga. Waa inaadan ka qaybgeelin nashaadyada HFW haddii aadan si fiican u awoodin ama haddii aad xanuun dareemayo. Haddii caafimaadkaaga ama duruufahaagu isbaddalaan, waa inaad aragtaa dhaqtarkaaga si aad u hubiso inay ammaan kuu tahay inaad ka qaybgasho nashaadyadan.

## 6. Signature

Saxiixa

By signing this form, you are confirming that (a) you have read, reviewed, considered and understood the Walker Terms and Conditions and (b) you agree to be bound by the Walker Terms and Conditions as varied from time to time.

Adiga oo saxiixa foomkan, waxaad xaqijinaysaa inaad (a) inaad akhrisey, dib-u-eegtay, aad tixgelisay aadna fahamtey Shuruudaha iyo Caqdiyada Socdaha iyo (b) waxaad ogolaatay inaad ku dhaqanto Shuruudaha iyo Caqdiyada Socdaha kuwaas oo la baddeli karo waqtii ka waqtii.

**Privacy Statement** The Heart Foundation respects your privacy and embraces the National Privacy Principles. The Heart Foundation means the National Heart Foundation of Australia and all associated Australian State and Territory Heart Foundation Divisions, full details of which can be found in our Privacy Notice. The Heart Foundation may contact you in the future for the promotion of heart health messages and programs, research, fundraising purposes and invitations to events. If you attend our events you may be photographed or filmed and images and/or audio may be used in various media to promote the Heart Foundation. Please tell event staff if you do not wish to be photographed or filmed. Personal details may be provided to third parties for the purpose of facilitating services contracted by the Heart Foundation or where required by law. Communications from the Heart Foundation may include mail, email, SMS or telephone contact and may also include messages on behalf of event sponsors and other third parties. By providing your information to us you agree that you have provided your indefinite consent to this contact. You may withdraw consent at any time though in doing so we may not be able to provide you with services requested. The Heart Foundation will not disclose your information to any third party for their marketing purposes. If you do not want to receive further communication from the Heart Foundation (other than information that relates to this service) or if you have any questions about privacy please contact our Privacy Officer via GPO Box 9966 in your capital city, [privacy@heartfoundation.org.au](mailto:privacy@heartfoundation.org.au) or by calling 1300 55 02 82. A copy of our Privacy Notice is available at [www.heartfoundation.org.au](http://www.heartfoundation.org.au) or on request. [HFPS1.1- 110921]

**Caddaynta Gaarnimada** Heart Foundation waxay ixtiraamaysaa gaarnimadaada waxayna ku dhaqantaa Xeerarka Gaarnimada Qaraneed. Heart Foundation macnaheedu waa Heart Foundation Qaran Australia iyo dhammaan Qaybaha Heart Foundation ee Dowlad-goboledyada iyo Teritooriyada ee la xiriira, taas oo faahfaahinta buuxda laga heli karo Ogaysiintayada Gaarnimada. Heart Foundation way kula soo xiriirin doontaa mustaqbalka wixii xayeesiin ah ee farriimaha, barnaamiyada iyo cilmi-baarisydha caafimaadka wadnaha ah iyo ujeeddooyinka lacag-ururineed iyo casuumadda munaasabada. Haddii aad timaaddo munaasabahayaga waa lagu sawiri karaa ama filim lagaa qaadi karaa markaasna sawirada iyo codka waxaa loo adeegsan karaa warbaahinta si loo xayeesiyo Heart Foundation. Fadlan u sheeg shaqaalaha munaasabadda maamulaya haddii aadan doonayn in lagu sawiro ama filim lagaa qaado. Faahfaahinaha shaqsiyed waa la siin karaa qayb saddexaad ujeeddooyinka oo ah in la fududeeyo adeegyada ay qaadatay Heart Foundation ama halkii sharcigu uga baahdo. Wada-xiriirada ka yimaada Heart Foundation waxaa ka mid ah boostada, email, SMS ama taleefanka waxaa kaloo ka mid ah farriimaha ka socda spoonsarada munaasabada iyo qaybaha saddexaad ee kale. Markaad na siiso macluumaadkaaga waxaad ogolaatay inaad na siisay ogolaansho aan xadaysnayn ee xiriirkan. Waad ka noqon kartaa ogolaanshaha mar kasta in kastoo haddaad saas samayso aanan ku siin doonin waxii adeeg ah oo aad cadsato. Heart Foundation uma sheegayso macluumaadkaaga qayb saddexaad oo kale si ay ugu adeegsadaan ujeeddooyinkooda suuq-gayn. Haddii aadan doonayn inaad ka hesho xiriir dheeraad ah Heart Foundation (aan ka ahayn macluumaadka la xiriira adeegan) ama haddii aad qabto wax su'aalo ah oo ku saabsan gaarnimada fadlan kala xiriir Sarkaalkayaga Gaarnimada adoo maraya GPO Box 9966 ee magaalo madaxdaada, , [privacy@heartfoundation.org.au](mailto:privacy@heartfoundation.org.au) ama adoo waca 1300 55 02 82. Koobiga Ogaysiintayada Gaarnimada waxaa laga helaa [www.heartfoundation.org.au](http://www.heartfoundation.org.au) ama haddii la cadsado. [HFPS1.1- 110921]

Signature:

Saxiixa:

Date:

Taariikhda: