

Brigid's Way Pilgrims' Code

Introduction

For your comfort, ease and safety we have created a Pilgrims' Code, so that you can rest assured that we, as the Brigid's Way organisers, have your very best interests at heart while on Pilgrimage with us. **We require that you carefully read and understand the contents of this document which contain terms and conditions. Please sign and return this form by 1st of June with the full understanding that you are agreeing to adhere to the requirements below.**

Holistic Health

1. I understand and agree that I am fully responsible for my well-being during the pilgrimage, in its entirety.
2. I will ensure that I have physically trained and I am physically prepared for the 9 day pilgrim walk.
3. I will ensure that I am emotionally and spiritually prepared for the pilgrimage.
4. I will inform the Brigid's Way team of any major physical or emotional illness within the past 5 years or of any medical or psychiatric supervision (where appropriate, please enclose a doctor's certificate of fitness to travel.) I understand that this information may be shared among the Brigid's Way organisers for the purposes of facilitating the event, but otherwise will be kept strictly confidential.
3. I understand that the advice and guidance I will be receiving from the Brigid's Way organisers are not offered as a substitute for mental health care, or any other type of medical care. I also understand that they are not acting as therapists and do not purport to offer mental health care, or any other type of medical care.
4. If I have a condition, medical or otherwise, that might affect me or affect other people's enjoyment or active participation in the pilgrimage, I will advise the Brigid's Way organisers at the time of full payment.

Personal Responsibility

1. I understand that this is a group pilgrimage. As a group of people travel together, it would be surprising if occasionally someone did not "push buttons". If this does occur I will work to accept the difference in others and I will "own my projections" with humility.
2. If any conflict occurs between myself and another, I will deal with this in a respectful and safe manner so the situation is quickly resolved and does not affect others within the group.
3. Some pilgrims like to have a glass of wine at dinner at the end of a day of walking. If I choose to drink alcohol, I will drink moderately and I will refrain from the use of any recreational drugs while on the pilgrimage.

Insurance

1. If travelling from overseas, I understand that I am wholly responsible for ensuring that I am in possession of private Travel Insurance with protection for the full duration of the tour in respect of at least medical expenses, injury, death, cancellation and curtailment, with adequate cover. You must also have **Travel Insurance if you are an Irish pilgrim.**

2. I accept that I look after my personal property at all times. While we endeavour to keep your baggage safe in daily transit as a volunteer organisation I accept that Brigid's Way volunteer facilitators cannot accept responsibility for any damage, accident or loss for my baggage.

Walking the Route

1. I recognise that there will be a general level of noise when travelling with a large group. I will ensure to create opportunities to make quiet time for myself, for example lunchtime, evenings, and while walking if I need to. I will respect the wishes of others who choose to have silent walking time. (There will be a clearly identifiable sign to indicate that the holder/wearer wishes to be in silence. This will be indicated by the Brigid's Way facilitators on the first day and each subsequent day.)

2. I will adhere to the [rules of the road](http://www.rsa.ie/en/RSA/Pedestrians-and-Cyclists/Pedestrian-safety/) for safety reasons along the Pilgrimage route. At certain points, Brigid's Way volunteers may indicate the best route to take for safety. See rules of road here <http://www.rsa.ie/en/RSA/Pedestrians-and-Cyclists/Pedestrian-safety/>

3. For the safety of all pilgrims on the route, Brigid's Way has a designated 'Leader' at the front and 'Sweeper' at the back while walking on the route. I understand that all pilgrims must walk between the 'Leader' and the 'Sweeper' while on the Pilgrimage route.

4. If I choose to leave the Pilgrimage at any time, I will advise one of the Brigid's Way organisers before I depart. The Brigid's Way volunteer facilitators will be clearly identified at the start of each day of the Pilgrimage.

5. I agree to accept the authority and decisions of the Brigid's Way facilitators in relation to my health, level of fitness or conduct at any time before or after departure if it appears likely to endanger the safe, comfortable or happy progress of the Pilgrimage.

6. I understand that the Brigid's Way facilitators are the organisers of the Pilgrimage but everyone is responsible for their own belongings, health and actions.

7. I am aware that any pilgrims behaving in an unsafe or unsocial manner may be asked to leave the Pilgrimage without refund or recompense.

Please insert name below, sign and date. Return to info@brigidsway.ie 1st June.

I, _____ hereby agree to adhere to the terms and conditions set out in the Brigid's Way Pilgrim Code

Signature

Date