



## DISCLAIMER

### PRINT, SIGN AND BRING TO REGISTRATION

Minimum age to enter: 14 (with another runner being the parent or legal guardian over 20)

Full Name: \_\_\_\_\_

Mobile Phone No: \_\_\_\_\_

Vehicle Registration: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone No: \_\_\_\_\_

- I accept the hazards inherent in fell running and acknowledge that I am entering and running this race at my own risk.
- I confirm that I am aware of the rules imposed on me by the Race Organiser and that I will comply with them.
- I confirm that I have read and will comply with, the "Fell Running - Requirements for Runners".
- I acknowledge and agree that I am responsible for determining whether I have the skills equipment and fitness to participate in this event.
- I accept that neither the Race Organiser nor the Fell Runners Association shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this race (other than in respect of death or personal injury as a result of their negligence).
- I confirm that I have the navigational skills appropriate for this race and will carry throughout the race any equipment specified either by FRA Safety requirements or by the organiser
- I accept that the Race Organiser may use photographic or video equipment to record the race

There is a set rule if you have difficulties. You are responsible for your own safety and you **MUST** be carrying and wearing all the compulsory equipment as laid out in the event rules. You **MUST** inform a marshal or race official if you have retired and you **MUST** return & download your dibber. Failure to comply will lead to instant event disqualification, in addition to any rescue fees incurred. If you are not back by one hour after closure of the course, we will inform Mountain Rescue. Solo runners are at particular risk. Please be extra careful and consider the risks to yourself and to others who may need to rescue you.

If you or a member of your team is injured, be sensible and assess the whole situation. Use your whistle to summon assistance from other competitors. Put the casualty in a survival bag or shelter while someone, preferable two people, go for help. Someone should stay with the casualty at all times, although if you cannot summon help you may have to leave them on their own. Make a careful note of the grid reference, nearby features, time and nature of the injuries. Telephone the 24 hour emergency numbers shown on your map and ask for a suitable message to be passed to the Mountain Rescue team. If you cannot contact the event emergency numbers, please dial 112 (or 999 if that doesn't work) and ask for Mountain Rescue.

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Parental consent if under 18: (name, relation & signature) : \_\_\_\_\_

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