

GROUP WAIVER

When running with the Hucclecote Harriers I agree and confirm to the following:

- I am over 16 years old
- I recognise that the training sessions may involve strenuous physical activity. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in the group.
- In consideration of my participation in the running group I hereby release Hucclecote Harriers from any claims, demands and causes of action as a result of my voluntary participation.
- I fully understand that I may injure myself as a result of my participation in the sessions and I hereby release Hucclecote Harriers from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to: heart attacks; muscle strains; muscle pulls; muscle tears; broken bones; shin splints; heat prostration; injuries to the knee; the back or to the foot.

GROUP GUIDELINES

When running with the Hucclecote Harriers I agree that I will display the qualities of sportsmanship and not bring the group into disrepute, especially when wearing Hucclecote Harriers branded gear.

- I run at my own risk.
- I know the route I am running.
- I will carry readily accessible medical and emergency contact details with me while running with the group.
- If I run with my dog I am aware that the welfare of the animal is my responsibility, my dog will be kept under firm control on a harness with a short lead, I will take care to avoid tripping other runners. I understand any incident with my dog will mean that dog will not be permitted on any further HH runs.
- I will be respectful and mindful of other runners and offer help when needed.
- I will be mindful of the local community.
- I will give priority to cars when crossing the roads.
- I will park considerately.