



DALKEITH RUN CLUB DISCLAIMER FORM

- The Dalkeith Run Club exists purely to offer an opportunity for like minded runners to exercise together in a group and nothing more.
- The club is operated and managed by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur at the club. These volunteers may or may not have taken any training/coaching.
- All attendees should consider the club as an informal gathering of people who will run together in a loosely structured format.
- Every person attending the club must take full and complete responsibility for their own actions. **KNOW YOUR LIMITS.**
- If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these.
- If you feel dizzy, faint or unwell it's your responsibility to stop exercising and to notify other runners of this.
- If you stop mid-session you must not go home without notifying named run/jog leaders.
- It's your decision alone whether or not you are fit and able to run with the Dalkeith Run Club. If you are unsure consult your physician/Doctor. Our recommended advice is that you can run/walk 5k comfortably.
- The volunteer leading the session reserves the right to refuse to let you run with the group.
- The minimum age that we can accept is 18.
- Any matters of concern should be directed to named Run leaders
- Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and lighting conditions.
- We recommend that you run with your mobile phone.
- During evening runs we recommend that you bring a hand or head torch.
- The club does not discriminate against any attendees however unfortunately we are unable to cater for people with special requirements.
- Each runner must accept full and complete liability for their actions?

I..... fully understand all of the items above, I meet all the criteria and formally declare that I am fit to run and fully accept the risks.

On occasion, photographs/videos taken during running sessions/events may be added to our club website/social media. Please circle as appropriate below.

I..... agree/do not agree to photographs/videos taken of myself to be added to Club Website/Social Media.

Signed..... Date.....