

445 RUN CLUB

PARTICIPANT WAIVER AND RELEASE FORM

1. **Acknowledgements of Risks:** I understand that participating in running related activities with 445 Run Club involves risk. These include, but are not limited to, injuries from falls, contact with other participants, effects of weather, traffic and conditions of the road. By participating, I accept and assume all risks, known and unknown.
2. **Health and Fitness Confirmation:** I affirm that I am in good health and physically capable of engaging in running activities. I have sought medical advice if I have any concerns about my health or fitness. I understand that it's my responsibility to judge whether I'm fit to participate in any activity.
3. **Waiver of Liability:** I agree that 445 Run Club, including its organisers, team leaders and other participants, shall not be liable for any injury, loss or damage I might suffer, regardless of the cause. This waiver applies to any and all activities associated with the club.
4. **Media Release:** I grant 445 Run Club permission to use photographs, film recording, or any other media captured during club activities for promotional purposes.
5. **Personal Responsibility:** I acknowledge that while 445 Run Club provided a community for running, I am solely responsible for my personal safety and belongings during the club's activities.
6. **Compliance with Club Rules:** I agree to abide by the rules and policies of 445 Run Club and conduct myself in a manner that upholds the clubs ethos.

By joining 445 Run Club, I acknowledge that I have read, understood and agreed to the terms and conditions above.