

Shenley Striders Running Club Disclaimer Form

- The Shenley Striders running 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 the session leader.
- It's your decision alone whether or not you are fit and able to run with the Striders. If you are unsure consult your physician. We recommend that you can run at least 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 at the Striders committee.
- Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the lighting conditions.
- We recommend that you run with your mobile phone.
- During evening runs we recommend that you bring a hand held torch or wear a head torch.
- The club does not discriminate against any attendees, but we are unable to cater for any people with special requirements.
- After a maximum of two trial sessions I will make a decision to join the club or not.
- Each runner must accept full and complete liability for their actions.

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

Signed.....

Date.....