



Trails & Fitness Disclaimer Form:

Trail & Fitness Club exists purely to offer an opportunity for like-minded trail runners to exercise together in a group. All attendees should consider the group as an informal gathering of people who will run together in a loosely structured format.

Trail courses will be guided, but runners should take full responsibility for knowing the route and any possible escape routes.

Every person attending the group must take full and complete responsibility for their own actions. Know your limits, wear appropriate clothing and footwear as well as taking with you any personal kit you may need, including lightweight windproof/ waterproofs, fluids, and if particularly cold, a warm layer. Weekend runs require a kit list please see online for details. Night runs require the carrying of a working headtorch suitable for offroad running.

It's your decision alone whether or not you are fit and able to run with the group. If you are unsure consult your GP before attendance. If you have any medical conditions that could affect you, it's your responsibility to make the group and leaders aware of these and to keep any personal medication that you may require with you at all times e.g. inhalers. Regardless of fitness, if you feel dizzy, faint or unwell it's your responsibility to stop exercising and to notify other runners and your guide and/or assistant of this.

If you decide to return to your vehicle/trail station alone, Trails & Fitness is not responsible for you. If you do need to turn back please try and inform the session leader before retiring and definitely before leaving the venue/trail.

The minimum age that we can accept is 18.

We recommend that you run with your mobile phone and we require all our runners to have signed up in advance.

Ideclare that I fully understand all of the points listed above, I meet all criteria, formally declare that I am fit to run and fully accept the risks. In addition (please cross through for non-declaration).

I am happy for any photographs that I take, or that I may be fortunate enough to appear in, to be used in conjunction with Trails & Fitness and that such images may be used on social media and on the website.

I understand my details will not be shared and that I have the option to unsubscribe at any point.

Name _____

D. O. B _____

Telephone Number _____

Email Address _____

Emergency Contact Name _____

Relationship _____

Telephone Number _____

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