



Bib Number:

Warrior Run Ltd – Certificate of understanding and express assumption of risk. Remember Warrior Run can be dangerous!

Please read carefully, fill in blanks and date, initial and sign the form. Bring this form with you on race day.

I understand that participating in the Warrior Run event is a physically challenging and potentially dangerous activity and involves the risk of serious injury or worse.

I confirm that I am in good physical and mental health allowing me to safely participate in the Warrior Run. I have no known or knowable physical or mental conditions that would affect my ability to safely participate in the Warrior Run; or that would result in my participation creating a risk of danger to myself or others.

I further state that I am not participating against medical advice and that I have not been diagnosed as having a terminal illness.

I further declare that in the event of feeling physically or mentally unwell or suffering an injury of any description during the course of Warrior Run I will notify the race director or his authorised representatives immediately, and will therefore immediately discontinue any activity.

I confirm that I have not consumed any alcohol or any banned substances under the Olympic guidelines 12 hours prior to the commencement of today's activity. I further confirm that I am not in possession of any alcohol nor have I brought any onto the premises.

Roads:

I understand that sections of Warrior Run take place on public pavements and footpaths i.e. vehicles, cycles and pedestrian traffic are active and no roads are closed to them. Therefore I must give way to any vehicle or pedestrian requiring it, obey the highway code and all relevant road traffic as well as local byelaws. I agree to follow all marshalling instructions given to me prior to or during the event.

Structures and Obstacles:

I agree to take the following precautions:

I will not carry loose items on the obstacles e.g. Keys, Cameras, Phones.

I will not showboat on the obstacles and I will tackle obstacles in a careful, responsible and safe manner. I will follow Marshal's instructions at all times when attempting an obstacle.

I will NOT JUMP off of any obstacle.

I will NOT RUN if requested to walk by an event Marshal.

I will not try to tackle and/or complete an obstacle at any cost. If I feel my strength or fitness is insufficient, I will either not attempt or (if I have started) safely abandon an obstacle.

Initial:

Water, Mud and other substances:

I understand that Warrior Run features immersion in water and mud crawls. I accept that the organiser is not liable for any mud and/or other substances used in Warrior Run harbouring some levels of naturally occurring bacteria which could lead to illness if ingested. I understand that I must cover open wounds prior to taking part in the event. I confirm that I will not swallow any water that is used in the Warrior Run obstacles. I confirm that I can swim at basic level without the help of anyone else.

I agree that I am responsible for my timing chip and if I lose it the organisers will charge me £10

I understand and give permission to be filmed by a drone (DoubleXAir), photographed and filmed during the event and permit Warrior Run Ltd to use these images for commercial purposes and Warrior Run Ltd is the sole owner of their copyright.

Please help us to help you have an enjoyable experience by 1) Obeying all the instructions that you receive immediately; 2) looking after yourself at all times; and 3) acting in a careful and considerate way towards everyone else on the premises.

Failure to comply with these basic requirements will result in an immediate cessation of any activity.

I further state that I am of lawful age and legally competent to sign this certificate. I confirm that I am 18 years of age or over.

Initial:

****SIGNATURE**** _____ **DATE:** _____

Full Name (please print): _____

DOB: ____//____//_____ Address: _____
_____ Postcode _____