



TERMS AND CONDITIONS

UMRUN requires that all runners follow these rules when taking part in UMRUN lead group runs:

- Everyone taking part in an organised run **MUST** be registered and sign in on Run Together
- All participants must make run leader(s) aware of any recent injuries you may have had before the start of the run
- All participants must carry asthma inhalers or other medication if you are likely to need them
- All participants must have signed the below disclaimer before taking part in an UMRUN activity

Failure to adhere to these terms will result in the session organisers or group leaders removing you from the session.

DISCLAIMER :

You certify that you are over 18 years of age and acknowledge that your participation in UMRUN activities, including group runs, events, and any related activities, carries certain inherent risks. By participating, you voluntarily assume all risks associated with running, including but not limited to falls, contact with other participants, the effects of weather, traffic, and the conditions of the running routes. You certify that you are physically fit and able to participate in running activities, and capable of completing the full distance. You understand that it is your responsibility to consult with a healthcare professional prior to engaging in any strenuous physical activity. You hereby release UMRUN, its officers, directors, members, volunteers, and affiliates from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by you or caused to any property belonging to you while participating in UMRUN activities. You understand that participation in UMRUN activities is entirely voluntary, and assume all risks and responsibilities associated with your participation. You agree to comply with all instructions, guidelines, and rules set forth by UMRUN, its organisers, and appointed officials. You understand that UMRUN and its affiliates may take photos and or videos with you in them during events and you confirm that you grant your permission for these to be used for marketing purposes.

I have read, understood, and agree to all of the above and are bound by its contents. Sign on this form to agree <https://forms.office.com/e/vxFRLztYig>

