

Pont-y-pwl Free Wheelers Disclaimer



I, _____ hereby agree to the following:

1. That I am participating in the Pont-y-pwl Free Wheelers running group or any other exercise programmes offered by Free Wheelers during which I will receive information and instruction about running with buggies, physical exercise or health. I recognize that exercise requires physical exertion, which may be strenuous and may cause physical injury, and I am fully aware of the risks and hazards involved.
2. I understand that it is my responsibility to consult a doctor prior to and regarding my participation in the Free Wheelers buggy running groups, health programmes or workshops offered by my running leaders. I represent and warrant that I am physically fit and I have no medical condition, which would prevent my full participation in these running groups, health programmes or workshops.
3. If I am pregnant I understand that I participate fully at my own risk and that of my unborn child/children.
4. In consideration of being permitted to participate in the Pont-y-pwl Free Wheelers running group, health programmes or workshops, I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which I might incur as a result of participating in the programmes offered by my running leaders.
5. In further consideration of being permitted to participate in the Pont-y-pwl Free Wheelers running group, health programmes or workshops, I knowingly, voluntarily and expressly waive any claim I may have against my running leaders for injury or damages that I may sustain as a result of participating in these running groups.
6. I understand that from time to time during the running groups, the running leaders may physically adjust students' form and posture. If I do not want such physical adjustments, I will inform the instructor at each class I attend. I also acknowledge that if I do wish to receive such adjustments, it is my responsibility to inform the instructor when an adjustment has gone as far as I desire at that time.
7. Throughout my time with Pont-y-pwl Free Wheelers running group it is my responsibility to care and cater for my own baby/child/grandchild/niece/nephew and no blame shall be placed upon our running leaders if an incident/injury were to occur.
8. Whilst there is a wide range of information regarding the age of when a baby is able to be pushed in a running buggy, I am aware that Pont-y-pwl Free Wheelers strongly recommend that the baby/child is able to sit unaided and have good head control prior to being pushed in a running buggy. However, the decision is entirely my own, and whatever decision I choose to make there will be no liability held against the running leaders.
9. Pont-y-pwl Free Wheelers may take photographs or videos for promotional and publicity purposes. By registering to participate in the group run either on my own behalf or upon behalf of any other runners including those under the age of 16 years, I agree that photographic or video images of me, containing me, or of those under the age of 16 years upon whose behalf I have registered, may be used by Pont-y-pwl Free Wheelers for publicity purposes.
10. If borrowing a running buggy from Pont-y-pwl Free Wheelers I will return the buggy in good working order and in a clean condition at the end of the session

I, _____ hereby take full and sole responsibility from any liability of loss or damage to personal property associated with Pont-y-pwl Free Wheelers running group or any other events.

I have read the above release and waiver of liability and fully understand its contents and I voluntarily agree to the terms and conditions stated above under my own free will.

By writing my name below, I hereby agree to all of the terms and conditions above.

Name _____

Date _____

Contact Details: Phone: _____ Email: _____

Emergency contact name & number: _____