

Emersons Green Running Club: Guide & Disclaimer

Welcome and thank you for coming along to Emersons Green Running Club

The aim of the session is to:

- Have fun
- Train safely
- Make friends

All runners should:

- Follow the advice and requests of the Running Group Leader(s) but also be aware that Leaders cannot take responsibility or be held liable for the safety and wellbeing of runners
- Refrain from wearing personal i-Pods or MP3 players during the training sessions
- Runners with any medical problem should let the Running Group Leader(s) know before the run
- Inform one of the Running Group Leaders if for whatever reason you are feeling any pain whilst running, or have an accident whilst running
- Sign out and in at the beginning and end of each session

Running Group Leaders are not necessarily qualified running coaches but are willing to share their experience, knowledge and enjoyment of the sport with others.

I hereby agree that I take part in running sessions entirely at my own risk and will not hold the Running Group Leader or Club responsible for any accidents, injury, illness experienced as a result of my participation.

I declare that I am fit enough to participate, have read and understood the "Guide & Disclaimer" and agree to abide by it.

Name: _____

Signature: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Tel No: _____

If you are happy for us to contact you with details about EGRC membership, offers, and other running news and information then please provide your contact details below.

Phone Number: _____

Email Address: _____