

# Speyside Way Ultra 2020



## Speyside Way Ultra Race Agreement & Waiver for 2020

### BY pre-registering I agree to the following agreement and waiver:

With regards to my participation in the Speyside Way Ultra ('the event' or 'race'), I agree to this waiver and release. I understand, acknowledge and agree that:-

- I am at least 18 years of age on race day and have read, understood and agree to all the rules, terms & conditions managed by the Speyside Way Ultra team.
- I confirm that I will not attend the event if I (or someone I live with) have not been unwell 14 days prior to the race with any of the following symptoms: A high temperature
  - A new, continuous cough
  - A loss of, or change to, my sense of smell or taste. If I (or someone I live with) have demonstrated any of the above symptoms, I will follow NHS and Government Guidance on self-isolation and not attend the event.
  - I understand that the information in this document is held subject to the event organisers' privacy policy and will be shared with NHS Test and Trace upon request.
- To ensure safety of marshals & medical staff during the COVID-19 pandemic, I confirm that:-
  - I have to self-resolve most first aid issues, with telephone advice from race medic wherever required. I understand that contact is only permitted when life is thought to be at risk.
  - I understand marshals do not participate in contact first aid unless trained to work in PPE and appropriately equipped.
  - I understand that CPR is chest compressions only, no rescue breaths to be undertaken.
- The nature of the races include running on trails / roads / mountainous / varied terrain and as such are liable to changing and severe weather conditions (rain, snow, hail, sunshine, low cloud, mist, high winds).
- Participation in such an event carries with it certain inherent risks and dangers that cannot be completely eliminated, ranging from risk of minor injuries to catastrophic injuries including permanent disability and death.
- I assume full and complete risk and responsibility for any injury or accident that may occur during the event, while travelling to or from the event, or while on the premises of the event.
- The compulsory equipment stipulated in the race rules is necessary for my own safety during the races. I agree to carry all the stipulated compulsory equipment with me throughout the duration of the race and understand that failure to do so will result in disqualification from the race.
- I follow the route through all checkpoints in the order given and understand that taking any short-cuts between checkpoints will result in disqualification.
- I am medically able to participate in such a race, have trained sufficiently for such an event and am physically fit in order to compete safely and look after myself on the trail. Any medical condition I may have has been declared to the event organisers and I have no medical condition that would make my participation more hazardous.

- I consent to medical care and transportation in order to obtain treatment in the event of injury and understand that this Agreement and Waiver extends to any liability arising out of, or in any way connected with, the medical treatment and transportation provided in the event of an emergency and/or injury.
- The organiser, checkpoint staff, race marshals or medical officer reserves the right to stop me from participation due to serious injury or illness. Should I wish to retire from the race, I must inform a race official immediately (at a checkpoint or by calling the HQ/Emergency number).
- I observe and obey all rules and warnings, to follow any instructions or directions provided to me by the event organiser and to abide by any decision of any race official related to my ability to safely participate in the race without complaint or recompense.
- Participation in the Speyside Way Ultra is a potentially dangerous activity and am fully aware of the risks involved. I accept all responsibilities associated with competing in this event, including but not limited to, risks of injury, permanent injury, loss and death due to falls, obstacles, contact with other participants or animals, acts or omissions of other participants; effects of the weather (hyperthermia, cold, hypoglycaemia, dehydration, sunburn, sunstroke, heatstroke, cramp, rain, snow, ice, high winds), traffic and the condition of any road, track or trail.
- Neither the event organiser nor anyone working for the race is responsible for any personal item or property that is lost, damaged or stolen during the event.
- I grant permission for the race organisers to use any and all images or film (video/ moving content) of me captured during the race and allow these images to be used in marketing materials including but not limited to online, print and broadcast media.
- The event organiser of the Speyside Way Ultra reserves the right to cancel or amend the Event in the event of COVID-19, weather (including, but not limited to, snow, heat, tornadoes, earthquakes, fires, storms, lightning and floods), accidents, acts of war or terrorism, military conflicts or riots or for any reason that would affect the safety and security of race participants and spectators. In the event of such cancellation, there will be options to defer and no refund of your payment other than the current events of COVID-19.
- I agree to release Speyside Way Ultra and its officials, representatives, affiliates, sponsors and volunteers from any and all liability, claims, demands, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, legal fees or action arising out of my participation in the Speyside Way Ultra. This release extends to any claim made by my family, estate, heirs, or assigns arising from or in any way connected with the aforementioned activities.