

# INDEMNITY AND WAIVER

Please read this important legal document carefully. It details information on release of claims and waiver of liability.

By participating in any event or run organized by Chiya Guff Run Club , I acknowledge and accept the following terms:

## 1. Health and Fitness

- I am in good health and have a sufficient level of fitness to participate in any run or event organized by Chiya Guff Run Club.
- I am solely responsible for running or walking at a pace and in a manner that aligns with my level of fitness.
- I am not suffering from any pre-existing or known medical condition that affects my ability to safely participate in Chiya Guff Run Club events.

## 2. Risks and Responsibilities

- I understand that running and walking are physical activities that carry inherent risks, including but not limited to injury or, in extreme circumstances, death.
- I acknowledge that running on roads carries additional risks, such as vehicles, uneven surfaces, and other pedestrians.
- Running on trails involves further risks, such as slippery or uneven surfaces, unbarricaded sections of track, and potential lack of proximity to emergency services or cellular reception.

I declare that I am aware of these risks and voluntarily choose to participate in Chiya Guff Run Club events at my own risk.

## 3. Medical Assistance

- If I am injured or require medical assistance during or immediately after any run or event, I consent to receiving treatment at my own cost, including ambulance transportation if necessary.
- If I participate with any known medical condition, I do so at my own risk, and Chiya Guff Run Club bears no responsibility for the outcome of any incident arising from this.

## 4. Illness and Symptoms

- I confirm that I am not suffering from any symptoms of an illness that could be transmitted to other participants.
- I agree not to attend any run or event if I exhibit such symptoms.

## 5. Conduct and Safety

- The organizers of Chiya Guff Run Club reserve the right to ask me to leave a run or event at their discretion based on my behavior, level of fitness, or state of health.
- I understand that Chiya Guff Run Club recommends carrying a mobile phone for safety at all events.

## 6. Property and Attire

- I am solely responsible for the security of my personal possessions before, during, and after any Chiya Guff Run Club event. Chiya Guff Run Club is not responsible for any property loss or damage.

- I agree to wear suitable attire for running, including proper footwear and weather-appropriate clothing.

#### **7. Alcohol Consumption**

- If I choose to consume alcohol at an event, I agree to do so responsibly and at my own risk.

#### **8. Photography and Marketing Consent**

- I consent to Chiya Guff Run Club using my personal information, including photographs and videos, for marketing and social media purposes.

- I waive any right to inspect or approve the use of such media prior to publication and waive any right to royalties or compensation arising from its use.

By participating in any event organized by Chiya Guff Run Club, I agree to these terms and conditions and acknowledge that I am doing so at my own risk.

**Thank you for being part of Chiya Guff Run Club!**