

Rochdale Harriers & A.C. ("RHAC")

Disclaimer for the Coast-to-Coast Relay, 2025 ("the Relay")

In consideration of RHAC arranging the Relay and allowing me to participate in the Relay, I hereby confirm and agree to the following:

1. I will wear / carry the following kit during the Relay and any recces connected with the Relay:
 - a) waterproof whole body cover (with taped seams and integrated attached hood),
 - b) hat,
 - c) gloves,
 - d) map of the route,
 - e) compass,
 - f) whistle,
 - g) mobile phone with sufficient charge,
 - h) emergency food, and,
 - i) if there is even a small chance that I will be running in the dark, I will additionally carry a fully charged headtorch suitable for the leg(s) I am running.
2. I acknowledge and accept that the Relay is a potentially hazardous activity and that my participation in the Relay may result in serious injury, disablement and/or death.
3. I confirm that I am entering the Relay voluntarily and that I fully accept the risks associated with my participation in the Relay.
4. By entering the Relay I declare that I am physically fit and healthy enough to participate in the Relay. It is my responsibility to declare any medical conditions or injuries to RHAC should be aware of with specific reference to the Relay.
5. It is my responsibility to ensure I have the necessary experience and capability to take part in the Relay without endangering myself or others. By entering the Relay I confirm that I have such necessary experience and capability and that I am experienced enough to make a reasoned decision as to whether to participate (and continue to participate) in the Relay and that I will not do so where this may jeopardise my own safety or another participants' safety.
6. I am responsible for my own actions, safety and any injury sustained by me during the Relay.
7. Because of the remote nature of the Relay, I will be responsible for sourcing any drinking water or food I require (and assessing the suitability of any water for drinking). I will also be responsible for arranging my transportation to and from any legs I run in the relay.
8. I understand and accept that there is no medical cover provided for the Relay other than Mountain Rescue and other UK emergency services.

9. I understand and accept that the forecasted start times for legs of the Relay are approximate and depend on the weather conditions, speed of early runners, navigational skills of earlier runners etc.

10. I agree not to make any claim against RHAC or any person involved in organising the relay for any loss, personal injury, death or any other potential liability to the extent the same may not be excluded or limited as a matter of law.

11. I agree that these terms shall be governed by and construed in all respects in accordance with the laws of England and any disputes relating to or arising from these terms or the Relay shall be subject to the exclusive jurisdiction of the English courts.