Marathon and Running Event Waiver

Participant signs before taking part in the running event. The race organiser countersigns and keeps a copy.

Race organiser and session details

ORGANISER NAME

CONTACT PHONE

RACE NAME

RACE DATE

CATEGORY

Participant

FULL NAME

EMAIL

PHONE

DATE OF BIRTH

BLOOD GROUP

BEST TIME IN THIS CATEGORY

T-SHIRT SIZE

BIB NAME

EMERGENCY CONTACT NAME

EMERGENCY CONTACT PHONE

Health declaration

Any heart condition, chest pain on exertion, or a family history of sudden cardiac death?

◯ No ◯ Yes

High blood pressure or diabetes?

◯ No ◯ Yes

An injury in the last 3 months?

◯ No ◯ Yes

IF YES, OR ANY ALLERGY OR MEDICATION, GIVE DETAILS

☐ I am fit to take part in the running event and will tell the staff at once if that changes.

Risks of the activity

The running event carries real risks, even with trained staff and good equipment. They include:

- Cardiac arrest, heat stroke and collapse, particularly in long races
- Dehydration or over-hydration (hyponatraemia)
- Falls, blisters, muscle cramps and stress injuries
- Vehicles where the course crosses open roads

Rules

1. Wear your bib on the front, visible, for the whole race; bibs cannot be transferred.
2. Stop and seek medical help if you feel chest pain, dizziness or confusion.
3. Follow marshals and stay on the marked course.
4. Runners who miss the cut-off must leave the course or board the sweep bus.

☐ I will follow them and any instruction from the staff. Staff may stop me from taking part if a rule is broken.

For a half or full marathon we recommend a medical check-up, including an ECG, within the six months before the race.

Assumption of risk and release

- I take part voluntarily and accept the risks described above, as well as risks that cannot be foreseen.
- To the extent the law allows, I release the race organiser, its staff and volunteers from claims for injury, illness, loss or damage arising from my participation, except claims caused by their gross negligence or wilful misconduct.
- I will compensate the organiser for loss caused by my own breach of the rules or deliberate damage to equipment or property.
- In an emergency, the staff may arrange first aid, transport and medical treatment for me. I will pay the reasonable costs that insurance does not cover.
- Nothing in this release limits any liability that cannot be excluded under Indian law, including the Consumer Protection Act, 2019.

Initials _____

☐ The organiser may use photos or videos of me taken during the activity in its own social media and promotion.

If the participant is under 18

A parent or legal guardian must also fill this section and sign on the participant's line, accepting this release on the minor's behalf.

PARENT OR GUARDIAN NAME	RELATIONSHIP	PHONE

General terms

- Governing law. This document is governed by the laws of India.
- Entire agreement. This document is the whole agreement between the parties on its subject and replaces earlier discussions.
- Amendments. Changes are valid only in writing signed by both parties.
- Severability. If a clause is unenforceable, the rest of the document still applies.
- Electronic signatures. The parties agree to sign electronically; electronic signatures and records are valid under the Information Technology Act, 2000.

Participant

SIGNATURE

PRINTED NAME

DATE

Race organiser

SIGNATURE

PRINTED NAME

DATE