

Dark & White Events Trail Running Safety Disclaimer

Each participant must complete this form before the event and bring the signed form to registration. Alternatively there is an electronic form that can be completed online before the event. Participants will not be authorised to participate without completion.

Event Name/ Event Date		
Email Address		
Full Name		
Car Registration		

Safety

There is a set rule if you have difficulties. You are responsible for your own safety and you MUST be carrying and wearing all the compulsory equipment as laid out in the event rules. You MUST inform a marshal or race official if you have retired and you MUST return/download your dibber. Failure to comply will lead to instant event disqualification, in addition to any rescue fees incurred. If you are more than two hours late (i.e. after the finish has closed) we will inform Mountain Rescue.

If you or another runner is injured.

Be sensible and assess the whole situation but please maintain social distancing. Attempt to summon assistance from other competitors and then (preferably two people) go for help. Someone should stay with the casualty at all times, although if you cannot summon help you may have to leave them on their own. Make a careful note of the location (we recommend downloading the app **OS Locate** before the event) including nearby features etc, time and nature of injuries. Telephone the emergency event phone numbers shown on your map and ask for a suitable message to be passed to the Mountain Rescue Team. If you cannot contact the event emergency number or the injured participant is in need of immediate emergency care please dial 112 or 999 and ask for Police then Mountain Rescue.

COVID-19

We request that all those participating at our events help prevent the spread of COVID-19 by following the government's guidance: <https://www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19>.

Please respect that other participants and event staff/volunteers might be vulnerable to COVID-19 and therefore we request that all participants do the following whilst attending our events.

- 1) Maintain good hygiene
- 2) Wear a face mask whilst indoors – i.e. at registration, download, toilets etc
- 3) Do not congregate indoors longer than required – please keep the time spent indoors to a minimum.

Whilst COVID-19 remains prevalent we will continue to implement the majority of the COVID-19 mitigation that we used at our events over the past 12 months to help reduce the spread and risk – [see here for all the measures](#)

I understand that this race is held in accordance with the rules, regulations and safety requirements of UK Athletics plus those of Dark & White Events. I confirm that I am aware of the organiser's information and requirements in connection with this race. I accept the hazards involved in trail running and acknowledge that I am entering and running this race at my own risk. Other than the organiser's liability for causing death or personal injury by negligence, I confirm that I understand that the organiser accepts no liability to me for any loss or damage of any nature to myself or my property arising out of my participation in this race.

By signing this form I agree to the following:

- I have read and understood the above declarations and agree to abide by them.
- I agree that I have watched and/or read the pre event briefing.
- I agree to carry all the required compulsory kit whilst out on course.
- I have read the above about COVID-19 and agree to help minimise the spread by following the Government guidance and requests of Dark & White Events.

Signature:

Date: