



Moorside Park Run Club Disclaimer

- Moorside Park Running Club exists purely to offer an opportunity for like-minded runners to exercise together in a group and nothing more.
- The club is operated and run by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur at the club. These volunteers may or may not have taken any training/coaching.
- All attendees should consider the club as an informal gathering of people who will run together in a loosely structured format.
- If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these.
- If you feel dizzy, faint or unwell it's your responsibility to stop exercising and to notify other runners of this.
- If you stop mid-session you must not go home without notifying the session leader.
- It's your decision alone whether or not you are fit and able to run. If you are unsure consult your physician.
- The volunteers leading the session reserve the right to refuse to let you run with the group.
- The minimum age that we can accept is 14.
- The minimum age for children that we can accept is 7. Children aged 7 - 14 **HAVE** to be accompanied by a parent/guardian at all times.
- Any matters of concern should be directed at the leaders.
- Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the lighting conditions.
- We recommend that you run with your mobile phone.
- During darker evening runs we recommend that you bring a hand held torch or wear a head torch together with reflective clothing. FOMP have a limited number of high visibility bibs.

- The club does not discriminate against any attendees, but we are unable to cater for any people with special requirements.
- Each runner & parent must accept full and complete liability for their and their children's actions.
- Moorside Park running club may use your photographs to share on social media. If you do not wish for this to happen please contact a member of the committee

Member/Parent Signature Date