



WAIVER FORM

TRACK SESSION WAIVER AND RELEASE OF LIABILITY

Participant Name: _____

Date of Birth: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

PLEASE READ CAREFULLY BEFORE SIGNING

In consideration of participating in track sessions organised by Stride Run Club ("Stride"), I, the undersigned participant, acknowledge and agree to the following:

1. Assumption of Risk: I understand that running, jogging, and participating in physical activities involve inherent risks, including but not limited to falls, contact with other participants, weather conditions, traffic hazards, and health-related issues such as dehydration or overexertion. I voluntarily assume full responsibility for any risks, injuries, or damages that I may sustain as a result of my participation.
2. Release of Liability: I, on behalf of myself, my heirs, assigns, and personal representatives, hereby release, discharge, and hold harmless Stride, its organisers, leaders, volunteers, sponsors, and affiliates from any and all claims, liabilities, demands, actions, or causes of action arising out of or related to any injury, disability, death, or loss or damage to person or property incurred while participating in the track sessions.
3. Medical Treatment: I certify that I am physically fit and sufficiently prepared to participate in track sessions. In the event of an emergency, I consent to receive medical treatment deemed necessary by medical personnel. I understand that I am solely responsible for any medical expenses incurred as a result of my participation.

4. Code of Conduct: I agree to abide by all Stride rules, and guidelines. I will conduct myself in a respectful and sportsmanlike manner and follow instructions given by Club organisers and leaders.
5. Photography and Media Release: I grant permission to Stride to use photographs, videos, or other media taken during track sessions for promotional purposes, including but not limited to social media, websites, and marketing materials. I understand that I will not receive compensation for the use of these images.
6. Minors: If the participant is under the age of 18, a parent or legal guardian must sign this waiver on their behalf. If the participant is under the age of 16, parental supervision is required.

I HAVE READ AND FULLY UNDERSTAND THIS WAIVER AND RELEASE OF LIABILITY AGREEMENT. I VOLUNTARILY SIGN THIS DOCUMENT AND ACKNOWLEDGE THAT BY DOING SO, I AM GIVING UP CERTAIN LEGAL RIGHTS.

Participant Signature: _____

Date: _____

Parent/Guardian Signature (if applicable): _____

Date: _____

