



# Aldridge Running Club

## SAFETY GUIDANCE NOTICE FORM (to be filled in by new member before running)

Many thanks for coming along to run with our club tonight. We hope you enjoy the experience and consider joining us as (or continue to be) a member in due course. Other members of the club will be around you. They will try and make your experience a happy one and as safe as possible in all circumstances. It is important to remember that every one of us, members and non-members alike, have a duty to keep ourselves safe. We all, for example, have to be aware of traffic and tripping hazards.

Very occasionally, despite everyone’s best endeavours, accidents do occur whilst on a club run.

You should note that whilst the members of the club have the benefit of insurance cover if an accident occurs, those not yet a member of this club do not have that protection.

If you’re not yet a member, whilst we extend a warm welcome to you to run with us tonight you must declare that you run at your own risk and accept that Aldridge Running Club have no liability for any loss or any personal injury to yourself, however caused.

In line with our Covid-19 safety precautions if you do not feel well or are exhibiting any of the following symptoms then please DO NOT run with us

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

### Runner’s Declaration:

I acknowledge that I am responsible for my own Health and Safety whilst I am running with Aldridge Running Club tonight.

In the event of an accident that, save for any provisions under any policy of insurance that members are able to claim I acknowledge that Aldridge Running Club will not be responsible for any physical injury or any direct or indirect loss arising from, or in connection with, running with Aldridge Running Club tonight.

I confirm that I **know/do not know**\* of any medical condition that I suffer with which might have the effect of making it more likely that I be involved in an accident which could result in injury to myself or others.

\* Delete as applicable

If you know of any such condition please specify below

If the runner is under 18 years of age the supervising adult or parent must sign to acknowledge the above on behalf of the runner

Signed .....

PRINT name .....

Address .....

Date .....

Please note we only keep these details for the purpose of ARC Health and Safety procedures and they are not passed onto any third party. They will be held with ARC club records for no more than 12 months.