

FIT ROUTES TERMS AND CONDITIONS

These terms and conditions relate to use of the Fit Routes as well as those who are participating in the medal challenges.

I am a Participant and acknowledge that by participating in the FitRoutes/Medal Challenge, I agree to the terms below and the Conditions

- agree that any participation by me in the FitRoute/medal challenges is solely and entirely at my own risk and (to the extent permitted by law) no person(s) or organisation(s) shall be liable for any accident, harm, injury, loss or damage to property, however so caused, arising out of or in connection with or, suffered during or as a result of, my participation in the Challenge, provided always that nothing shall exclude liability for death or personal injury caused directly by the negligence of the organiser or its employees;
- agree that I will not take part in the FitRoute/challenge should I have any illness or other pre-existing medical condition which may put me under any unnecessary risk.
- I running is an endurance sport;
- I should only undertake such an activity to a level which reflects my level of fitness.
- I will wear clothing and footwear appropriate for the terrain and conditions
- I will use a torch if I decide to use the routes during the hours of darkness.
- It is my personal responsibility to ensure that I closely follow all Government guidelines in relation to Covid-19. In particular I will consider the time of day and period of time when I run, carefully select my route, and apply social distancing to stay clear/give priority to pedestrians and people using public spaces.
- I will inform someone of where I am going and will check in with them on my return
- I will carry an ICE (in case of emergency) card with my details
- This is a challenging event. It is my responsibility to make sure I have the required fitness to complete the challenge.
- I enter this challenge entirely at my own risk...
- I will note the advice at <http://www.runnersmedicalresource.com>
- Refunds of entry fee will not be considered under any circumstances
- It is my personal responsibility to ensure that I arrive in good health ready to complete the challenge.