

CAIRNGORM



Runners

jogscotland



Waiver

Cairngorm Runners have conducted a Generic Risk Assessment in compliance with jogscotland and each leader will complete a dynamic assessment before each training session to eliminate any gross risk and reduce potential risk to a manageable degree.

As a member of Cairngorm Runners I understand and am aware that aerobic and anaerobic exercise, including walking, jogging and running on a variety of surfaces, is a potentially hazardous activity.

I also appreciate that fitness activities involve a risk of injury and that I am voluntarily participating in walking, jogging and running with the knowledge of the potential dangers involved.

I hereby agree to assume all risks of injury. I do further declare myself to be physically sound and suffering from no condition, impairment, disease or other illness that would prevent my participation in any of the running activities and training programmes organised by the Cairngorm Runners. I acknowledge that I have either had a physical examination and have been given my doctor's permission to participate in activities, or that I have decided to participate in running and any other activities without the approval of my doctor and hereby assume all responsibility for my participation.

I have had the opportunity to ask questions and any questions I have asked have been answered to my satisfaction. I understand that by completing this questionnaire I am assisting the leaders in conjunction with Cairngorm Runners to compile a safe and effective running programme that will help me achieve my goals and that all information given is in the strictest confidence.

Name: _____

Date: _____

Signature: _____