

# MacTuff Ltd - MacTuff 8k, 15k, 21K - Knockhill Racing Circuit

## Declaration of Participation and Waiver - Jan 4th 2025

1. I am aware of and understand the risks involved and potential risk associated with physical activity including the terrain, conditions, weather, use of equipment and obstacles.
2. I am voluntarily participating and aware of the risks involved.
3. I understand that activities outdoors and obstacle racing comes with many risks. I am happy to participate in the knowledge that said activities can result in injury or death.
4. I know I do not have to attempt every obstacle and/or part of the course and have the choice to "walk by" any obstacle or part of the course.
5. I will act responsibly on the course and will ensure that my behaviour does not detract from the experience and safety of others participating.
6. I know of no reason why I should not take part in this type of activity.
7. I hereby declare myself free of any conditions that may affect my participation.
8. I agree to inform a member of staff or the medical staff if I feel unwell.
9. I agree to abide by all notices and oral instructions on the day of the event.
10. I will do my utmost to enjoy the event.
11. I will encourage and help fellow runners where possible.
12. I understand and I am willing to get wet, dirty and tired.
13. No claims for Injury, damage or theft to clothing and personal belongings will be made against MacTuff Ltd.
14. Cars parked at owners risk with no claims to be made for loss or damage to MacTuff Ltd.
15. I agree for photography and videography to be taken on the day of the event and that they may be used for future promotional material.
16. I agree that if I am withdrawn from the course by a medic or marshal that I will respect that decision.
17. I will smile after the event.

Name (IN BOLD – FIRST NAME, LAST NAME).....

Signature.....