

## **Crews to the Coast 2024, London to Margate – Agreement and Waiver**

You have voluntarily signed up to Crews to the Coast, London to Margate. This is an active and challenging event. The health and safety of participants during the event is very important. By taking part in this event, you agree to be bound by the following conditions.

1. I would like to participate in the run from London to Margate which involves running, cycling and driving the distance between Hackney and Margate (collectively hereinafter called the "Crews to the Coast Event") organised by Your Friendly Runners (Friendly Projects LTD) ("YFR") in association with ADIDAS, on from 12-13th July 2024.
2. I am eighteen years or older.
3. I acknowledge that the Crews to the Coast Event requires a good level of fitness and ability – and that participation the Crews to the Coast Event entails risk which could result in serious injury, including permanent disability and death or damage to myself, to property or to third parties. I therefore acknowledge and accept that there is a risk of personal injury when undertaking the Crews to the Coast Event.
4. I agree not to participate in the Crews to the Coast Event whilst under the influence of alcohol or drugs and acknowledge that my participation may be refused on that basis. I agree to act responsibly and sensibly at all times.
5. In signing this waiver, I accept and assume all of the risks of the Crews to the Coast Event. I also confirm that I choose to participate being fully aware of these risks, and that my participation is voluntary.
6. I agree that I will follow safety instructions or advice given to me prior to or during the Crews to the Coast Event.
7. I certify that to the best of my knowledge I do not have a medical condition which might have the effect of making it more likely that I will be involved in an incident which could result in injury to myself or others. To the best of my knowledge, I am not pregnant.
8. I acknowledge that I am responsible for my own safety (and the safety of my possessions) whilst undertaking the Crews to the Coast Event.
9. I understand that the Crews to the Coast Event is carried out at my own risk, and that I will only participate in the Crews to the Coast Event to the extent appropriate to my level of ability and fitness. I therefore certify that:
  - a. I am a competent runner and can run a minimum at least 50 miles throughout one day; and
  - b. I have participated in another ultra marathon event of at least 50 miles in the past 2 years; and
  - c. If anyone from my support crew or I intend to cycle during the Crews to the Coast Event, I/ my support crew members am/are a competent cyclist and the bike that I intend to ride is in good working condition; and
  - d. If I or anyone from my support crew intend to drive during the Crews to the Coast Event, they and/or I have a valid UK driver's license and am insured on the car that shall be driven.

10. Should I have any concerns regarding any aspect of my health prior to the Crews to the Coast Event, I agree to consult my doctor and receive medical clearance before participating.
11. I agree that if I have any concerns about my health or the health and behaviour of others during the Crews to Coast Event, I will inform one of the Crews to Coast Event organisers immediately.
12. I agree to accept any consequences and risks arising out of the Crews to the Coast Event, except liability for death or personal injury caused by YFR's negligence and/or a breach of statutory duty.
13. To the extent permitted by law, in no event will YFR or its employees, directors, volunteers and agents be liable in respect of any claim for any indirect or consequential loss or damage, including, without limitation personal injury, theft, damage, destruction or loss of your property, financial loss, or for any punitive, exemplary, special, incidental or consequential loss or damage whether such liability arises in contract, tort (including negligence), equity, breach of statute or statutory duty arising out of or in connection with the Crews to the Coast Event.
14. This waiver will be governed by and in accordance with English law and any disputes relating to it shall be subject to the exclusive jurisdiction of the courts of England.