



Individual Risk

Disclaimer required to become a member of the Macedon Ranges Running Club Inc (MRRC):

- (a) I acknowledge that MRRC runs involve the real risk of serious injury or even death from various causes including exertion, equipment failure, dehydration, accidents with other members, spectators or road users, course or weather conditions and other causes.
- (b) I understand that MRRC has attempted to reduce my personal risk whilst running on roads and tracks by advising me to wear a high visibility singlet and having a policy of running with a light if it is low visibility.
- (c) I agree to purchase a running light to be used for low visibility running (ie. running in the dark or bad weather)
- (d) By running with the MRRC, I accept the risks necessarily flowing from my participation which could result in loss of life or presumed injury. Accordingly, I release all persons or corporations associated directly or indirectly with the conduct of the run from all claims, demands and proceedings arising out of my participation and I hereby indemnify against all liability, including liability for their negligence and the negligence of others for all injury, loss or damages arising out of or connected with my participation. This release will extend to MRRC officers, agents and volunteers including medical and paramedical personnel appointed for the run, the owners, licences and occupants of land on which the run or any part of it is conducted, any statutory body or local authority having control upon which the run or any part of it is conducted or which is involved directly or indirectly with the run in any manner whatsoever. I consent to myself or my dependents receiving any medical treatment that the MRRC coordinators think desirable during the run.
- (e) I consent to the MRRC organisers and MRRC officers or their appointees using my name, images, or likeness, before, during or after a run for promotional, broadcasting or reporting purposes in any media.
- (f) Safety precautions undertaken by organisers such as run supervisors, run safety briefings, run checks are a service to me and other runners and do not guarantee my safety.
- (g) I am fully responsible for the security of my personal possessions including car keys at a run.
- (h) I agree to abide by the MRRC Rules and all running rules and directions issued by the run organiser(s).