



# Newburgh Dunes Running Club

## Terms and Conditions of Membership

- Newburgh Dunes Running Club (NDRC) and its coaches, members, or other associates assumes no liability for information contained herein, nor will they be held responsible in any manner whatsoever for any injury up to and including death which may occur through following information within this site, or participating in group events
- The club is operated and managed by volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur at the club
- Every person attending the club must take full and complete responsibility for their own actions. Know your limits.
- If you require any special assistance, it is your responsibility to notify run leaders and/or volunteers. The club may not be able to fulfil your special requirements.
- All members acknowledge that participating in and volunteering for organised group runs, social events, and/or races with NDRC are potentially hazardous activities and may cause injury and/or death
- All members acknowledge that NDRC activities may include (but not be limited to): falls, contact with other participants, the effects of the weather, including hot and cold extremes, traffic and the conditions of the road etc, all such risks which are reasonably foreseeable
- If you have any medical conditions that could affect you, it's your responsibility to make the club aware of these as soon as possible
- If you feel dizzy, faint or unwell during an NDRC activity it's your responsibility to stop exercising and to notify the leader of the activity of this
- It's your decision alone whether or not you are fit and able to run. If you are unsure consult your physician. We recommend that you can run at least 5k comfortably
- The volunteer leading the session reserves the right to refuse to let you run with the group.
- Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the lighting conditions
- Reflective clothing is mandatory on dark evenings
- We recommend that you run with your mobile phone when doing longer runs
- During darker evening runs we recommend that you wear a head torch with reflective or illuminated bands
- If you leave any of your personal belongings at NDRC club nights during any training session, you do so at your own risk
- NDRC may use your photographs to share on social media. If you do not wish for this to happen, please contact a member of the committee

### **Agreement to the health statement and terms and conditions of membership**

I declare that I am medically fit to run and train with NDRC and I accept full responsibility for my own health and safety in doing so.

I hereby agree to these terms of membership of NDRC.