



## **Explore Paw x Paw 5km Dog Fun Run and Walk Disclaimer**

**You must not participate in this activity if any of the following apply to you:**

- You suffer from heart disease, high or low blood pressure or any cardiovascular problem, unless controlled by the appropriate medication and/or treatment.
- Breathing problems including asthma where this is not satisfactorily controlled by medication.
- Epilepsy where this is not satisfactorily controlled by medication.
- Back pain or limited movement in any joints, particularly where this is made worse by exercise.
- You are recovering from any serious injury, illness or operation.
- You are pregnant.

**You must read and agree to the following declaration and paragraphs below which are designed to create a legally binding relationship in return for you being allowed to enter and participate.**

- I understand that this activity involves some physical exertion.
- I understand that surfaces underfoot maybe uneven and there maybe natural hazards.
- I am not under the influence of alcohol, illegal substances or legal medication that may cause drowsiness or affect reaction time.
- I must wear sensible footwear with no open toed shoes or high heels.
- I must follow instructions given by the Marshalls during this activity. Should my conduct be deemed unsafe or unacceptable by a Marshall I will be instructed to cease the activity immediately with no refund given.
- Every effort is made to minimize the risks, but I fully understand the potential dangers that can lead to serious or fatal injury.
- Copies of full site risk assessments are kept and are available on request.
- All dogs must be fit and healthy enough to participate. This is at owner's discretion.
- All dogs must be kept on leads at all times to protect our resident wildlife.
- You must clear up after your dog. Bins will be provided.
- If under the age of 18 my parent/guardian has read and agreed the above.

**Explore 4x4, Elveden Courtyard, Elveden, Thetford, Norfolk, IP24 3TQ**