



## **Quarantine & Quarantine Survival Run 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 understand there will be gunfire noise (blanks). There will also be smoke.
- I understand that Quarantine takes place in hours of darkness.
- 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 my instructor during the activity and ride in a safe and controlled manner. Should my conduct be deemed unsafe or unacceptable by an instructor I will be instructed to cease the activity immediately with no refund given.
- This activity can be dangerous and whilst every effort is made to minimize the risks, 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.
- If under the age of 18 my parent/guardian has read and agreed the above.