

# Isla and Holly's Assault Course Challenge

## Safety Brief and Disclaimer

**Due to the possible hazardous nature of this event all individuals taking part are to read and sign the disclaimer below and hand it in to Registration Staff on event day - no one is allowed to participate without a signed disclaimer.**

**Please note that 3rd Party Public Liability Insurance is in force, but it is up to individuals to seek additional personal insurance if they so wish.**

### WHAT TO WEAR

The Assault Course is used to train Royal Marines and as such is rugged and potentially hazardous. It is therefore essential you wear suitable clothing which will protect your arms, legs and knees, but remembering not to wear anything which will hold water. Therefore:

- FULL LENGTH coverage of arms and legs is strongly recommended to avoid cuts and scratches, not shorts and t-shirts. You can wear your charity t-shirt over your long sleeved top!
- FOOTWEAR must be suitable for the task you are going to undertake - high ankle support is strongly recommended which will help avoid sprains.

### 1ST AID ADVICE

- You will be wet and cold for the majority of the challenge so work together as a team, watch out for those around you and try to keep moving.
- Safety Marshals/Stewards will be stationed throughout the course. If at any time you require assistance then find either the previous or next Marshal who will arrange for you to be transported back to the main camp.
- ALL cuts and scratches acquired on the challenge must be treated at the 1st Aid Post before leaving the event, as this will help avoid viral infections which may be present in the water.

### PRE-START SAFETY BRIEF - MANDATORY For All Participants

The hosts will conduct a pre-start Safety Briefing which is mandatory attendance for everyone taking part in the Assault course Challenge.

Some things to remember when negotiating the course include -

- Water - The assault course includes obstacles linked to water and/or mud. Take extra care when entering or exiting any obstacles as water is carried out by previous competitors and it will be slippery.
- Do Not jump into water obstacles as there may be hidden rocks or tree stumps just under the water. Instead slide-in or climb-in.
- Pebbles - There are pebbles the size of rugby balls on the course which need to be avoided.
- Tree Roots - The course is well used and there are many exposed tree roots which are very slippery when wet.
- Tunnels - All tunnels are long and dark. You won't be able to see where you are going, so head down and feel your way through.

## PERSONAL DECLARATION

### I Confirm That:

- I am 12 years of age or over on the day of the event - if under 18 this form must be signed by a Parent/Guardian.
- I am medically fit and will inform the Organisers in advance of the day of any medical condition which may affect my participation.
- I am taking part in this event entirely at my own risk and that the Race Organisers, Sponsors, Charities and Suppliers will not be liable for any injury or loss in consequence of my participation in this event. The Event Organisers will only accept responsibility for claims in respect of death or bodily injury or damage to property arising as a result of their legal liability at law in relation to this event.
- I have read and understand this safety brief above and runners information document.

NAME (print) ..... DATE OF BIRTH ..... / ..... / .....

SIGNED\* .....

\* If signed by Parent or Guardian what relationship are you to the runner .....

FULL ADDRESS .....

..... POST CODE .....

EMERGENCY POINT OF CONTACT ..... TEL NUMBER .....