**Disclaimer for entry into The Holme Howler 10km obstacle challenge July 9th 2016 – to be signed by all competitors prior to leaving the start line. Any competitor who has failed to sign in the appropriate place will not be issued their timing chip and will not be allowed to participate.**

By signing this document I fully identify and acknowledge that there are risks of physical injury to participants in the event, and I agree to assume the full risk of all and any injuries, damages or loss, regardless of severity, that may occur as a result of my choice to participate in the race. I do enter at my own free will. I also agree to waive and relinquish all claims I may have as a result of participating in the event against the organisers, including its officials, agents, volunteers, all sponsors and their employees. I do hereby fully release and forever discharge the organisers and all other companies and volunteers connected with The Holme Howler from any and all claims for injuries, illness, damages, expenses or loss that I may have or which may accrue to me arising out of participation in the race, especially in relation to the obstacles as described on The Holme Howler Facebook page and entry forms.

I have read and fully understand the above information, the warning given of the risks involved in participation and the assumption of risk and waiver. When registering online, I understand that my on line signature shall act as a full substitute for, and have the same legal effect, as an original form signature.

**Participants will be denied entry to the event** if they fail to sign this document before leaving the start line of the race. The organisers are committed to conducting its race and activities in a safe manner and holds the safety of entrants in high priority, and have conducted full risk assessments of the race in general and more specifically each obstacle. However, participants registering for the race and associated activities must recognize that there is an inherent risk of bodily injury when choosing to participate in this race.

By signing below I acknowledge I am solely responsible for determining if I physically fit and capable for the race as described on Facebook and the entry forms. It is always advisable, especially if the participant is pregnant or disabled in any way or recently suffered an illness, injury or impairment, to consult medical advice before undertaking any physical activity. We recommend that people who are, or believe they are pregnant **DO NOT** enter.

By signing below the participant fully releases and forever discharges the organisers from any and all claims for injuries, damages or loss that I may have or which may accrue to them arising out of, connected with, or in any way associated with the race.

I understand that The Holme Howler is a hazardous event that has been constructed as safely as possible, but they offer no guarantee that participants will not suffer physical injury.

I understand that The Holme Howler presents obstacles including, but not limited to, scaffolding, inflatables, carrying tyres, carrying logs, Jumping, climbing, sliding, entering water **THAT HAS NOT BEEN TESTED IN ANY WAY** and other various obstacles requiring physical activity including bending and weight bearing exercise.

I agree not to participate unless I am medically able, if I am in doubt I agree not to enter until I have been checked by a medical professional.

I agree to abide by the decision of any race official, including all marshals, relative to my ability to safely complete the race and will not argue any official's decision for me to cease the race if required.

I agree to obey at all times both civil and criminal laws.

I assume all risks associated with competing in The Holm Howler 10km obstacle challenge, including, but not limited to, falls, contact with other participants, negligent or wanton acts of other participants, completion of obstacles, defects or condition of premises and grounds and the effects of the weather.

I agree that the organisers as named on Facebook and entry forms are not responsible for any personal items or property that are lost or stolen within the start/finish area or any other part of the course, including cars parked in and around Holme village. All parking is done so at the risk of the competitor in relation to loss or damage to personal property and no claim may be made against the organisers or associated companies/sponsors for vehicles parked around Holme village.

I consent to any emergency medical care and transportation that might be deemed necessary for me to obtain treatment in the event of injury if medical professionals feel it appropriate. This release extends to any liability arising out of or in any way connected to medical treatment and transportation provided in the event of a emergency.

I grant permission to the organisers and sponsors to use any photographs, motion pictures, recordings or any other records of this event for any purpose including, but not limited to, promoting, advertising and marketing purposes. Any and all photographs, motion pictures, recordings of the event are the sole property of the organising party, or the official designated photographers who took the photos in the first instance.

The organisers reserve the right in any event of emergency, local or national disaster to cancel the race and in such an event there may be no refund of entry fees, this extends to cancellation due to inclement weather (though a partial refund may be considered by the organisers).

I agree to indemnify the organisers and associates, from any and all third party claims caused in whole or in part by my own actions.

I agree to not dive into or enter mud or bodies of water, including skips, head first.

**NAME;**

**SIGNED;                                                DATE;**