

## Trail Running York (TRY) Weekend Disclaimer Form

*Thank-you for making a booking with TRY please take a moment to read our terms and conditions.*

Name \_\_\_\_\_ Weekend Away \_\_\_\_\_

### **RUNNING**

- Trail Running Yorkshire will do everything we can to ensure you have a safe and enjoyable experience, but by its very nature trail running is a risky activity and we can accept no responsibility for any injury sustained.
- Trail Running Yorkshire offers guided runs and instruction. Trail courses will be led, but runners should take full responsibility for knowing the route and any possible escape routes.
- Every person attending the weekend away must take full and complete responsibility for their own actions, know your limits, and be prepared to wear suitable clothing and carry the necessary minimum kit. (see website or separate list). Trail Running Yorkshire reserve the right to ask you to leave the session if you are not properly equipped or there are any significant doubts from our guides about your fitness to take part.
- If you have had any alterations to your declared medical status since you completed your last ParQ it is your responsibility to update us.

### **ACCOMMODATION**

- Accommodation is usually in a shared group facility (unless otherwise stated). Rooms will be allocated either just before, or on arrival. If you have any preferences for sharing, please let us know and we will try to accommodate you. Please respect fellow room mates, we ask you keep noise to a minimum after 11pm.
- Bedding is usually provided (unless stated), you may have to make your own bed on arrival. Please bring your own towels.
- Meals will be catered, but we would appreciate any help you maybe willing to offer. We also ask for your assistance in cleaning and clearing, both during your stay and particularly on departure.

### **MEALS**

- Most meals will be provided as per details in your joining instructions. On some weekends away, an evening meal at a pub maybe an option, this cost is not included.
- We regret we can only accommodate certain limited dietary requirements; vegetarian, and vegan. Please contact us to discuss if you have further dietary needs, as in some circumstances for particular meals, we maybe able to offer alternatives.
- We aim to offer healthy meals suitable for your running needs, but we cannot take any responsibility for any illness incurred.

### **FINANCES**

- Bookings are secured with a deposit of 30% of total TRY weekend cost, and completion of booking form, weekend disclaimer and current ParQ.
- Deposit is refundable (less £10 admin fee) up until 12 weeks before departure. After 12 weeks we regret that your deposit is non-refundable. If for any reason we do not get minimum numbers required to make the trip viable, we will refund your deposit in full, minus a £5-00 cancellation fee. At all times we will endeavour to ensure the trip goes ahead.
- If booking is made within 8 weeks of departure full payment is requested at time of booking.
- Full amount is due 7 weeks before departure, (we will send you a reminder at 8 weeks). If we do not receive full payment by 6 weeks to departure we reserve the right to cancel your booking with no refund.
- Full payment is non-refundable. If your place can be resold you might be eligible for a partial refund of up to a maximum of 75% of the total trip cost, but this is not guaranteed.
- If the accommodation provider cancels or postpones, TRY will be bound by their terms and conditions. In addition, in the event of adverse weather, leader illness, or other unlikely unforeseen circumstances TRY may have to postpone or in extreme circumstances even cancel your trip. The latter is unlikely, but may result in financial loss, you are advised to take out travel insurance to cover such eventualities.

I sign to say I have fully understood all items above, I am fit, healthy, and fully accept all the terms and conditions outlined. I understand that trail running York accepts no responsibility for me, or my belongings during the weekend.

Signed.....

Date.....

# Trail Running Yorkshire

<b>Name and Date of Weekend Away</b>	
<b>Personal Name</b>	
<b>Address</b>	
<b>Phone Number</b>	
<b>Email</b>	
<b>Have you completed a recent ParQ? (12months)</b>	Yes/No
<b>Are there any other health, injuries, or illness's which you feel we need to be made aware of?</b>	
<b>Previous Running Experience</b>	
<b>Have you been to any other TRY Events?</b>	Yes/No
<b>Details</b>	
<b>Emergency Contact Details</b>	
<b>Name</b>	
<b>Relationship</b>	
<b>Address</b>	
<b>Telephone Number</b>	
<b>Any other information</b>	

*I have read the terms and conditions (see weekend disclaimer) of Trail Running Yorkshire and by submitting this form and my payment, I am declaring that I am fit and able to take part in the weekend.*

Signed \_\_\_\_\_ Date \_\_\_\_\_