DELTA RUNNING PROJECT

MEMBERSHIP TERMS AND WAIVER

WAIVER AND RELEASE FROM LIABILITY

In consideration for signing up as a member of Delta Athletics Pty Ltd t/a DELTA RUNNING PROJECT ('DRP') run club or by joining DRP running sessions, I hereby attest that I am in good health, and that if deemed necessary my physical condition has been verified by a licensed medical doctor. I fully understand the risk inherent in such a fitness program, physical fitness testing, and accept for myself, my heirs, and my personal representatives full responsibility for personal bodily injury, death, or property losses that may occur as a result of engaging in training sessions. I hereby indemnify and save and hold harmless Delta Athletics Pty Ltd, its run leaders, coaches and affiliates from any loss, liability, damage, and cost I may incur due to my participation in this program. DRP and those acting on our behalf accept no liability for any loss, damages or expenses of any kind, including without limitation, loss of or damage to property, or claims by third parties howsoever arising in connection with your participation in DRP runs or events.

ASSUMPTION OF RISK

Participation in running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat exhaustion and heat stroke, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal. I appreciate these and other risks that are inherent in training for and participating in road, trail and track running and racing and any conditioning and cross training activities associated with that training. Other risks include possible trips, falls and collisions, and I accept that my participation in Delta-organised activities is strictly voluntary and is done so entirely at my own risk.

I hereby certify that I am sufficiently health and physically fit to enter into this program and that I knowingly assume all such risks.

I have read this waiver and agree to the terms.