

## **TERMS & CONDITIONS- MUST BE READ, SIGNED AND RETURNED TO DEESTRIDERS RUNNING CLUB PLEASE BEFORE COMMENCING PARTICIPATION IN COUCH TO 5K (C25k) 2024**

### **Definitions**

“C25k ” means the “Couch to 5K” programme hosted by Deestridders Running Club in 2024.

“We/ us/ our” means/ refers to Deestridders Running Club and/ or, *where the context so permits*, an individual leading runs (a “Run Leader”) for, or an individual otherwise assisting in any way with the promotion or administration of, Couch to 5K, whether this be as an accompanying runner, or in any other capacity.

“You/ your” and “I” (where the context so permits) means/ refers to the participant in Couch to 5K *whose name is printed at the signature section of this document*

1. As part of your acceptance on Deestridders C25k course, you agree to pay, before your 1<sup>st</sup> session, the sum of £10 to us. This sum is non-returnable unless Couch to 5k has to be abandoned (by us) due to unforeseeable circumstances beyond our control. It is not returnable if you withdraw from Couch to 5k for any reason than our having to abandon it as aforesaid. If you decide to become a member of Deestridders Running Club either on graduation or later in 2024 (even if you do not graduate), the sum of £10 will be deducted from your membership fee, which for 2024 is £30 (i.e you will only pay the remaining £20 on joining). If you do not elect to become a member in 2024 we will retain this sum.
2. Couch to 5K is physically challenging and carries with it risks that we cannot entirely eliminate. These include, but are not limited to, the risks of personal injury, for example, a sprain, a slip, trip or fall.

### **Rules**

- You must act responsibly and sensibly at all times.
- You must not participate if you are pregnant or under the influence of alcohol or non-prescription drugs.
- You must follow any safety warnings or instructions displayed or given to you by a Run Leader. Ask a Run Leader if you are unclear.
- We are not qualified to express an opinion that you are fit to safely participate. If in any doubt, obtain professional or specialist advice from your doctor before participating.
- This course has been developed for adults aged 18 and over. You participate with that understanding in mind.
- It is your responsibility to ensure you have kit appropriate for C25k, including suitable road running shoes (we recommend you obtain a gait analysis prior to buying running shoes) , reflective/ light coloured & warm clothing appropriate for winter/ early spring and we strongly recommend you wear a working headtorch or bodytorch as whilst parts of the route are lit, parts are not and it is important that you can be seen as well as see.
- Please do not attend if you have any coronavirus symptoms, if you have tested positive for coronavirus (by lateral flow test or PCR) or if you are otherwise legally obliged to isolate.
- If you test positive for covid and you either developed symptoms or tested positive, whichever came first, two days or fewer since you last attended a C25k session (i.e such that we may be identified as hosting a session where there were close contacts) please contact and inform the club. We will not name you without your consent but we will inform C25k participants and any other relevant runners not doing the C25k that we have had a positive LFT/ PCR result from the relevant C25k session.
- We reserve the right to ask you to leave the programme should we deem it necessary in the interests of your/ our safety or that of other participants in C25k.

**In the absence of any negligence or other breach of duty by us, participation in C25k is entirely at your risk.**

- 3. In the absence of any negligence or other breach of duty by us, we are not responsible for any theft, damage, destruction or loss of your property or belongings whilst you participate in C25K. We recommend you do not bring valuables to the sessions but if you do, we suggest you lock such items away out of sight in your vehicle, however please note we cannot provide supervision of any parking facilities.
  
- 4. Our privacy policy is available to view on our club website [www.deestridersrunningclub.net](http://www.deestridersrunningclub.net). This sets out the bases on which we hold and process data. Please read the full privacy notice carefully to see how we will treat the personal information that you provide to us. If you are unable to view it please let us know. In signing the below you confirm that you have read and understood the privacy statement and how data will be used and shared.

**IT IS IMPORTANT THAT YOU READ AND UNDERSTAND THIS STATEMENT BEFORE SIGNING. IF THERE IS ANY TERM THAT YOU DO NOT UNDERSTAND, THEN PLEASE DISCUSS IT WITH US BEFORE SIGNING.**

**I the undersigned confirm that I have read, understood and agree to the above as a condition of my participation in Deestriders Couch to 5K 2024**

***(Please delete the following statement if you do not agree with it).*** I further consent to the use of my personal details including photograph, name, gender and age category being used for such publications as *the progress of C25k, graduation* or race reports, both on social media and in local newspaper articles. Should I choose to withdraw this consent at a later stage I undertake to inform Deestriders Running Club's Secretary (*Nige Parr*), however I note it will likely not be possible to apply such withdrawal with retrospective effect where my details have already been shared with my consent. I acknowledge that providers of social media platforms have their own privacy policies, as set out in the Privacy Policy referred to at clause 5.

Signed ..... *(By responsible adult participant if this participant is under 18- RA to print their name here and their relationship to the child)*

PRINT NAME.....

(Participant in Couch to 5K)

Date .....