

Medical disclaimer form

Participant information	
Name	
Phone number	
Emergency contact name	
Emergency contact number	

I am fully aware of the risks associated with physical activity. I am in good medical condition/health and am sufficiently fit to participate in the Mental Elf 2024 5k fun run.

I have no medical condition which would prevent me from safely participating in this activity.

I knowingly and willingly assume all such risks and acknowledge that my participation in this activity is fully voluntary.

In consideration of my participation in this activity, I, on behalf of myself, hereby release and hold harmless Havant and East Hants Mind, and any respective volunteers and staff, from any and all liability, loss, damage, costs, claims and/or causes of action of every kind and nature, including but not limited to those for bodily injuries, death, and property damage arising out of or relating to my participation in this event.

I have read this form and fully understand that by signing this form I am agreeing to abide by all event guidelines. I further understand that by signing this form, I am giving up legal rights and/or remedies, which may be available to me against Havant and East Hants Mind.

Signature	
Date	