



# Muddy Assault Course Disclaimer

I accept I participate in this "Muddy Assault Course" at my own risk and that Les Maingys Activity Centre, or the organisers will not be liable for any loss, damage, action, claim, cost or expense which I suffer or incur as a result of participating in this activity, except where this is caused by Les Maingys Activity Centre, or the Organisers negligence.

If I have any health problems or conditions or am unsure about my physical ability to participate in this activity, I will obtain advice from a doctor before participating. By signing this disclaimer I declare that I am in good health, and am fit to participate.

I will abide by all rules and regulations that apply to this "Muddy Assault Course" including but not limited to those which are displayed, or are given to me, before and at the event.

All information provided will be used solely for the purposes of administering the event and will be managed in compliance with the Data Protection Act 1998.

Full Name (printed): \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact Number: \_\_\_\_\_

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

*Please bring this disclaimer completed to the event with you or return to Laura Bichard at [rmcgsy@gmail.com](mailto:rmcgsy@gmail.com) or via post Bordage Barn, Route De La Ramee, St. Peter Port, GY1 2EW*

For Administration purposes only

Date Received: \_\_\_\_\_

Race Number: \_\_\_\_\_