

The Old Dog

THE OLD DOG RUNNING CLUB

Voluntary Participation:

Participation in TOD Running Club evening runs are entirely voluntary. Members are responsible for their own well-being during club activities.

Health and Fitness:

Please ensure that you are in good health and fit for the activities. If you have any health concerns or pre-existing conditions, consult with a medical professional before participating.

Assumption of Risk:

Running activities inherently involve risks, including but not limited to, injuries, falls, and accidents. By accepting this disclaimer, you acknowledge and accept these risks.

Responsibility:

Members are responsible for their own safety and the safety of others. Follow traffic rules, be aware of your surroundings, and take necessary precautions during runs.

Photography and Social Media:

Photos and videos may be taken during club activities. By participating, you consent to the use of such media for promotional purposes on our social media accounts or website.

Release of Liability:

By accepting this disclaimer, you release The Old Dog and its organisers from any and all claims, liabilities, or demands arising out of your participation.

Updates and Changes:

The club organisers reserve the right to make changes to the schedule or cancel events. Any updates will be communicated through the provided contact information and/or on social media.

By completing the Running Club registration form, you acknowledge that you have read, understood, and agree to abide by the The Old Dog Running Club's disclaimer as detailed above.

Thank you for your cooperation, and happy running!