



Inspiring and changing lives through our vibrant running and walking community

Formal Declaration:

I declare that I have completed this form honestly. I will inform my Run Leader / Nordic Walking Instructor if there are any changes in my circumstances.

I take part in any recommended programme entirely at my own risk and waive any legal recourse for damages to myself or property arising from my participation.

If I have any doubts about engaging in physical activity, I will consult with a doctor before starting activity. I understand a doctor and not a run leader, Nordic walking instructor, or volunteer must be content before I start a programme of activity.

Additionally, if my health changes during the programme I should refer to my GP or Doctor for advice. I take full responsibility for always monitoring my own physical condition. I agree to the formal declaration



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