

# Totara Trails

## Race Waiver & Declaration

**Competitor Name:** \_\_\_\_\_ **Race Number:** \_\_\_\_\_

### **Waiver & Release Declaration**

By my participation in this event, I do hereby agree the exclusion of liability to the event, event directors, venue providers and their employees, sponsors, volunteer groups or individuals or any other persons connected with this event either directly or indirectly from all claims for injuries, death and or damage however caused that I may suffer out of my participation in this event.

I also release and forever discharge the above groups from all actions, suits, proceedings, claims, demands, losses, damages, penalties and fines however arising (including negligence).

I agree to comply with the rules and directions of event officials and their personnel.

I acknowledge that I participate entirely at my own risk.

I hereby attest and verify that I am medically and physically fit, and have trained sufficiently for this event.

I hereby allow the use of my name and image to be used in the media and for marketing purposes, and accept that my details will be added to the Krayzie Kapers event database. I also understand that I may be contacted via email by Krayzie Kapers from time to time in regards to upcoming events and promotions.

I accept that if my actions result in a Search and Rescue effort being undertaken I will be liable for the costs.

I hereby agree that in the case of event cancellation due to extreme inclement weather or other unforeseen events (at the discretion of event officials), my entry fee shall be entirely non-refundable.

### **Environmental**

I acknowledge the need to care for our environment and in the spirit of “take only photo's, leave only footprints”, agree to take no action that would impact adversely on the environment. I agree to take all my rubbish with me and pick up any I may find on course. Furthermore I agree to bury any human waste deep enough that animals cannot dig it up if I feel the need to excrete whilst on the course and I shall leave no visible trace of this.

**I ACKNOWLEDGE I HAVE READ THE RULES AND CONDITIONS OF ENTRY AND AGREE TO ABIDE BY THEM AT ALL TIMES.**

**Date** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ **Signed** \_\_\_\_\_

**PARENTS/GUARDIANS SIGNATURE IF UNDER 18 YEARS** **Signed** \_\_\_\_\_

**PARENT/GUARDIANS NAME** \_\_\_\_\_

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## Race Rules

- All participants must follow the course marking signs and instructions.
  - Participants are not allowed to go off designated course routes. Should you wish to withdraw (DNF) for any reason you must notify an event official e.g. marshal or course crew or tail end krayzie and await instructions. Please don't just wander off and head home. This would result in a search being mounted for you and you will be charged for this by the appropriate authorities.
  - At each aid station or pre-determined point you must ensure the delegated person records your race number – this is used as a safety check for participants. It is your responsibility to ensure your race number is visible. Please make sure you cross the finish line at the finish.
  - All the farms are working farms. Please leave the gates as you find them. There will be gates you need to open or climb over – please close them behind you. If you must climb a fence please do so near a post. While every effort will be made to minimise exposure to stock, if you find yourself among stock, remain calm and do not deliberately antagonise them. Do not try and shoo stock away. If you find yourself between a mother cow and her calf, walk away from the calf as quickly as possible.
  - If you become injured during the event, remain on the course and seek assistance from other competitors/officials.
- Participants who require any personal medication such as asthma inhalers or anti-histamine for bee/wasp stings, must carry those items. This is your own responsibility. There are a number of bee hives on course. Please be prepared.
- You must wear your event number on your front so it is visible at all times.
- **NO LITTERING.** Pick up all your rubbish on course and anyone else's you find. We will have recycling and litter bins available for you to use at the start/finish area.
- You must respect and treat fellow participants with care. Be friends out there.
  - Specifically this includes being patient and waiting your turn at any points of congestion such as narrow track segments, stiles, fences and gateways.
  - Competitors must stop and offer assistance to any other competitor in need of assistance. This may include administering first aid and/or taking a message to nearest race official, and/or assisting in carrying out an incapacitated competitor. Do not worry about any impact to your race - time credits will be applied.
  - When overtaking other runners/walker in narrow sections you must signal to them that you wish to, or are attempting to pass; e.g. by calling ahead “Can I pass?”, “Passing on the right”.
  - Note that a small part of the track will still be open to public use for walkers and mountain bikes. Competitors must give way to other track users.
- Competitors should be aware of the speed at which weather can change and be ready for all weather conditions. You may also experience different weather on different parts of the course. It can be sunny in one part and raining on the ridgeline. Compulsory gear checks will be conducted at race registration and spot checks will occur on course. If you have discarded your gear you will not be able to continue. Note - thermal clothing is deemed to be those whose fabrics allow moisture to be wicked away from the skin allowing them to remain reasonably dry and retain heat e.g. merino wool.
  - Base layer: 1 long sleeve top, and 1 pair long johns
  - Thermal gloves, beanie/thir and sun hat
  - A seam sealed rain jacket.
  - A survival blanket/bag and whistle must be carried
  - Basic first aid kit
  - Map of course
- Any runners under the age of 18 must have parental/guardian consent.
- These rules form part of the condition of entry and if breached could result in disqualification.