Medical Disclaimer Form

Mental Elf 2022

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| 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 Mental Elf 2022 5k Fun Run.

I have no medical condition which would prevent me from safely participating in this activity; and I have medical clearance to participate.

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 Hull and East Yorkshire 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 Hull and East Yorkshire Mind.

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| Signature |  |

By contacting us, you agree to us using your personal information in line with our Privacy Policy. We will never sell your data, and we promise to keep your details safe and secure.

I consent to Hull and East Yorkshire Mind contacting me using the information I have entered above.