Loch Ness 24 – Participant Waiver & Acknowledgement

By entering and participating in Loch Ness 24, I acknowledge that trail and endurance running involves inherent risks, including but not limited to slips, trips, falls, uneven or wet terrain, adverse weather conditions, darkness, fatigue, dehydration, injury and other hazards associated with prolonged physical activity and outdoor events.

I confirm that I am responsible for assessing whether I am sufficiently fit, healthy and prepared to participate in the event and for seeking appropriate medical advice where necessary.

I agree to follow the event rules, safety instructions, course markings and any reasonable directions given by the Event Organiser, event officials, marshals or medical personnel. I understand that the Event Organiser may require me to stop participating where there are reasonable safety or medical grounds for doing so.

I understand that it is my responsibility to use appropriate clothing, footwear and equipment for the conditions and to carry or use any mandatory equipment specified by the Event Organiser.

I acknowledge that while the Event Organiser will take reasonable steps to manage foreseeable risks, it is not possible to eliminate all risks inherent in participation.

Nothing in this waiver excludes or limits any liability which cannot lawfully be excluded or limited, including liability for death or personal injury caused by negligence.

By completing my entry, I confirm that I have read and understood this Participant Waiver, accept the inherent risks associated with participation, and agree to comply with the event rules and safety requirements.