

Aldeburgh Triathlon Run Participators' Information Sheet

WARNING: RUNNING CAN BE DANGEROUS

We want you to run safely. Our guide below sets out the risks. Please read this before you make your final decision to compete. It's important that you make an informed decision and understand that although we take health and safety seriously we cannot eliminate all risks which might arise.

You should compete only if:

1. You are at least 13 years old.
2. You do not suffer from any medical condition which is brought on or made worse by running (see the non-exhaustive list below)

You should be aware that:

3. Off road running exposes even fit people to risk to their health and safety, and that these risks include:
 - Exhaustion, especially in hot weather
 - Cramp, dehydration
 - Injury arising from falls trips and slips;
 - Injury to knees ankles and tendons;
 - Other medical conditions which can be aggravated by exertion, such as myocardial infarction (heart attack)
 - Collisions with other walkers/dogs/runners and any cyclists (not part of our event) using the same public paths.

You must:

4. Obey the health and safety instructions given to me by The Race Director.
5. Run with due care for my own safety and that of others.

If you suffer any adverse medical consequences as a result of the run you should please notify the medical officer as soon as you can.

**This is an illustrative list of the medical conditions that might be brought on or made worse by running, it is not exhaustive:*

Heart conditions such as angina, previous heart attacks, heart failure.

Asthma especially asthma which is poorly controlled or brought on by exercise.

Tendonitis

Previous injury to knees, ankles or hips