

Cradle Mountain Run 5th February 2022
Australian Ultra Runners Association Inc
Health Declaration and Event Waiver

Only for completion on 4th February 2022

1. I have not had any cold or flu-like symptoms including fever (e.g. night sweats, chills, high temperature) OR symptoms of acute respiratory infection (e.g. shortness of breath, cough, sore throat, runny nose) in the last 3 days and not received a negative COVID-19 PCR or RAT test result.
2. I have not been told by Public Health to currently be in quarantine or in self-isolation.
3. In the last 7 days, I have not had close contact with someone who is known to have COVID-19 , (without wearing appropriate Personal Protective Equipment) and not received a negative COVID-19 PCR or RAT test result.
4. I have read and agree to adhere to the COVID-Safe Management plan for this event.
5. I have read the conditions of entry for this event and understand the demanding physical nature of the event. I have trained for this event and I am not aware of any medical condition or impairment that will be detrimental to my health if I participate in this event. In the event that I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the event, I will withdraw from the event.
6. I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration, and accidents with other participants, spectators or road users.
7. I acknowledge that it is a condition of participating in this event that I do so at my own risk. I accept all risks and release the event organiser, its agents, affiliates, employees, members, sponsors, promoters, volunteers, and any person or body, directly or indirectly associated with the event, from all claims, demands and proceedings arising out of or connected with my participation on this event and I indemnify them against all liability for all injury, loss or damage arising out of or connected with my participation in this event. This release continues forever and binds my heirs, successors, executors, personal representatives and assigns.

Name (please print):

Signature:

Date: 4th February 2022