

MEDICAL DISCLAIMER FOR THE SALTIRE 24 & 12

- You understand and acknowledge that participation in the Event may cause injury or injuries that may be categorised as minor, serious or catastrophic (see below).
- Minor injuries are common and may include but are not limited to: scrapes, bruises, sprains, nausea and cuts.
- Serious injuries are less common but do sometimes occur. They include but are not limited to: property loss or damage, broken bones, torn ligaments, concussion, exposure, cold- or heat-related illness, mental stress or exhaustion and infection.
- Catastrophic injuries are rare; however, we feel that our participants should be aware of the possibility. These injuries can include permanent disabilities, spinal injuries and paralysis, stroke, heart attack and even death.
- In the event of an accident or illness whilst taking part in this event, you hereby give permission to our staff and contracted first aiders to initiate first-aid treatment, any necessary medical transportation and to inform your next of kin.
- You understand that you are taking part in the Event in a remote and rural location over night where there may be a longer medical response time in the event of emergency.
- You agree to take part in this Event at your own risk and you will not hold us or our contractors responsible in the event of acute illness, injury or death.
- You have submitted true and accurate information of your medical history and present condition that may affect your participation or medical treatment in any part of the Event.
- You will inform us if any medical conditions have changed between submitting this information and the Event happening.
- We strongly recommend that you get personal health insurance for the Event.
- We will hire professional contractors to provide first-aid assistance who will have their own insurance. We take no responsibility for the actions of contracted services involved in the Event.
- We strongly recommend that you consult a doctor before undertaking any strenuous exercise, training programme or participating in the Event.
- Throughout the Event, you acknowledge and accept that you may be checked for suitability to continue on grounds of capability based on your state of health. If any of the marshals and medical staff believe that your safety is compromised by continuing to participate, they reserve the right to ask you to stop. If you continue in the Event you will no longer be officially participating in the Event and we take no further responsibility for your participation.