



## Oarsome Challenge Disclaimer and Health & Safety Notice

London Youth Rowing cannot accept responsibility or liability for any injuries, losses and/or damages that anyone participating in this event incurs.

By signing up to this event, you accept that, as with all physical challenges, there is a risk of injury associated with participating in the Oarsome Challenge event and understand that you are participating at your own risk, and hereby assume full responsibility for any and all injuries, losses and damages that occur.

Please carefully read the following:

1. You should only take part if you are confident that your health and fitness levels are appropriate to the challenge. If in doubt, always consult a doctor or medical professional before challenging yourself physically. Should you feel that you are no longer physically able to compete, please email [events@londonyouthrowing.com](mailto:events@londonyouthrowing.com) to withdraw your entry.
2. You understand that you will be walking onto the foreshore on the river Thames, a tidal river. The foreshore can vary from loose stones, large stone blocks to sand and mud. You should bring appropriate footwear to protect your feet (wellies, or old trainers which can get wet and muddy).
3. Your cox will keep you safe, you must listen to them at all times. Access to the boats is from the foreshore, ingress and egress is where the most risk lies. Your cox will direct you as necessary to ensure risk is mitigated. During the event the cox will make sure you can have a great experience, however their primary purpose is to ensure your safety. **You must follow their instructions at all times.**
4. You ensure that you give the most update and appropriate emergency contact details to LYR. These should be for someone who is NOT taking part in the event.
5. If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event you must STOP and raise the issue with the cox immediately.
6. Juniors (defined as anyone aged 18 and not below 16 the minimum age limit of the event) who are participating in the event must be under the care of a responsible adult at all times, who is accountable for overseeing that the juniors are sensible and safe in their approach to the challenge of the event, as well as being a point of contact for communications from LYR.
7. COVID-19 and other flus- If you:
  - i. Have recently tested positive for Covid-19;
  - ii. Have recently had symptoms of Covid-19 but a negative test;
  - iii. Have had suspected Covid-19 without a test
  - iv. Are suffering long term symptoms arising from covid-19 ("long covid")

then you should seriously consider whether you are fit and healthy to race. London Youth Rowing strongly advise anyone who has recently had Covid-19 or symptoms, or anyone suffering from "long covid" not to race. We would also advise anyone suffering from severe colds, flu or other similar illnesses not to compete. We would recommend that you should have been in full normal training for at least 4 weeks prior to the competition.



8. Make sure that you are as prepared as possible for this event. Ensure that before each time you take on a challenging physical activity, you:
  - i. have had sufficient training and physical preparation
  - ii. warm up properly
  - iii. have eaten and hydrated yourself sufficiently
  - iv. are dressed appropriately for the activity that you are doing and have considered the weather
  - v. have everything you need on hand before starting the challenge and are set up comfortably before getting started