

## **Race the Thames LIVE 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 Race the Thames 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 must provide an emergency contact prior to participating in the event, who we can contact should you experience any trouble or difficulty while participating in this event. There will be first aiders on site in the event of more serious difficulties. As well as providing emergency contact details when you sign up, we would recommend all participants update the emergency contact details in their smart phones. This is done through 'settings', and an 'emergency SOS' button. Please help each other when you arrive to check everyone has done this.
3. You must STOP and ask a member of the event team to alert a First Aider at the event if you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event.
4. COVID-19 - The event will take place entirely indoors. 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")

you must not participate in the event and must not come to the RTT Venue. Teams will be able to nominate a replacement in the event that individual team members are unable to take part in this way, or complete the challenge on an alternative date if a majority of the team is impacted.

We would also strongly advise anyone suffering from 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.

5. Make sure that you are as prepared as possible for this event. We will send details of timings and what to bring prior closer to the event, but it is your responsibility to make sure that 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 event
  - v. have everything you need on hand before starting the challenge and are set up comfortably before getting started