



## **Participant Waiver & Release of Liability**

**Event: Essex Games – The Manor**

**Organiser: Essex Games**

**Location: Woodlands Manor, 428 Rayleigh Road, Hutton, Essex CM13 1SD**

**Date: 19<sup>th</sup> July 2026**

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### **1. Assumption of Risk**

I acknowledge that I am voluntarily participating in Essex Games – The Manor, which includes high-intensity functional fitness activities and outdoor trail running.

I understand that participation involves inherent risks, including but not limited to:

- Uneven terrain, trails, grass, mud and loose surfaces
- Wet or slippery conditions
- Natural obstacles, inclines and declines
- Lifting, carrying, pushing and pulling equipment
- Physical exertion, fatigue and risk of overexertion
- Slips, trips, falls and collisions with objects or other participants
- Weather-related conditions

I fully understand and accept that these risks may result in injury, illness, serious harm or, in rare cases, death.

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### **2. Fitness to Participate**

I confirm that:

- I am physically fit and medically able to take part in this event
  - I have no condition that would make participation unsafe
  - I take full responsibility for my own physical condition and wellbeing
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### **3. Personal Responsibility**

I agree to:

- Follow all event rules, safety briefings and staff instructions
  - Use equipment safely and as directed
  - Act responsibly and not endanger myself or others
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### **4. Release of Liability**

To the fullest extent permitted by law, I agree to release and hold harmless Essex Games, event organisers, venue providers, staff, volunteers and partners from any claims, liabilities or damages arising from my participation in the event.

Nothing in this agreement excludes or limits liability for death or personal injury caused by negligence.

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### **5. Insurance**

I understand that Essex Games does not provide personal accident or medical insurance for participants.

I am responsible for arranging my own insurance if required.

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### **6. Medical Treatment**

I consent to receive medical treatment in the event of injury, illness or emergency during the event.

I understand that I am responsible for any associated costs.

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### **7. Media & Photography**

I grant Essex Games permission to use photographs, videos or recordings of me taken during the event for marketing, promotional and social media purposes.

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## **8. Governing Law**

This agreement is governed by the laws of England and Wales.

Any disputes will be subject to the jurisdiction of UK courts.

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## **9. Acknowledgement**

I confirm that:

- I have read and understood this waiver
- I accept the risks involved in participating
- I agree to the terms outlined above