



COMMUNITY 5K FUN RUN – ENTRY FORM

Participant Details

First Name: _____ Last Name: _____

Address: _____ Post Code: _____

Telephone Number: _____ Age (if under 18): _____

Emergency Contact (Required)

Next of Kin / Emergency Contact Name: _____

Relationship: _____ Telephone Number: _____

Medical Information

Do you have any medical conditions that may affect your participation in the event?

Examples include asthma, epilepsy, diabetes, allergies, heart conditions, respiratory conditions, or any other relevant medical issue.

YES / NO (circle as appropriate)

If YES, please provide details, including any medication that may be required:

Accompanying Person (aged 18+)

Will anyone be accompanying you at the event?

YES / NO (circle as appropriate)

Name: _____

Telephone Number: _____

Important Information

- Registration opens at 4:30pm at West Garth Green Belt, Cayton.
- The Children's Race starts at 5:00pm.
- The Community 5K Fun Run starts at 6:00pm.
- All participants must register before taking part.
- Children and young people under 16 years of age must be registered by a parent or legal guardian.
- Children under 11 years of age must be accompanied throughout the event by a responsible adult aged 18 or over.
- Parents, guardians and carers remain responsible for the supervision and welfare of their children at all times.
- Participants must follow all instructions and directions given by event organisers, stewards and first aid personnel.
- Participants must exercise reasonable care for their own safety and the safety of others.
- Bottled drinking water will be available at the finish area.
- The main First Aid Point is located at the Registration Desk as well as at the start/finish area.
- Any lost child, vulnerable person, welfare concern or safeguarding issue should be reported immediately to the Registration Desk or the nearest steward.
- The organisers reserve the right to refuse participation or withdraw any participant whose behaviour is considered unsafe or who fails to follow event instructions.
- The organisers reserve the right to amend, postpone or cancel the event if weather conditions or other circumstances make it unsafe to proceed.

Participant Declaration

I understand that participation in the Cayton Parish Council Community Fun Run is voluntary and that running and walking activities carry inherent risks, including slips, trips, falls, interaction with road users, adverse weather conditions and other hazards associated with outdoor physical activity.

I declare that, to the best of my knowledge, I am medically fit to participate and have disclosed any relevant medical conditions which may affect my participation or emergency treatment.

I agree to take reasonable care for my own safety and the safety of others and to follow all instructions given by event organisers, stewards and first aid personnel.

I understand that Cayton Parish Council and event volunteers will take reasonable steps to provide a safe event but cannot eliminate all risks associated with participation.

In the event of an emergency, I consent to appropriate first aid being administered and, where necessary, the summoning of emergency medical assistance.

I consent to the Parish Council holding my personal information for the purposes of administering this event and dealing with any emergency arising from my participation.

Signature

Participant Signature:

Date:

Parent/Guardian Consent (Required for Participants Under 16)

I am the parent/legal guardian of the above participant and consent to their participation in the event.

Name:

Signature:

Date: