

## Disclaimer Form

Full Name:			
Date of birth:			
Event:	Mayfair Park & Tower Race 31 May 2013		
Home Address:			
Home Tel No:		Mobile No:	
Next of Kin:		Tel No:	
Any known allergies:			
Any current medication:			

I, the above, am physically fit and understand the risks involved in competing in the above event. I understand that this event is physically demanding and I am not aware of any medical reasons for me not competing.

I have read and comply with the Physical Activity Readiness Questionnaire (PARQ)

I am aware that it is my responsibility to ensure that my clothing and footwear is suitable for the event, and that I should carry and drink plenty of fluids throughout the event. It is also my responsibility to ensure that I use suitable protection against the effects of sun and all other elements.

I accept responsibility for organising my own insurance, ensuring my own safety, and obtaining any necessary permission required for the event.

I accept that the Hilton in the Community Foundation, the charity which I am supporting, accepts no liability whatsoever for any injuries, financial losses or any consequential losses.

Signed: ..... Date: .....

Please sign and return to: Hilton in the Community Foundation, 179 – 199 Holland Park Avenue, London W11 4UL