

**Colour Run Waiver – Adult Participant**  
**Please bring completed waiver with you on race day**

In order you to participate in the Friends of St Philip's (FOST) Colour Run 2023, you must complete the following waiver prior to the event.

1. I am aged 18 years or above and wish to participate in the Friends of St Philip's (FOST) Colour Run 2023 on Saturday 15<sup>th</sup> July 2023
2. I agree that I will participate in the Colour Run in accordance with the specific safety rules clearly explained by FOST volunteers at the beginning of the challenge.
3. I understand that participating in the Friends of St Philip's (FOST) Colour Run 2023 is a potentially hazardous activity where coloured powder will be thrown at and around me during the event. However, I understand that the powder is not harmful to people, animals or plant life.
4. I agree that I will wear any safety equipment outlined by Friends of St Philip's (FOST) Colour Run 2023. In accordance with the safety instructions and risk assessment, all participants must wear protective eyewear. This can include sunglasses, goggles, or prescription eyewear. Failure to comply with these instructions could result in the participation being denied.
5. I agree to provide a t-shirt (preferably white) to wear on the course, if not using FOST eyewear, I agree to provide my own.
6. Participants are expected to exhibit appropriate behavior at all times and must always follow the instructions that are given to them. They must show respect towards the other participants, FOST Volunteers, equipment and facilities and not misuse these in any way.
7. I confirm that I am in good physical condition and have no medical impairments that may prevent me from participating in the activity. If I have any concerns about my physical condition, I will consult my doctor before participating in the activity and inform the FOST colour run organiser straight away.
8. I acknowledge that participation in the activity may be physically demanding and that there are risks of injury.
9. I agree that Friends of St Philip's (FOST) and St Philip CE Primary School are not responsible in respect of any injury, loss or damage arising out of or in connection with my failure to comply with the safety instructions and/or directions given by the volunteer staff at the event, and I agree to read and ensure I act in accordance with the risk assessment and Health & safety advice documents provided on the school website FOST page.
10. I acknowledge that I have read, fully understood and agree with all of the above prior to signing below.

**Your Child's Name** ..... **Class** .....

**Adult Participant Full Name (printed)** .....

**Adult Participant signature** .....

**Date** .....