

## VR004 Training Disclaimer

Version	Date	Author
1.0	06/01/2020	Martin Pearn
2.0	19/01/2021	Martin Pearn
3.0	11/11/2022	Lina Ambruleviciute

- Vegan Runners UK (the club) purpose is to offer an opportunity for like-minded runners (who live vegan lifestyle) to exercise and train together in groups all over the UK and beyond.
- The club is operated and managed by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any training events that occur at the club. These volunteers may or may not have taken any training and coaching courses.
- All attendees should consider the club as an informal gathering of people who will run together in a loosely structured format.
- Every person attending the club must take full and complete responsibility for their own actions. Know your limits.
- If you have any medical conditions that could affect you, it's your responsibility to make them known.
- If you feel dizzy, faint or unwell, it's your responsibility to stop exercising and to notify other runners of this.
- If you stop mid-session you must **not** go home without notifying somebody.
- It's your decision alone whether or not you are fit and able to run. If you are unsure - consult your GP. We recommend that you can run or walk at least 5k comfortably before attending training runs unless the activity has been specifically created for lower ability runners.
- The volunteer leading the session reserves the right to refuse to let you run with the group.
- The minimum age that we can accept is 18 unless accompanied by an adult.
- Any matters of concern should be directed to the committee.
- Appropriate clothing and footwear for running should be worn. You should dress appropriately for the weather and for the lighting conditions.
- During darker evening runs, we recommend that you wear a head torch together with reflective clothing.
- Each runner must accept full and complete liability for their actions.
- Vegan Runners UK may use photographs taken during the runs and share on social media. If you do not wish for this to happen please make this known.