

Kapchorwa Duathlon - Disclaimer

This disclaimer refers to the event taking place on Saturday 8th October 2022, at **Home of Friends Guesthouse** and known as **Kapchorwa Duathlon**.

We strongly recommend that all participants and their property are fully insured in case of accident or injury.

The event takes place on murrum roads and rural trails. The roads will not be closed during the event and so caution must be taken at all times for other road users, including matatus, bodas and lorries as well as animals. Traffic police and safety stewards will be posted along the route.

ALL COMPETITORS MUST WEAR A CYCLE HELMET TO PARTICIPATE IN THE CYCLING DISCIPLINE

Though we take all reasonable precautions to make this event as safe as possible, you must acknowledge that participation involves a certain degree of personal risk. Participating in this event is completely at your own risk. By signing this, you accept:

- Full and complete responsibility and liability for any injury or death that may befall you as a result of your participation in the event. This includes but is not restricted to: cardiac arrest, heat exhaustion, trauma injury, sprains, tears, bodily breakages, stings, bites and road traffic accidents.
- Full and complete responsibility and liability for any injury or death that may befall another person as a direct result of your participation in the event. For example, collision with another participant, spectator or any other third party.
- That neither Home of Friends, Run Kapchorwa, Nabugabo Sports Events or their team of assistants and representatives are under any obligation to provide medical or safety provisions and that any safety and medical provisions that are provided are discretionary and fall below professionally accepted standards.
- Full and complete responsibility for your own safety and well-being. I declare:
- I am of sound mind and body and physically and mentally capable of undertaking the event.
- I am willingly participating in the event in the full knowledge of what is required and fully conversant of the risks associated with it.
- I partake in any safety and medical provisions that are provided on my own accord and aware of the limitations offered by such facilities.

I absolve:

- Home of Friends, Run Kapchorwa, Nabugabo Sports Events and their team of assistants and representatives of all and any responsibility should any misfortune befall me.