

■ **Mandatory Gear - IMPORTANT PLEASE READ!** *ITEMS TO BE CARRIED AT ALL TIMES BY EACH PARTICIPANT*

By agreeing to run you are agreeing to be a responsible athlete, and confirm that you have the mandatory gear for your own safety.

Please understand that the list has been given from personal race knowledge and experience for your own safety and is not there just make you carry more stuff! ***Accidents happen and your first aid kit, whistle and mobile phone are essential for your safety.*** When it is hot - dehydration is a potential life-threatening situation - your water pack and electrolytes are essential for proper hydration and staying cramp-free. Winners will be checked for complete kit, time penalties apply (1 minute added per missing item) - **DISQUALIFICATION at Race Director's discretion.**

Please advise the Race Director if you have any medical condition we should be aware of.

We are always trying to limit our impact on the environment - please take rubbish home, please do not drop any litter, however small. NO plastic bottles or disposable cups are provided during the event. You must bring your own cup/drinking bottle.

- **1.5 LTR HYDRATION** - Full to capacity at the start line. ALL runners regardless of distance MUST carry water. (5k Juniors running with parent/guardian may share water with adult. Adults running 5k distance must carry minimum of 500ml water please).
- **CELL PHONE** - fully charged with pre-programmed number of **RACE DIRECTOR +971 50 4422934** - only operational on race day.
- **WHISTLE** to signal for emergency
- **COURSE MAP PRINTOUT OR IMAGE ON YOUR PHONE**
- **FIRST AID KIT:** Contents to include the following: 4"x4" gauze pads, Medical tape, 3" wide Ace Bandage, Painkiller tablets (Aspirin, etc.), Anti-inflammatory tablets (Voltaren, Ibuprofen etc.).

NOTE: The list is a guideline to the content of a first aid kit. Random checks will be made for complete kit - missing items will be given time penalties. We trust that your first aid kit would include any specific medication you require personally, and be comprehensive enough to deal with most medical situations.

OPTIONAL/RECOMMENDED GEAR

Sand gaiters (plastic bags taped to your feet or store bought), Sunglasses, Peaked hat with or without neck flap, Sunscreen, Waterproof (ziplock) for phone, Small scissors, Light jacket/fleece, Survival mirror, Lighter or waterproof matches, Spare Duct Tape, Energy Gels/Nutrition, Survival blanket ...

■ COVID-SAFETY - IMPORTANT PLEASE READ

****SIGN-in ... but No Briefing ... WAVE 1 at 7.00am**

- *To limit the possible spread of the virus we will operate a wave start for the 3 distances. Waves with 5 min intervals will be operational. 45k runners will begin in Wave 1 at 7am, 30k runners in Wave 2 at 7.05am and 15k runners in Wave 3 at 7.10am.*
- *Please ensure you do not gather in any groups – socially distance yourself from any other runner at the start, checkpoints and in the car park*
- *You will be requested to wash your hands thoroughly at the start of the race - water and soap is provided*
- *There will be NO TOUCHING the water dispensers by runners, a member of staff will assist you to fill your bottle*
- *Sanitizer will be mandatory if you wish to take fruit from checkpoints - or you can kindly ask a staff member to assist - sanitizer is provided*
- *Runners will wear masks unless on the course running – masks are mandatory at all other times (please keep it with you!)*
- *Runners not wearing a face mask when not running will be kindly ask to wear one or leave (no excuses, we provide a bandana in your race pack)*
- *There will be no pre-race briefing, so you need to read your Athlete Guide thoroughly*
- *Whilst on the course, please allow as much space as possible between runners or if passing someone*
- *We will award trophies at a later date without a gathering. We will notify winners by email or telephone to arrange trophy presentation*
- *Runners are asked, that once their race is completed, to immediately leave the area. This is not our usual friendly trail community style, (we all like to have a chat about PBs and how lost you got, or how there weren't enough markers!), however we would like to keep bringing you these races for the entire season, so for the timebeing we would kindly ask that any post race nattering be done away from the finish line in groups no larger than 5 people.*
- *If you are experiencing ANY signs of the covid virus - PLEASE DO NOT attend the race. Please go straight to a testing centre and get yourself checked out.*

EVENT WAIVER - BY BEGINNING THE RACE YOU AGREE TO THE BELOW

PLEASE READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE PARTICIPATING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I know that swimming, cycling or running are potentially hazardous activities. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event.

I hereby certify that I am in good health and I have trained for the distance of the race, which I am entering. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants or animals, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release Urban-Ultra, its officers, directors, agents, volunteers and employees, all states, cities, countries or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to video and photograph me before, during and after the activity, and use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including any marketing and/or commercial purpose, on any media, including but not limited to: social media, electronic media, print media etc. Transport of luggage and bicycles. Every effort will be made to keep your bike and luggage in the same condition it was loaded in. I do not hold any person, driver or organisation responsible for any damage caused during load, off load or transfer of my luggage or bicycle. I understand that event insurance does not cover the transportation of my luggage or bicycle or any medical treatment sustained during the ride or any post ride treatment due to injuries sustained during the ride.

COVID 19

I hereby state that should I contract the virus as a result of the event, I do not hold any person, driver or organisation responsible for any subsequent treatment, hospitalisation, illness or death. I agree to contact the organisers immediately should I find myself positive post event, in order that contact tracing can be carried out and the spread of the virus limited as soon as possible.