

ESH 2026 MORNING RUN | Registration & Liability Waiver Form

To register for ESH 2026 Morning Run, fill in your contact details below and confirm that you have read and understood the conditions to take part.

By submitting this form, I declare the following:

I am taking part in the “morning run” (jogging) course (hereinafter referred to as “course”) voluntarily, on my own responsibility and at my own risk and I have sufficiently informed myself in advance about the content of the course.

I will follow the instructions of the trainer/event organizer at all times.

1. I feel physically and mentally fit to take part in the activity. I have had a doctor affirm my state of health. If I have not done this, I do so on my own responsibility.
2. I am aware that the physical training connected with this course involves an increased risk of injury or physical discomfort. I will immediately inform the trainer if I feel any disorder of whatever kind or if I feel unwell (e.g. nausea, dizziness, pain, palpitations) during the course and, if necessary, I will stop the training.
3. I am aware that playing and listening to music on personal music players, especially with headphones, and other distractions, e.g. also when running on the road, are not permitted during the course for safety reasons.
4. I am aware that I am personally responsible for the risks involved in performing the training requested by me in the course and that I personally have to pay in principle for property damage and personal injury resulting therefrom. I expressly waive all claims, of whatever nature, arising from injuries, cases of damage and consequential damages against the event organizer, the trainer and their vicarious agents.
5. The above limitation of liability does not apply in cases of gross negligence or wilful misconduct by the event organizer, the trainer, their representatives or agents, or in cases involving injury to life, body or health.

I have informed myself fully concerning the content of this exclusion of liability, by reading it and by addressing any queries to the event organizer, before submitting this form.

NAME _____

SURNAME _____

EMAIL ADDRESS _____

DATE _____ SIGNATURE _____

The personal data collected through this form will be used exclusively for the management of participation in the ESH 2026 Morning Run.