



NORTH SOMERSET AC PIER RELAY DISCLAIMER FORM



NSAC's 24-hour Grand Pier relay will run between 12 noon on Saturday March 7th and 12 noon on Sunday March 8th 2020. As always, everyone welcome. Families, siblings etc, the more the merrier.

This form is for parents to sign to say that they are happy for their children (aged 12-17) to take part between the hours of 9pm – 6am, and MUST be completed if children are being left in our care. Having done this five times before, it is an amazing experience (if a little grim in the middle of the night!) so happy for athletes to share this, with the provisos listed below

Please ensure children read the following, and sign when you are happy to do so. No-one will be allowed to stay without a signed form. Anyone is welcome to stay if parent present!

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- 1) PLEASE ONLY SIGN FOR CHILDREN AGED 12+. NO-ONE UNDER THE AGE OF 12 IS ALLOWED TO STAY ON THE NIGHT SHIFT WITHOUT A PARENT PRESENT
 - 2) THE NIGHT SHIFT IS A TOUGH ONE. DARK, COLD, WINDY, AND FRAUGHT WITH DANGER. ANY CHILDREN STAYING WITH US WILL NEED TO ADHERE TO THE FOLLOWING;
 - a) Have plenty of warmth available – include sleeping bag, hats, gloves, layers etc
 - b) Have plenty of food and drink available
 - c) Have any medication available, and ensure adults are aware where it is, and what is needed.
 - * We reserve the right to refuse children if we are uncomfortable with this*
 - d) NEVER wander off alone. Always ensure an adult is within eyesight at all times
 - e) ALWAYS wear hi-visibility clothing
 - f) Have phones to hand with parents' contact numbers (in case of emergency)
 - g) Listen to adults at all times. We will not babysit them! If they attend, we need to know they are sensible and respect instructions.
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ATHLETE NAME.....

My child has read the above. I have explained this fully, and they will abide by all necessary safety rules as deemed appropriate by Event-leading adults

Signed _____ Printed _____ Date _____

Medical information + any other related information (include on back if needed)

Parents' Emergency contact number (s) _____