

# Tower Run Medical Declaration

**High intensity exercise such as climbing, running and associated exercise such as tower runs are activities with a danger of serious personal injury or death. Participants taking part in these sports should be aware of and accept these risks and be responsible for their own action and involvement.**

**Innovation Sports and LandAid will provide proper supervision of participants during the tower run.**

Full Name: \_\_\_\_\_

Date of Birth: \_\_/\_\_/\_\_\_\_

Common medical conditions rarely bar you from participating in tower runs. We would recommend that if you are uncertain you seek professional medical advice.

To help us should a condition manifest itself during your tower run we ask you to provide us with the following information. Please circle the answer appropriate to you:

Epilepsy: **Yes/No**

Diabetes: **Yes/No**

Heart condition: **Yes/No**

Fainting: **Yes/No**

Asthma: **Yes/No**

Low /high blood pressure: **Yes/No**

Have you attended hospital in the last 12 months for illness/injury?

**Yes/No**

If so please give details below:

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Do you suffer from any other allergies that may affect your health during the course?

Please give details below:

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Please give details of any other medical condition of which we need to be aware of:

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Please provide details of any medication you are taking:

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Are you allergic to any forms of medication?

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**NEXT OF KIN EMERGENCY CONTACT DETAILS**

Full Name: \_\_\_\_\_

Mobile telephone: \_\_\_\_\_

Work/home telephone: \_\_\_\_\_

I accept I am participating in the London TowerAthlon at my own risk and that LandAid and Innovation Sports will not be liable for any loss, damage, action, claim, cost or expense which I suffer or incur as a result of participating in this run except where this is caused by Innovation Sports or LandAid's negligence.

If I have any health problems or am unsure about my physical ability to participate in this run I will obtain advice from a doctor before participating.

I will abide by all rules and regulations that apply to this tower run, including but not limited to those which are displayed, or are given to me, at the event.

Please sign to accept these terms and conditions:

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_