

360 Mud – Rules and Conditions

- Please sign in at the gym reception and then report to OCR Co-ordinator outside.
- Please note vehicles and valuables are left at owners risk
- Ensure payment is made before starting – either in the gym or with duty trainer
- All runners must sign a disclaimer & entry register
- If you have a medical condition, suffer from a bad back or had a neck injury, are pregnant or have a heart condition you **MUST** make us aware. If there is any risk of injury you must not take part.
- Children under 16 must be accompanied by an adult at all times and have parent/guardians signature on the disclaimer
- All runners must participate in pairs or groups, no one can run the course alone
- Suitable clothing must be worn at all times please ask for our list
- Any misuse or deviation from the clearly marked course or unsociable behaviour will result in you and your group being asked to retire early.
- Report any injury or broken equipment to duty trainer. If you feel unwell, dizzy or dehydrated Stop and report to duty trainer.
- Please! No muddy footwear within the main building.
- On completion of your run ensure you wash your hands, change into warm clothes and stay hydrated.
- OCR & Obstacle activities can be dangerous, you can fall, slip and injure yourself. If you are in doubt **DO NOT** participate.
- We reserve the right to cancel or close the course at any time, in the event of this refunds will be given.
- As we are an outdoor activity no refunds will be given for wet weather
- Run, be safe and most importantly enjoy yourself!
- No Dogs allowed
- No smoking on site