



OMM Bike&Lite Combined Kit Check, Declaration and Safety Rules

RACE/TEAM N° :	CAR REGISTRATION NUMBER:	SURNAME(S):
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Competitors are required to carefully read the whole of this sheet and then present it, duly signed by both members of the team, at registration.

Each individual and team is responsible for being properly equipped for a day unsupported on the trails in inclement weather. This Kit List should be seen as a minimum requirement only. Check the weather forecast, use your previous experience and common sense to select the kit you should be wearing and carrying. The organisers reserve the right to disqualify any competitors who in their opinion do not have the necessary kit to survive in an emergency situation.

COMPULSORY KIT LIST - EACH COMPETITOR MUST WEAR OR CARRY THE FOLLOWING:

BIKE

- Helmet (MUST be worn at all times when riding)
- Clothing suitable for riding
- Taped seams waterproof jacket and trousers
- Warm layer top
- Whistle & compass
- Map (as supplied)
- First aid equipment
- Emergency food (you should still have this at the finish)
- Bike repair kit
- Water carrying capability

LITE (ON FOOT)

- Taped seams waterproof jacket with hood and trousers
- Clothing suitable for trail running and walking
- Warm layer top
- Hat (this can be a buff) and gloves
- Footwear suitable for trail use
- Whistle & compass
- Map (as supplied)
- First aid equipment
- Emergency food (you should still have this at the finish)
- Water carrying capability

Any decisions to reduce the amount of kit you need to carry (e.g. in exceptionally warm weather) will be posted at Registration on Saturday morning.

ALL ITEMS MUST BE CARRIED BY EACH COMPETITOR.

Kit does not need to be brought to registration but kit checks may be made at any point during the event.

PERSONAL SAFETY

1. Never allow the pressure of competition to override your judgement. The decision to start is yours and the decision to pull out must be yours.
2. In the event of accident or illness use all available aids and seek assistance. You should use your mobile phone if you are carrying one, to call for assistance. If you are riding as a team your partner is your first point of aid in case of trouble. The buddy system can be invaluable in checking for temperature related medical conditions (i.e hypothermia, heat exhaustion). Stay with your partner whenever possible, the only exception is in the case of an emergency when you have no mobile phone and you judge the appropriate action to take would be to leave a partner in a warm safe environment to seek help from others. Give assistance to other injured competitors.
3. In case of retiring, you must make contact with OMM Event HQ directly, preferably in person, or else using the telephone number printed on your map. Do not contact the police to report your retirement. Only contact them in a genuine 999 emergency.
4. It is your responsibility to get off the hill and to let the event organisers know you are safe. If you have not checked in by 17:00hrs on each day you WILL be searched for.

DECLARATION

1. I/We have read and will comply with the rules of the race.
2. I/We understand that the event may be held in adverse conditions and our decision to start is solely our own. I/We confirm that we have all the necessary equipment, skills and experience to deal with the terrain and weather.
3. I/We are fully conversant with temperature related medical conditions (i.e. hypothermia, heat exhaustion etc.) and their treatment.
4. I/We declare that we will be, during the Event, sufficiently fit and healthy to participate in the Event unaided and in accordance with the rules [If you are in any doubt we recommend that you seek medical advice].
5. I/We accept that OMM, at all times, reserve the right to refuse entry for persons considered to have insufficient experience and disqualify those who fail to follow the rules and conditions.
6. In taking part we agree that:
 - 6.1 the Personal Information relating to us can be stored, used by OMM and its OMM Event partners (Ark Consultants UK Ltd, Xpert Marketing, a subsidiary of M-Invent Finance GmbH, and Nomadics Corporation) only in connection with the organisation, staging and administration of the OMM Events;
 - 6.2 health information provided to us will only be used to provide medical assistance if needed.
 - 6.3 the Personal Information relating to us may be anonymised and the anonymised data may be used by OMM and its OMM Event partners (see para 9.1) in connection with the compilation of statistical information and service delivery.
 - 6.4 digital media captured during the event may be used by OMM and it's event partners (see para 6.1) for the promotion of the OMM brand.
7. I/We acknowledge and agree that in no event shall OMM (their agents, employees, or Directors) be liable to either of us, whether for breach of contract, any tortious act or omission (including negligence) or otherwise, under or in connection with the Event for any:
 - 7.1 loss or damage;
 - 7.2 loss of business, earnings, revenue or goodwill;
 - 7.3 loss of reputation;
 - 7.4 loss of anticipated savings;
 - 7.5 pledges made on your behalf or by you to charity; or
 - 7.6 consequential or indirect loss, regardless of whether the loss or damage:
 - 7.6.1. would arise in the ordinary course of events;
 - 7.6.2. is reasonably foreseeable; or
 - 7.6.3. is in the contemplation of the parties, or otherwise.
8. I/We agree to abide by the rules and conditions laid down for the event and confirm we have read the personal safety advice and the safety overview and acknowledge that we understand them.

1 ST COMPETITOR FULL NAME:
SIGNATURE:
EMERGENCY CONTACT (NAME & NUMBER)

2 ND COMPETITOR FULL NAME (if applicable):
SIGNATURE:
EMERGENCY CONTACT (NAME & NUMBER)