



# Kit Check, Declaration and Safety Rules

TEAM N°:

CAR REGISTRATION NUMBER:

SURNAME 1:

SURNAME 2:

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 two days unsupported racing in exposed terrain at the end of October. This Kit List should be seen as a **minimum requirement only**. Check the weather forecast, use your previous experience and sound mountain judgement 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. Cotton clothing is not suitable.

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

- Taped seams waterproof jacket with hood
- Taped seams waterproof trousers
- Clothing suitable for mountain running and walking
- Warm layer top.
- Hat, Gloves & socks
- Footwear suitable for fell and trail use
- Head torch capable of giving useable light for a minimum of 12 hours
- Whistle & compass
- Map (as supplied)
- Insulated sleeping system
- First aid equipment
- Survival bag (not a sheet)
- Rucksack

- Emergency rations (should still have at the finish line)
- Water carrying capability
- Pen/pencil for map marking (waterproof paper) in wet conditions
- Fully charged mobile phone
- Method of contactless payment (mobile or card)
- Face mask or covering
- Hand sanitizer

Note: Spare warm kit and insulated sleeping bag must be waterproofed (e.g. in a drybag)

### EACH TEAM MUST CARRY THE FOLLOWING AT ALL TIMES:

- Cooking equipment including stove with sufficient fuel for duration of the race, plus some spare for emergency use, left at the end of the event
- Tent with sewn in groundsheet
- Food for 36 hours for two people

ALL ITEMS EXCEPT TENT, FOOD (not emergency rations) AND STOVE MUST BE CARRIED BY EACH TEAM MEMBER.

### PERSONAL SAFETY – IN THE EVENT OF ACCIDENT OR INJURY THE NORMAL CODE OF MOUNTAIN SAFETY APPLIES

1. Never allow the pressure of competition to override your sense of Sound Mountain Judgement. The decision to start is yours and the decision to pull out must be yours.
2. Remember this is a team event and your partner is your first point of aid in case of trouble. The buddy system is invaluable in checking for hypothermia. You must never split up. The only exception is in the case of an emergency, when competitors must exercise their own mountain judgment as to the appropriate action to take, including leaving a partner in a warm safe environment to seek help from others.
3. In the event of accident or illness, pitch the tent with the casualty inside in a sleeping bag and ensure they are warm. Use all available aids to insulate them, take careful note of the exact location of the tent. If you have an LED headtorch with flashing feature and can safely spare it, place this on the outside of your tent to attract attention from rescuers. At this stage you should use your mobile phone if you are carrying one, to call for assistance, if not and you judge this the safest option, go for help.
4. 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.
5. It is assumed by the organisers that anyone NOT reaching the overnight campsite will be camped in safety elsewhere. However, where possible you must make contact with Event HQ to make the organisers aware of your plan (via other competitors/marshals/mobile phone).
6. SUNDAY – 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 on Sunday by 1630hrs you WILL be searched for. Pitching a tent on the hill on Sunday night is only allowable in the case of genuine emergencies.

### DECLARATION

1. We understand that the event may be held in extremely adverse conditions and our decision to start is solely our own. We confirm that we have all the necessary equipment, skills and experience to deal with whatever the terrain and weather may have to offer on the weekend.
2. We are fully conversant with temperature related medical conditions (i.e. hypothermia, heat exhaustion etc.) and their treatment.
3. 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].
4. 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.
5. In taking part we agree that:
  - 5.1 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;
  - 5.2 health information provided to us will only be used to provide medical assistance if needed.
  - 5.3 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 5.1) in connection with the compilation of statistical information and service delivery.

5.4 digital media captured during the event may be used by OMM and its event partners (see para 5.1) for the promotion of the OMM brand (this includes agreement of parents/guardians on behalf of their dependent under the age of 18).

6. 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:

- 6.1 loss or damage;
- 6.2 loss of business, earnings, revenue or goodwill;
- 6.3 loss of reputation;
- 6.4 loss of anticipated savings;
- 6.5 pledges made on your behalf or by you to charity; or
- 6.6 consequential or indirect loss, regardless of whether the loss or damage:
  - 6.6.1. would arise in the ordinary course of events;
  - 6.6.2. is reasonably foreseeable; or
  - 6.6.3. is in the contemplation of the parties, or otherwise.

Nothing in this Agreement shall affect the liability of OMM for death or personal injury, fraud, or any other liability to the extent it cannot be excluded or limited by law.

7. 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<sup>ST</sup> COMPETITOR FULL NAME:

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SIGNATURE:

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EMERGENCY CONTACT (NAME & NUMBER):

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2<sup>ND</sup> COMPETITOR FULL NAME:

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SIGNATURE:

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EMERGENCY CONTACT (NAME & NUMBER):

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