



RANZCO 2026 Early Morning Run and Early Morning Cycling Waiver and Acknowledgement

For this waiver, RANZCO, the Congress organisers, early morning activity organisers are collectively referred to as 'the organisers'.

By registering for and participating in the Early Morning Run and/or Early Morning Cycling, I acknowledge and agree to the following:

1. Voluntary Participation

I understand that participation in the Early Morning Run and/or Early Morning Cycling is entirely voluntary. I confirm that I am physically fit and medically able to participate and have considered any health conditions that may affect my ability to safely take part.

Warning: This activity is a recreational activity. Participation involves a significant degree of physical activity and inherent risk, including the possibility of serious injury, illness, permanent disability or death. By participating, you acknowledge that your rights to sue for injury, illness, death, loss or damage may be excluded, restricted or modified to the fullest extent permitted by law.

The organisers reserve the right to refuse participation or remove a participant where they reasonably believe the participant may present a safety risk to themselves or others.

2. Risks and Acknowledgments

I acknowledge that participating in the Early Morning Run and/or Early Morning Cycling involves inherent risks, including but not limited to:

- Slips, trips and falls.
- Uneven footpaths, roads, parks, trails and other running surfaces.
- Road crossings and interaction with vehicles, cyclists and pedestrians.
- Weather conditions, including heat, rain, wind, humidity and poor visibility.
- Physical exertion, fatigue, dehydration or illness.
- Injury resulting from my own actions or the actions of other participants or members of the public.

I acknowledge that:

- The Early Morning Run and/or Early Morning Cycling are informal social activities conducted on public roads, footpaths and shared spaces. It is not a professionally managed sporting event and may not have marshals, road closures, medical personnel or support services available.
- I voluntarily accept the risks associated with my participation in the Early Morning Run and/or Early Morning Cycling. To the fullest extent permitted by law, I release the organisers from liability arising from my participation, except to the extent that liability cannot legally be excluded. I also agree to be responsible for loss, damage or injury caused by my negligent actions during the Early Morning Run and/or Early Morning Cycling.
- Personal accident, medical and travel insurance is not provided to participants as part of conference registration. Participants are responsible for arranging any insurance they consider appropriate
- I am not aware of any medical condition that would make it unsafe for me to participate in the Early Morning Run and/or Early Morning Cycling. If I am unsure, I have sought medical advice before participating.
- I acknowledge that participation may place strain on my cardiovascular, respiratory and musculoskeletal systems and I participate at my own risk

3. Medical Responsibility

I acknowledge that I am responsible for assessing my own physical condition and suitability to participate. I will carry any required medication and I remain adequately hydrated. I have not relied on any representation by the organisers regarding the safety or suitability of the activity for my individual circumstances.

If I become unwell, injured or unable to continue, I will notify the organiser as soon as reasonably possible. The organisers may assist in contacting emergency services, a support person or other transport where appropriate, but do not provide dedicated medical or transport services for the Early Morning Run and/or Early Morning Cycling.

In the event of illness or injury during the Early Morning Run and/or Early Morning Cycling, I authorise the organisers to seek emergency medical assistance on my behalf. I acknowledge that any associated costs are my responsibility.

4. Personal Responsibility

I understand that the Early Morning Run and/or Early Morning Cycling takes place in public spaces and is not conducted on closed roads or is a professionally marshalled race. I agree to:

- Follow all reasonable instructions provided by the organisers.
- Comply with local laws, road rules, pedestrian crossings and any personal health requirements applicable in Auckland
- Refrain from behaviour that is unsafe, disruptive or likely to place myself or others at risk.
- Exercise reasonable care for my own safety and the safety of others.
- Run/cycle at a pace appropriate to my fitness level.
- Advise the organisers if I decide to leave the group before the Early Morning Run and/or Early Morning Cycling has concluded.
- I agree to wear suitable footwear and clothing for the activity and weather conditions.

I understand that I remain responsible for my own conduct during the Early Morning Run and/or Early Morning Cycling and for any loss, damage or injury caused by my negligent actions.

5. Personal Property

I acknowledge that I am responsible for my own personal belongings. The organisers accept no responsibility for any loss, theft or damage to personal property.

6. Photography

I acknowledge that photographs or video may be taken during the Early Morning Run and/or Early Morning Cycling for RANZCO and Congress promotional purposes. If I do not wish to be photographed, I will advise the organisers before the Early Morning Run and/or Early Morning Cycling commences.

7. Event Changes or Cancellation

The organisers may cancel, postpone or modify the activity due to heat, storms, poor visibility, unsafe paths, road conditions or other safety concerns.

8. Acknowledgement

By registering for and participating in the Early Morning Run and/or Early Morning Cycling, I acknowledge that I have read and understood this waiver, understand the risks associated with participating and voluntarily agree to comply with these terms.