

THE ULTIMATE MILITARY OBSTACLE COURSE



14.09.2024

**BORN SURVIVOR**

**EVENT  
GUIDE**

PLEASE READ THIS EVENT GUIDE IN FULL  
BEFORE ARRIVING ON THE DAY

[WWW.BORN-SURVIVOR.COM](http://WWW.BORN-SURVIVOR.COM)

# BORN SURVIVOR

## DIRECTIONS

### DIRECTIONS

Sawley, Lancashire, Post Code **BB7 4HL** will take you to the Born Survivor Car Park Entrance. Follow the signs as you close in on the car park turning. (Be Careful Turning Off The A59). Strictly **NO** parking on the A59, this is an extremely busy road so please exercise caution when turning into our event. Entry is by car only, anyone walking from the main road where they have parked their car will not be permitted into the event and may be towed.

### CAR PARKING

The main car park is located in the adjacent field to the Event Village. Please do not arrive before 8am as we cannot allow you on site. Car parking is **CASH ONLY**. Please have the correct money ready when entering the car park to help traffic flow.

Car £8

Minibus £15

Coach £30

*Coaches must be pre-booked by emailing [hq@born-survivor.com](mailto:hq@born-survivor.com)  
For disabled parking or easy access to the event village please email [hq@born-survivor.com](mailto:hq@born-survivor.com)*

### RESPECT THE COUNTRYSIDE

Born Survivor is held on the grounds of a working farm, so please ensure you take all litter/ unwanted clothing home or use the bins provided. Please do not drop rubbish on the floor as this poses serious risk/ harm to farm animals as well as wildlife.

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# BORN SURVIVOR

## EVENT SCHEDULE

### EVENT SCHEDULE

8:00AM	CAR PARK OPENS
8:30AM-12:00PM	REGISTRATION
10:00AM	ELITE & FIRST WAVE SETS OFF
20 MINS	WAVES SET OF EVERY 20 MINS
11:00AM	BAR OPENS & MUSIC STARTS
11:45AM	ELITE SQUADRON PRESENTATION
12:30PM	FINAL WAVE SETS OFF
5:00PM	BAR - LAST ORDERS
5:30PM	EVENT VILLAGE CLOSES



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# BORN SURVIVOR

## EVENT SCHEDULE

### START

Participants **MUST** be in the start area no later than **10-15 minutes before their wave time** for a course safety briefing.

*This is mandatory for all participants.*

You will also have a brief warm up to prepare you for the mission ahead.

### WAVE TIMES

An email confirming your finalised wave time will be sent out separately. For safety reasons we may have had to adjust your wave start time, however all team members will have the same start time as their team captain. Allocated wave times are final and cannot be changed. All wristbands will be checked when entering the start cage to ensure you are in the correct wave.



THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## ON ARRIVAL

### EVENT TICKET

All participants receive an event ticket attached to their initial event confirmation email. You need to bring this with you on event day, both electronic and hard copies are accepted.

### REGISTRATION

Registration opens at 8:30am for all participants. Registration is by INDIVIDUAL surname, NOT team name. All pre registered participants have already agreed to the waiver on purchase of a ticket.

**IMPORTANT** - All participants must print and sign a waiver to hand in at registration on the day.

*Find the waiver at the end of this PDF or follow the link to download.  
<https://www.born-survivor.com/wp-content/uploads/assets/waiver.pdf>*

### ARRIVAL FOR YOUR MISSION

We advise participants to arrive at least 1 hour before their start time to give you plenty of time to register, drop your post race kit at the bag drop, last minute toilet stop and of course RV with your team!

Failure to prepare, prepare to fail....Be an early soldier!

### EQUIPMENT & CLOTHING

Please check the weather forecast prior to the event and come prepared accordingly. Typical trail/fell running footwear is strongly advised as there are many slippery areas around the course. Footwear with spikes are strictly not allowed. We recommend wearing clothes that dry quickly and don't bog you down. We also recommend bringing a towel and warm clothes to change into after course completion.

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## ON ARRIVAL

### BAG AND KEY DROP

There will be both a bag & key drop on site. The bag drop is just £3, your bag will be tagged and you will be given a numbered wristband. The key drop is just £2 per small item (car keys, wallets etc). You will be required to sign your items in and out of the key drop. Any items left in both the bag & key drop are strictly at your own risk.

Both the bag & key drop are operated by our charity partners Unique Kidz. *All proceeds go to Unique Kidz*, thank you for your support!

*Important* - Please do not leave any medical items or medicines that you may need before, during or immediately after the event. Once items are left, there is no access to them until you collect them.

### SAFETY WARNING

Born Survivor is an extreme challenge, physically and mentally, and taking part can be dangerous. We need you to be aware of and also make clear the risks in participation at Born Survivor. The course is designed to be difficult and the terrain is muddy, slippery and potentially dangerous. You will be muddy & wet after the first mile. If you do not feel comfortable completing any obstacle, do not attempt it. If you have difficulties on the course (illness or injury) please stay on the course and make your way to the next available marshal.

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## EVENT VILLAGE

### ON SITE FOR YOU

- 10KM/6KM ROUTE - 27 + OBSTACLES
- EXTREME LEVELS OF MUD
- AWESOME EVENT VILLAGE
- PARKING CLOSE TO EVENT VILLAGE
- HIGH SPEED RACE REGISTRATION
- COVERED M/F CHANGING AREAS
- BAG & KEY DROP MANNED BY UNIQUE KIDZ
- THE ANDERTON CENTRE CLIMBING WALL
- LICENSED SURVIVOR STRIPES BAR - Sponsored by JW LEES
- ERDINGER ALKOHOLFREI - Grab your Free isotonic recovery drink at the finish!
- WOODFIRED PIZZA BY CHAMPAGNE & SHENANIGANS
- BURGERS BY WYB (WHAT'S YOUR BEEF BURGER)
- JAMAICAN STREET FOOD BY YARDIES
- FISH & CHIPS BY THE HIP HOP CHIP SHOP
- HALLOUMI BY HALLOUMINATION
- WHOLESOME JUNKIES
- CAKE, BAKES & ICE CREAM BY GRANDPA GREENE'S
- HOT DRINKS BY COFFEE VINTAGE
- EVENT PHOTOGRAPHY BY MY BIB NUMBER
- WARM UP WITH ROYAL MARINES INSTRUCTOR
- BORN SURVIVOR KIT SHOP
- DEEP TISSUE MASSAGE BY MUSCLE MEND
- MEDICAL COVER BY REMOTE MEDICAL SERVICES
- DJ WATCHTOWER - TUNES BY DJ ROYCE
- LIVE MUSIC 12.30 - 16.30 BY LUCAS WATT & BAND

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# BORN SURVIVOR

## EVENT VILLAGE

### MERCHANDISE



Our exclusive merchandise shop is open during event day and offers your only opportunity to grab the full range of official Born Survivor Merchandise. The shop operates a cash and card payment system. So if you want to go home in a thick, luxurious Born Survivor Stealth Training Hoodie, or a spiffing Born Survivor branded t-shirt and who wouldn't? Then bring your readies and plastic.

### ENTERTAINMENT



We have live music playing throughout the day at our very own Licensed Stripes Bar where you can grab JW LEES craft ale, lagers, Whitley Neill Gin/fever tree mixers, Erdinger Alcoholfrei isotonic recovery drink and a range of soft drinks.

## THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## EVENT VILLAGE

### FACILITIES

We provide a cold water de-mud station, so please come prepared with a towel. We also provide hand wash facilities at the finish line, which we strongly advise all participants to use before diving into their celebratory post mission food & drink.

There will be ample toilets including disabled facilities.

### CHANGING AREAS

There will be limited tented separate changing areas for girls and guys in the Event Village. Any unwanted muddy clothes/footwear should be placed in the bins provided.

(Keep the countryside as it should be)

### SPECTATORS

Spectators are FREE and welcome. We encourage as many people as possible to come and support friends and family. Much of the route is uneven with rough ground so care should be taken at all times to avoid trips and falls. Spectators must not enter the course at any time, except at designated crossing points.

Children under the age of 16 must be accompanied by an adult at all times. Limited course maps will be available on the day.

### LOST CHILDREN AND PROPERTY

The lost children and lost/found property point is located at the Born Survivor shop. Or you can speak to any of the event crew who will be wearing a high visibility Born Survivor jacket.

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## ON THE COURSE

### THE WARM UP

Before each wave starts, participants will be expected to be 'on parade' 15 minutes in advance of their wave start time. This will give you sufficient time to enjoy the warm-up in the 'start cage' delivered by our military PTI's. Once you're supple, you'll hear the crucial safety briefing.

### HYDRATION STATIONS

There are multiple drinks stations located on the course, at approximately 1/3 and 2/3 distance and another at the finish line

### YOUR MEDICAL INFORMATION

On registration you were asked to tell us about your medical conditions. It is vital for your safety that this is accurate for you prior to event day. If necessary, please update us on changes to your medical condition by emailing us at [hq@born-survivor.com](mailto:hq@born-survivor.com). In the event of any medical emergency we will refer to this information to provide you with any appropriate medical and emergency treatment. That vital piece of information may be crucial you on the day.

### COURSE MARSHALS & EVENT CREW

Many of our brilliant marshals and crew members are volunteers and have given up their time to help make the event great for you. Please give them a thumbs up and 'cheery' thanks as you negotiate the course. Marshals and crew are there for your safety and to make sure you have a brilliant experience. Help them enjoy the day with you.

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# BORN SURVIVOR

## EVENT VILLAGE

### COURSE MARSHALS & EVENT CREW



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Help them enjoy the day with you.

### CASH CASH CASH

Don't forget to bring plenty of dosh, you'll need it for the Born Survivor shop, car parking, tasty food and most importantly beer.

There are no cash machines on site.

## THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## ON THE COURSE

MISSION MAP

14092024

RIBBLE VALLEY



### MAP LEGEND

- 10K
- 6K SHORT CUT
- SPECTATOR ROUTE
- 6K & 10K OBSTACLES
- 10K ONLY OBSTACLES
- H2O HYDRATION STATION
- COURSE SNIPER (PHOTOGRAPHER)
- DJ WATCH TOWER (MUSIC STATION)
- THE GRAVEYARD
- NO MANS LAND
- HELL FIRE CORNER

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## ON THE COURSE

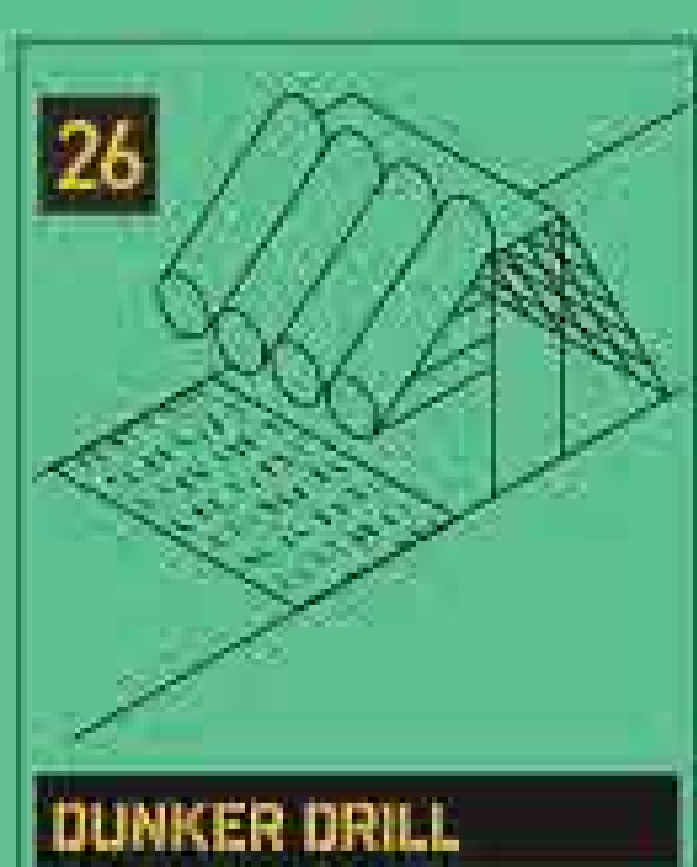
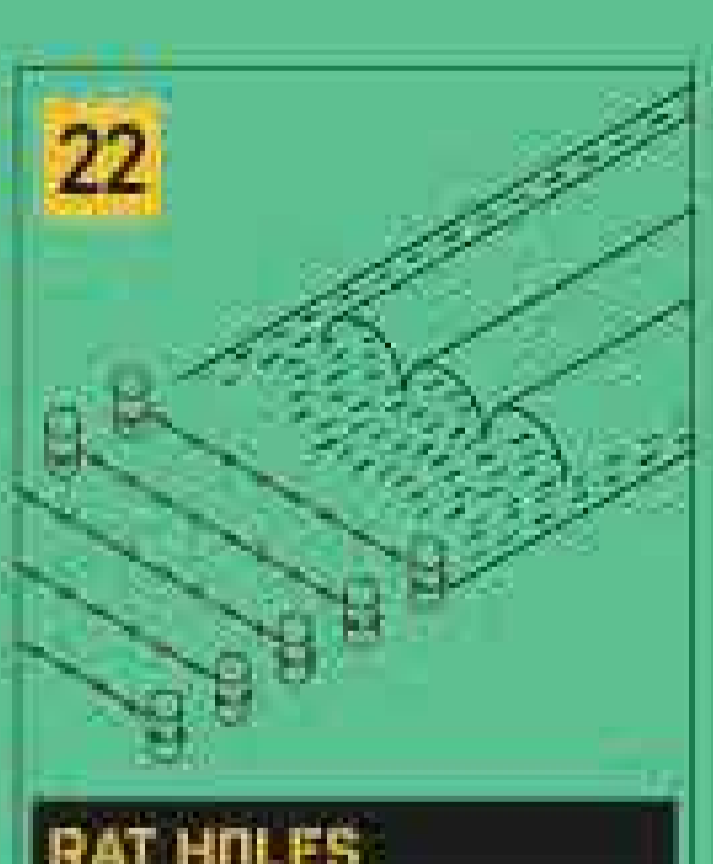
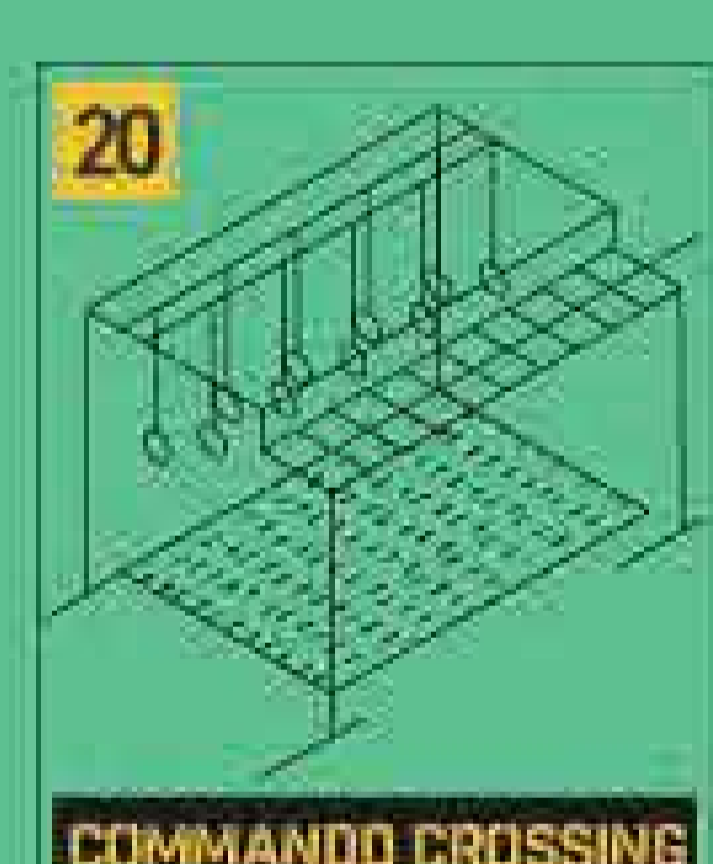
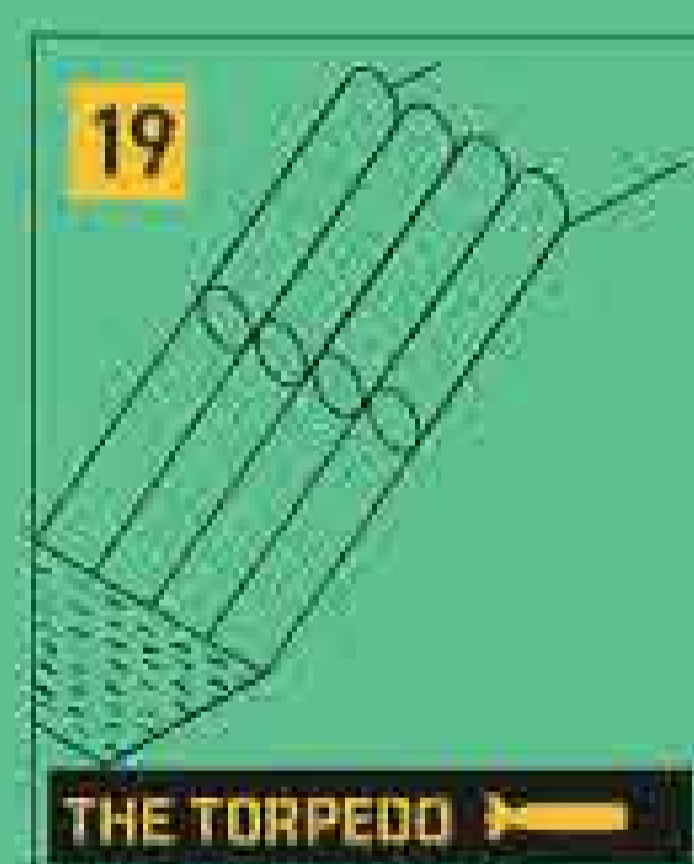
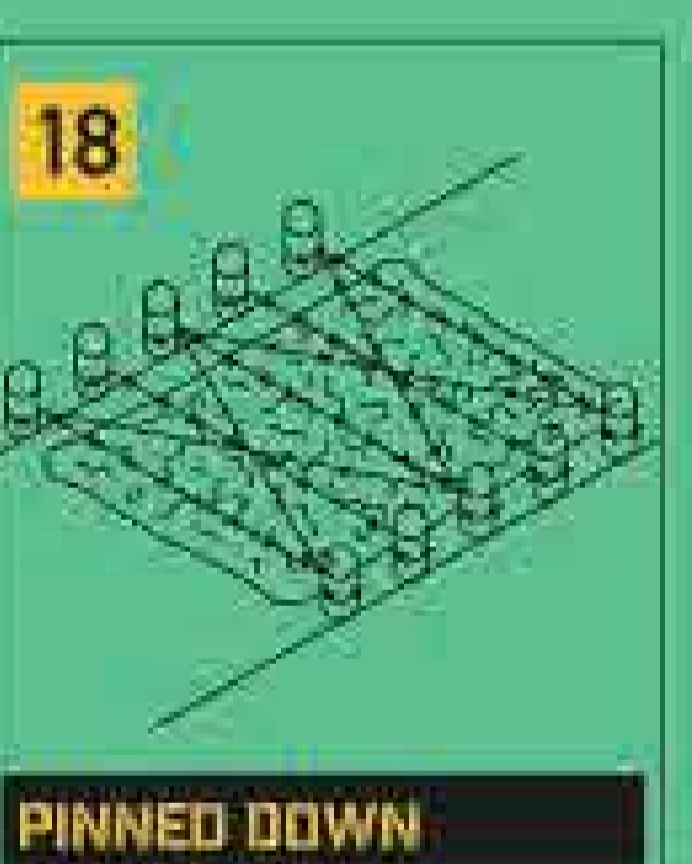
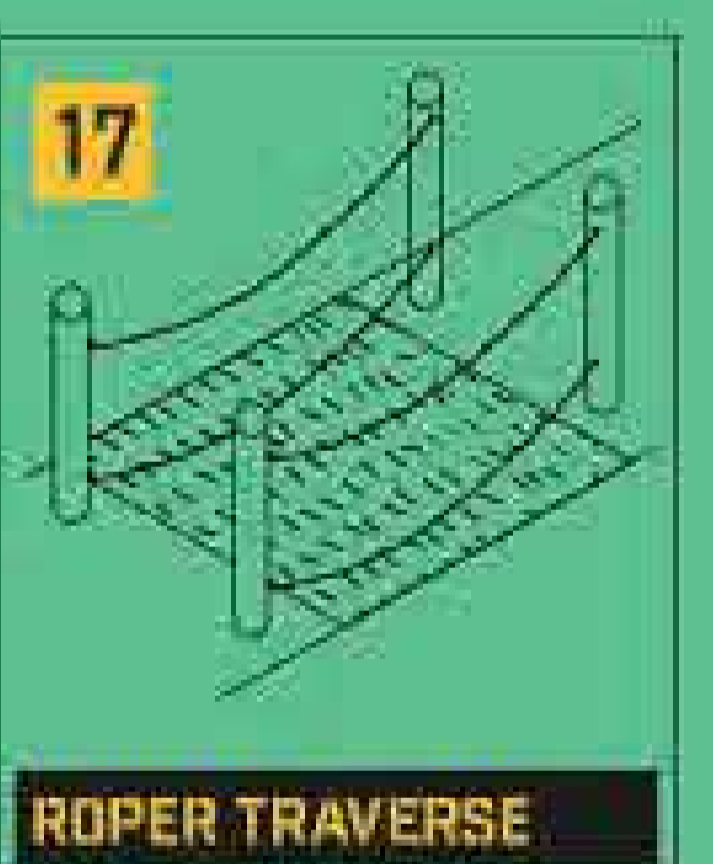
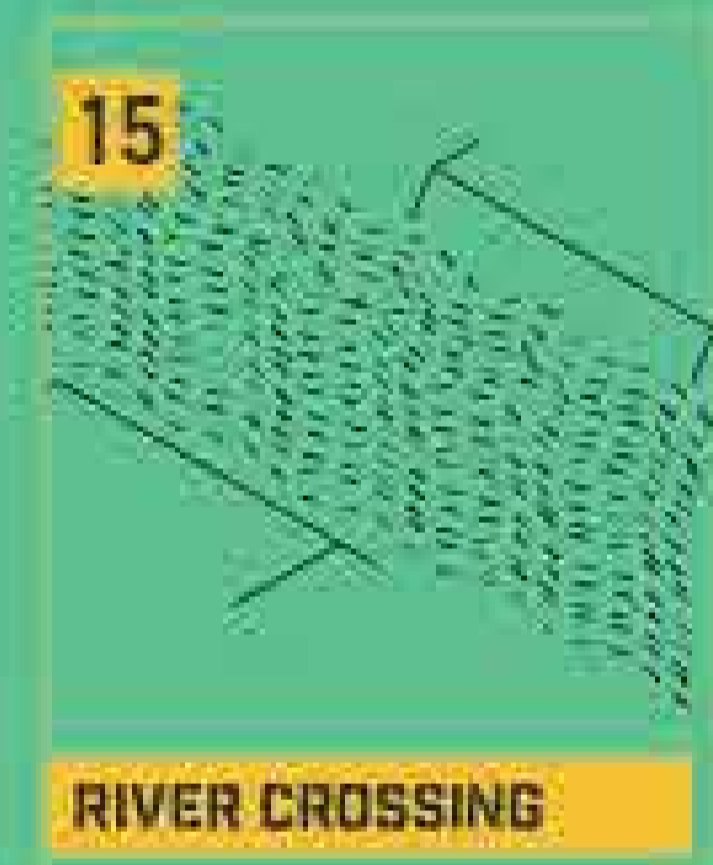
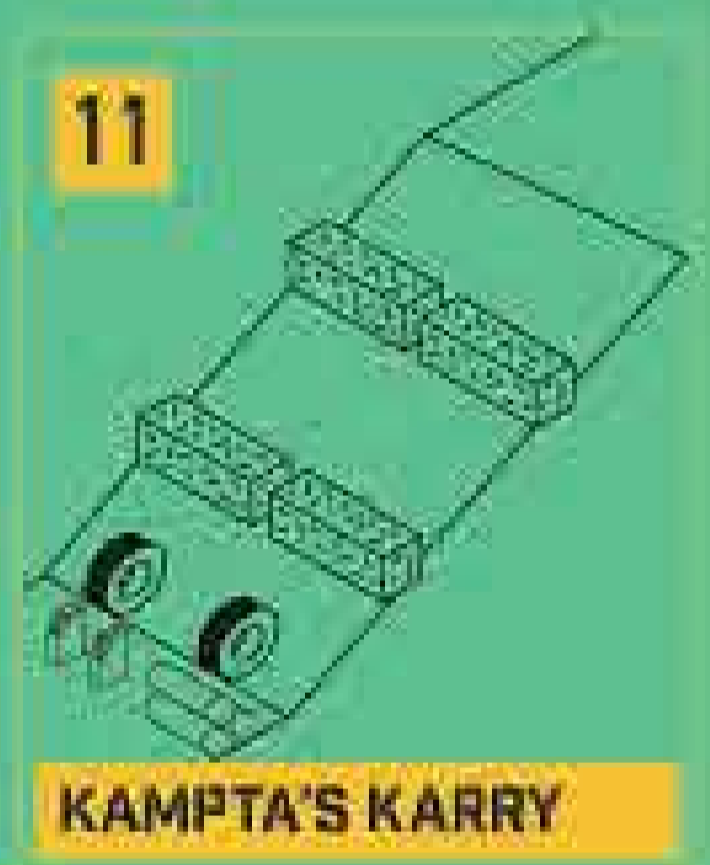
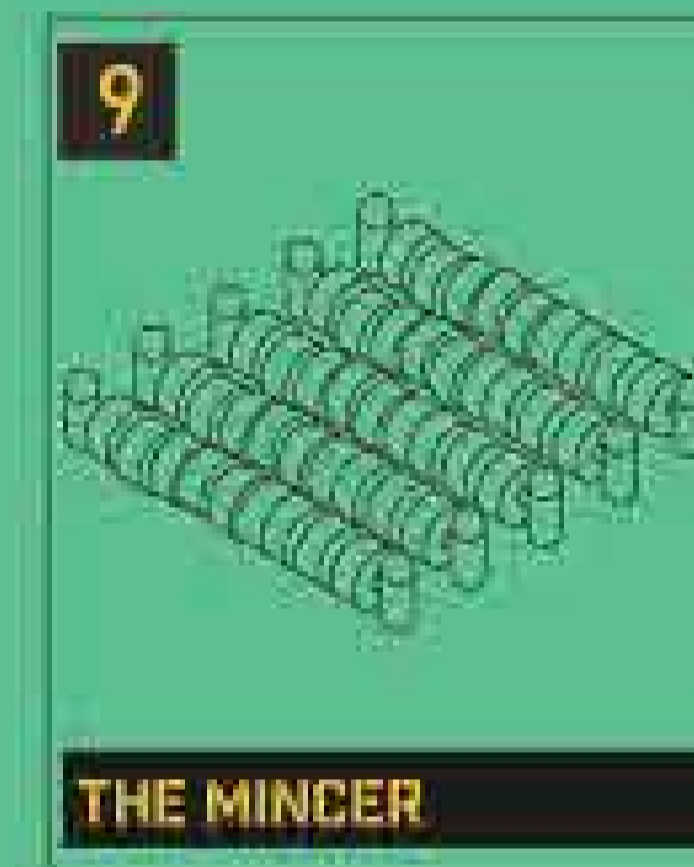
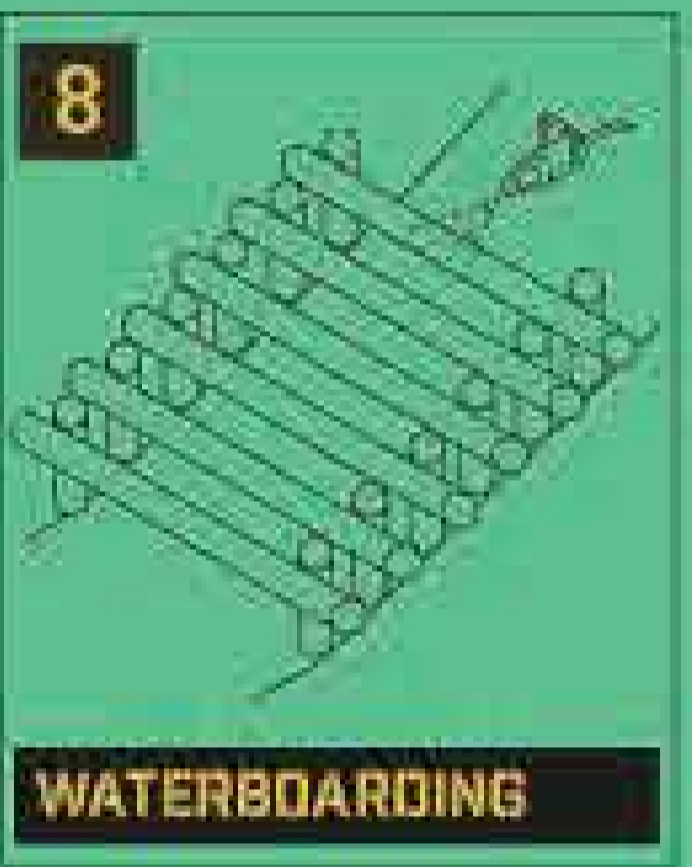
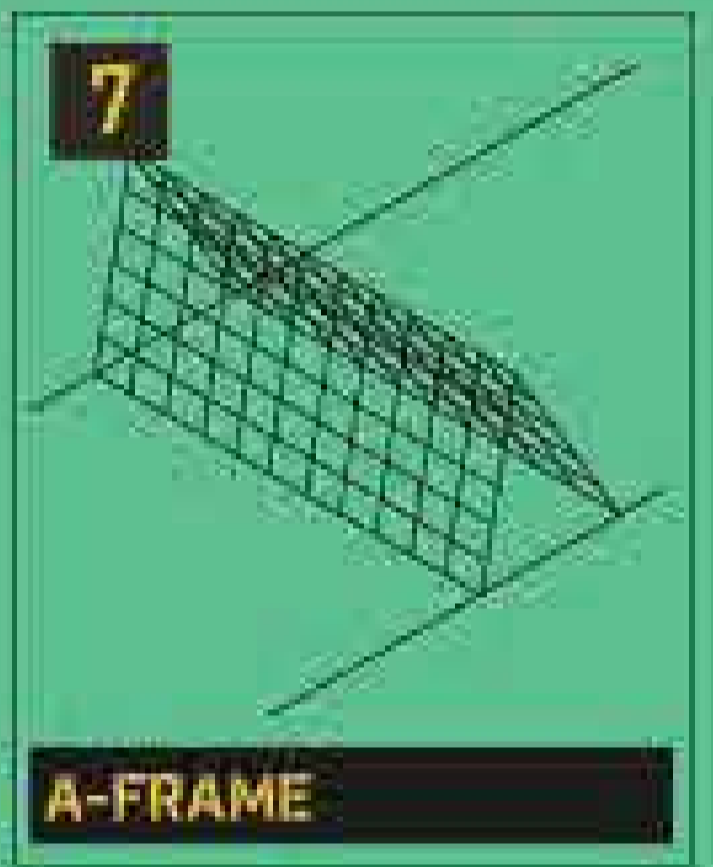
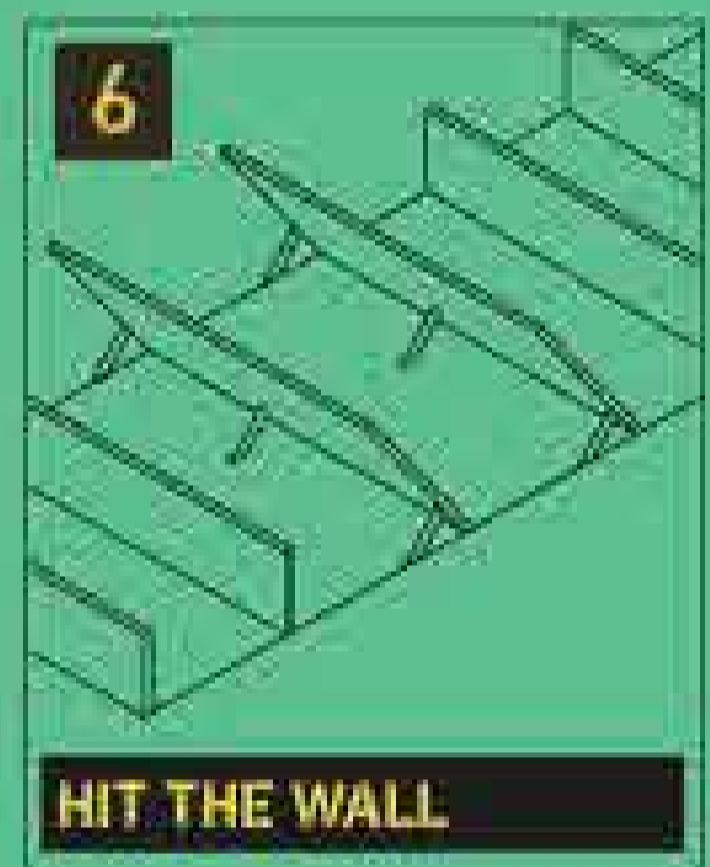
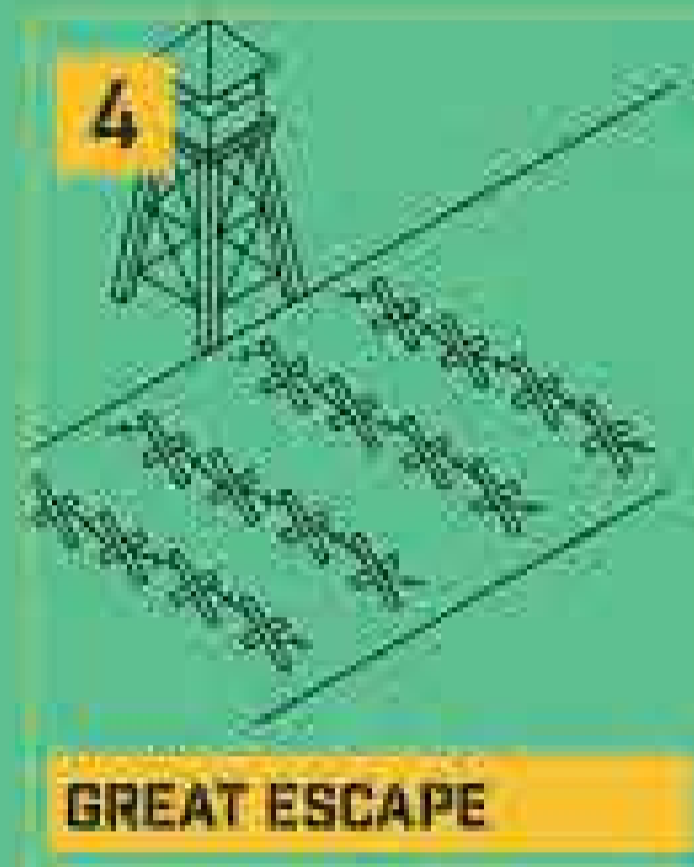
### OBSTACLE RUN DOWN

14092024

RIBBLE VALLEY

6K & 10K OBSTACLES

10K ONLY OBSTACLES



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# BORN SURVIVOR

## ON THE COURSE

### BIO-SECURITY

We are privileged to be able to hold Born Survivor In the stunning Cheshire & Lancashire countryside. We take our responsibilities to the environment, land, flora and fauna very seriously. We ask for your assistance to put some simple but effective biosecurity measures in place for preventing the spread of invasive non-native species at and from this event. Impacts of invasive species are considered to be one of the greatest threats to biodiversity worldwide. They threaten the survival of rare native species, damage sensitive habitats and cost the British economy approximately £1.7 billion each year. Non-native invasive species can have huge detrimental implications if they 'hitch-hike' on your equipment. Ditch the Hitchers: As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, it is compulsory for all participants to follow a simple 'Ditch the Hitchers' procedure. Follow this simple 3 step process every time you leave any river, lake or other body of water to protect our freshwaters from the spread of Invasive Non-Native Species (INNS):

#### Check:

Check your equipment and clothing for living organisms. If you do come across any organisms, leave them at the water body where you found them.

#### Clean:

Clean and wash ALL equipment, footwear and clothes thoroughly.

#### Dry:

Dry ALL equipment and clothing. Some species can live for many days in damp conditions.

We ask that you **CLEAN AND DRY** all of your kit **BEFORE** you arrive. We also ask that you clean and dry you kit before using it again for training or taking part in any events. Click the link to learn more about the importance of Biosecurity and how you can play your part:

[http://www.scrt.co.uk/images/stories/pdfs/biosec\\_pack.pdf](http://www.scrt.co.uk/images/stories/pdfs/biosec_pack.pdf)

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR

## SAFETY BRIEFING

### IMPORTANT

- Always climb maintaining **3 POINTS** of contact
- Ensure that you lower yourself to the ground slowly and safely when climbing down from **ALL** obstacles.
- Please **DO NOT** jump off any obstacles in an uncontrolled manner.
- **DO NOT** attempt any obstacle if you believe that it's too difficult for you to negotiate or complete safely - **part of being a soldier is knowing and recognising your limits.**
- If you feel ill, unwell or pick up an injury at any time, please stop and contact a marshal or Born Survivor team member highlighted by their high vis vest or military combat bottoms.
- Always put your own safety first and concentrate when negotiating obstacles and take your time, especially on climbing and water obstacles.

### WATER OBSTACLES

Do not dive or bomb into any water obstacles and only jump into water where your marshals have instructed you to do so!

#### Para Plunge

The Para Plunge involves swimming approximately 4-5 meters in deep water.

#### Torpedo Slide

Please follow the instructions from your safety marshals. The water at the bottom is approximately 4ft deep. Keep your arms across your chest at all times and exit straight out to your front. (DO NOT CROSS LANES TO THE SIDE)

#### Responsibility

Although we do have water safety experts on permanent standby, it is you who must make the decision as to whether you should attempt these obstacles or not. A bypass lane is in operation which allows you to skip this obstacle.

THE ULTIMATE MILITARY OBSTACLE COURSE



# BORN SURVIVOR

## SAFETY BRIEFING

### REMEMBER

- Speak up and please talk to your marshal if in doubt of your ability to safely negotiate the obstacle.
- Enjoy and be thrilled but at the same time take care and respect these obstacles!
- Listen carefully to your marshals.
- **NO DIVING HEAD FIRST OR BOMBING!**
- **DO NOT** push or shove.
- Our water is from natural open water sources, **PLEASE DO NOT DRINK** from the pools...Therefore please do not sip, drink or gargle this water! If you have open sores/cuts ensure these are covered and waterproof and consider whether you should take part.
- If your head is submerged, keep your mouth and eyes closed until you re-emerge.
- If you should feel ill after the event (especially 3-19 days after) then please tell your parents or guardian if appropriate, and see your doctor.
- Once you've finished, please make sure you wash your hands before eating or drinking, and wash them again after handling your dirty kit.
- Please use our cold water de-mud station to help clean off.

**FINALLY HAVE FUN BUT BE A SWITCHED ON SOLDIER!!**

**THE ULTIMATE MILITARY OBSTACLE COURSE**

# BORN SURVIVOR

## SAFETY BRIEFING

### SAFETY INFORMATION

We want you to have the time of your life at Born Survivor, but we also want you to be 100% safe. YOUR safety is our number one priority. Because of this, we need all of our participants to follow some simple advice and guidance to help ensure everyone's safety on the day:

#### FIGHTING FIT

When you arrive at the start line, we want to make sure you're ready for the challenge of Born Survivor. So if you're injured or unwell on the day, you need to decide whether you're in a position to safely complete the course. Our advice would always be not start the course if you are injured or unwell, speak to us and we will do all we can to help.

#### OBSTACLE SAFETY

All of our obstacles are designed to be challenging, but safe; as long as you follow instructions given at the safety briefing, listen to the obstacle marshals and use some common sense. If you find yourself at any time not confident to tackle an obstacle, there's no shame in missing it out. We recommend that no jewellery is worn whilst participating in our events as it poses risk to injury.

#### WATER SAFETY

Being able to swim is not essential for any sections of our course, but at our deep-water obstacles we would only encourage you to tackle the obstacles if you feel confident to complete them. We will have water safety & rescue specialists on the course.

#### INJURED IN ACTION

In the event of an injury, please inform the nearest marshal or ask another competitor to do so, you will then be assisted by the Born Survivor event crew. If you see another participant or spectator who is injured, unwell or in distress and isn't being cared for, please alert the nearest marshal.

#### ALCOHOL

Consumption of alcohol before completing the course is strictly forbidden.

**PER MARE,  
PER TERRAM**

THE ULTIMATE MILITARY OBSTACLE COURSE

# BORN SURVIVOR



## LANCASHIRE

RIBBLE VALLEY, GISBURN

14.09.2024

SEE YOU  
ON THE  
BATTLE  
FIELD

[WWW.BORN-SURVIVOR.COM](http://WWW.BORN-SURVIVOR.COM)



## AGREEMENT, WAIVER, RELEASE OF CLAIMS, WARNING OF RISK AND ASSUMPTION OF RISK

RACE NO.  
BORN SURVIVOR  
OFFICIAL USE ONLY

PARTICIPANTS: READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. THIS DOCUMENT HAS LEGAL CONSEQUENCES AND WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS.

*I hereby indemnify and agree to hold harmless the Released Parties (as defined below) from any injury, loss, or damage described in this section.*

### IMPORTANT

PARTICIPANTS: READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. THIS DOCUMENT HAS LEGAL CONSEQUENCES AND WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS.

I understand and acknowledge that by signing below, I am legally agreeing to all of the following statements in exchange for being permitted to participate in BORN SURVIVOR.

1. I understand that participating in BORN SURVIVOR is a hazardous activity. I acknowledge that BORN SURVIVOR is an extreme test of my physical and psychological limits that carries with it inherent risks of physical injury that cannot be eliminated completely, including but not limited to an above-average risk of death and/or serious injury.
2. I expressly, knowingly and voluntarily assume all of the risks of participating in BORN SURVIVOR. I understand and acknowledge that these risks include, but are not limited to: falls; illness; infection; contact or collision with spectators, personnel, and other pedestrians; contact or collision with motor vehicles; contact or collision with other participants of varying skill levels; contact and the effects of contact with natural and man-made fixed objects; natural and man-made water, road and surface hazards; close proximity and/or contact with thick smoke; dangers arising from weather conditions, including but not limited to extreme heat, cold, humidity, ice, rain, or fog; imperfect course conditions.
3. I understand and acknowledge that these risks may cause harms including, but not limited to: bodily injury, ranging from minor to severe; illness or infection, ranging from minor to severe; physical and/or mental effects of exposure to extreme conditions and circumstances, ranging from minor to severe; temporary or permanent disability; paralysis; death; and property damage or loss.
4. I understand that the risks of participating in BORN SURVIVOR may be caused in whole or in part by: my own actions or inactions; the actions or inactions of other participants; the actions or inactions of spectators or other pedestrians; and/or the acts, inactions, or negligence of the Released Parties (as defined below).
5. I expressly assume all risks and take full responsibility for any and all damages, liabilities, losses, or expenses that I incur as a result of participating in BORN SURVIVOR
6. I agree that it is my responsibility to determine whether I am sufficiently fit, healthy, skilled and physically trained to safely participate in BORN SURVIVOR. I hereby represent that I am, and on the date of BORN SURVIVOR will be, in good health and in proper physical condition to safely participate in BORN SURVIVOR. I certify that I have no known or knowable physical or mental conditions, that would affect my ability to safely participate in BORN SURVIVOR, or that would result in my participation creating a risk of danger to myself or to others. I further certify that I have not been advised or cautioned otherwise by a medical practitioner.
7. I understand that the BORN SURVIVOR Course is an extreme test of human physical and mental endurance limits and that I may not be able to safely complete it, even if I am sufficiently fit, healthy, skilled and physically trained to safely participate.
8. I understand that it is my responsibility to continuously monitor my own physical and mental condition during the Course, and I agree to withdraw immediately and to notify appropriate personnel if at any point my continued participation would create a risk of danger to myself or to others. I acknowledge and agree that I will not be reimbursed any portion of any fees paid for participation in BORN SURVIVOR if I withdraw before completing the Course, as I understand that all fees are paid only in exchange for the opportunity to participate to the best of my ability as described in this document, and in no way reflect an entitlement to complete the Course.
9. I understand that I am strongly advised to consult a medical practitioner before participating, especially if I am pregnant, disabled, or have recently suffered any illness, injury, or impairment.
10. I agree to abide by the rules of BORN SURVIVOR and to comply with the directions and instructions of BORN SURVIVOR personnel. I agree to become familiar with and abide by all written and/or posted rules of BORN SURVIVOR. I further agree to comply with all directions, instructions and decisions of BORN SURVIVOR, including but not limited to instructions or directions relating to the manner of my safe participation in the Course or Related Activities and decisions that I will stop participation in the Course or Related Activities at any time. Except as otherwise prohibited by law, I agree not to challenge these rules, directions, instructions, or decisions on any basis at any time and I acknowledge that they are reasonable and necessary to reduce risk; protect the safety of participants, spectators, and personnel.
11. I also specifically agree to obey all civil and criminal laws, including traffic laws and regulations. I also agree to exhibit appropriate behaviour at all times; demonstrate respect for all people, equipment and facilities; and participate with a cooperative and positive attitude. I understand that BORN SURVIVOR may immediately dismiss anyone who disobeys any rules, directions, instructions, decisions, or laws, or whose behaviour endangers safety or negatively affects a person, facility, or property of any type or kind.
12. I consent to receive medical care and treatment as determined by appropriate BORN SURVIVOR personnel. In the event of my injury, accident, or illness, I consent to receive medical care and treatment as deemed advisable in the best judgment of appropriate BORN SURVIVOR and/or appropriate medical professionals. If necessary, I authorise appropriate BORN SURVIVOR personnel to consent to such medical care and treatment on my behalf.
13. I agree to assume liability for any and all medical costs incurred as a result of my participation in BORN SURVIVOR but not limited to costs of: medical care and treatment, ambulance services, hospital stays, and physician and pharmaceutical goods and services. I agree to indemnify and hold harmless the Released Parties (as defined below) from all liability for such costs.
14. I acknowledge that BORN SURVIVOR reserves the right to cancel or reschedule BORN SURVIVOR in the event of emergency or other disaster. I acknowledge that BORN SURVIVOR in its sole discretion may delay, modify or cancel BORN SURVIVOR if natural or man-made emergencies make administering the event unreasonably difficult or unsafe. I agree that "emergency" is defined to mean any event beyond the control of BORN SURVIVOR, including but not limited to: high wind, extreme rain or hail, hurricane, tornado, earthquake, flood, acts of terrorism, fire, threatened or actual strike, labour difficulty or work stoppage, insurrection, war, public disaster, and unavoidable casualty. I further acknowledge that BORN SURVIVOR in its sole discretion may also delay, modify or cancel BORN SURVIVOR if conditions on the day of the event are, in the sole judgment of BORN SURVIVOR, in any way unsafe. In the event of a delay, modification, or cancellation of BORN SURVIVOR as described in this paragraph, I understand that I will not be entitled to a refund of my entry fee or any other costs incurred in connection with BORN SURVIVOR.

15. I grant permission to BORN SURVIVOR to use my photograph and/or any other record of my participation in BORN SURVIVOR for any legitimate purpose. I understand that any and all photographs, motion pictures, recordings, and/or likenesses of me captured during BORN SURVIVOR, or contractors, become the sole property of BORN SURVIVOR. I grant the right, permission and authority to BORN SURVIVOR to use my name and any such photographs, motion pictures, recordings, and/or likenesses for any legitimate purpose, including but not limited to promoting, advertising, and marketing activities.

16. I understand and assume full responsibility the dangers associated with and assume full responsibility for any injury, loss or damage associated with my use or consumption of alcohol and/or drugs at any point during BORN SURVIVOR that would in any way impair my ability to safely participate in BORN SURVIVOR. I take full responsibility for any decision to consume alcohol after completing the Course and I understand that it is my responsibility to know my own limits.

17. I hereby waive, release and forever discharge BORN SURVIVOR and the other Released Parties from any and all claims I may have arising out of my participation in BORN SURVIVOR. I covenant and agree not to sue BORN SURVIVOR or any of the other Released Parties for any such claims. In consideration of being permitted to participate in BORN SURVIVOR, I hereby waive, release and forever discharge the following parties (the "Released Parties") from any and all Claims (as defined below): BORN SURVIVOR and its directors, officers, employees, agents, contractors, insurers and volunteers; all BORN SURVIVOR event sponsors, organisers, promoters, directors, officials, property owners, and advertisers; all other persons or entities involved with BORN SURVIVOR; and any or all parent, subsidiary or affiliate companies, licensees, officers, directors, partners, board members, shareholders, supervisors, insurers, agents, and representatives of any of the foregoing.

18. In consideration of being permitted to participate in BORN SURVIVOR, I hereby waive, release and forever discharge the Released Parties from all of the following (the "Claims"): any and all claims, liabilities of every kind, demands, damages (including direct, indirect, incidental, special and/or consequential), losses (economic and non-economic), and causes of action, of any kind or nature, which I have or may have in the future (including court costs, attorneys' fees and litigation expenses), that may arise out of, result from, or relate to my participation in BORN SURVIVOR or my travel to or from BORN SURVIVOR. I understand and acknowledge that these Claims include, but are not limited to, causes of action for death, personal injury, partial or permanent disability, negligence, and property damage or theft; causes of action relating to the provision of first aid, medical care, medical treatment, or medical decisions (at the site of BORN SURVIVOR or elsewhere); and claims for medical or hospital expenses. I understand and agree that the foregoing waiver, release and discharge applies even if the Claims are caused by the negligent acts, omissions, or carelessness of any of the Released Parties.

19. I understand that this waiver, release and discharge operates for myself as well as on behalf of my spouse, children, parents, guardians, heirs, next of kin and any legal or personal representatives, executors, administrators, successors and assigns, or anyone else who might claim or sue on my behalf.

20. I hereby agree to indemnify, defend and hold harmless BORN SURVIVOR and the other Released Parties from any and all expenses incurred and claims made that relate to my breach of this Agreement. I hereby agree to indemnify, defend and hold harmless BORN SURVIVOR and the other Released Parties from any and all expenses incurred and all claims made by myself or others (including but not limited to court costs, attorneys' fees and litigation expenses) that arise out of or result directly or indirectly from my breach or failure to abide by any part of this Agreement, my failure to follow any rules or directions as defined in Section 5 above, and/or any of my actions or inactions which cause injury or damage to any other person or property.

21. I understand that this agreement to indemnify, defend and hold harmless operates for myself as well as on behalf of my spouse, children, parents, guardians, heirs, next of kin and any legal or personal representatives, executors, administrators, successors and assigns, or anyone else who might claim or sue on my behalf.

22. I understand and acknowledge that by signing below, I agree that the statutes and laws of the United Kingdom will apply to all matters relating to this Agreement, including participation in BORN SURVIVOR, regardless of the actual location of BORN SURVIVOR or the principles of conflict of laws. I agree that exclusive jurisdiction for any dispute with BORN SURVIVOR resides in the courts of the United Kingdom and expressly consent to the exercise of personal jurisdiction in the United Kingdom in connection with any dispute.

23. I understand and agree that this Agreement is intended to be as broad and inclusive as is permitted by the UK, and that if any provision shall be found to be unlawful, void, or for any reason unenforceable, then that provision shall be severed from this Agreement and does not affect the validity and enforceability of any remaining provisions.

BY SIGNING BELOW, I AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER (OR WILL BE ON THE DATE OF BORN SURVIVOR), I HAVE READ THIS AGREEMENT, I UNDERSTAND ITS CONTENT, AND I INTENTIONALLY AND VOLUNTARILY SIGN THIS AGREEMENT.

.....  
PRINT NAME (BLOCK CAPITALS)

.....  
SIGNATURE

.....  
DATE

.....  
MEDICAL CONDITION(S) \*

.....  
CURRENT MEDICATION(S) \*

**(AUTHORITY FOR MINORS TO PARTICIPATE BETWEEN 16 - 18 YEARS ONLY)**

.....  
PARENT /GUARDIAN PRINT NAME

.....  
COUNTER SIGNATURE OF PARENT GUARDIAN

\* (Please state any medical condition you have, or medication you are taking that could be crucial to your treatment in the event of an injury. This information will be treated as strictly confidential and WILL NOT be shared with any persons other than our medical team or the emergency services, should it be required).