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HELL & BACK Junior - Terms & Conditions

For insurance reasons, all HELL & BACK Junior participants must have signed parental/guardian permission to take part in the event.

Age of Participants

Each child must be of the correct age to participate on the day. For H&B Junior 3KM (24/04/2022 & 21/05/2022), children must be aged 8+, while for H&B Junior 1KM (22/05/2022), children taking part must be aged 5+. Children younger than this will be unable to take part.

Physical Condition of Participants

Alive Outside recommends that any parent who has health-related concerns about their child taking part in H&B Junior should speak with a healthcare professional beforehand. Everyone taking part in H&B Junior does so at their own risk.

Insurance Cover when Participating in HELL & BACK Junior

As every participant has different insurance needs, it is the decision and responsibility of each parent/guardian to ensure their child is fully covered in accordance with their specific requirements when participating in H&B Junior. Alive Outside, the event organiser, strongly recommends that each participant has their own Personal Accident Cover in case of injury.

Infectious Diseases

Killruddery Estate is a large, vast working farm, which is home to a wide variety of plants and animals, both domestic and wild. As the course involves running through trenches and boggy ground, Alive Outside encourages all parents/guardians to be aware of the risks of Infectious Diseases, especially Weils / Leptospirosis Disease, which is an acute infectious disease spread by infected wild and domestic animals. In the unlikely event of your child developing any symptoms after the event, you should see a medical professional immediately.

By accepting these Terms & Conditions, you agree to the risks associated with running through the natural habitat of these plants and animals. Alive Outside does not accept liability for any illness contracted – everyone takes part at their own risk. For more information, check out <http://www.hellandback.ie/WeilsDisease.html>.

Adhere to Rules & Regulations

It is the responsibility of each participant to complete H&B Junior within the rules and regulations stated by the organisers and marshals. Failure to do so may result in that participant being removed from H&B Junior without refund.

Data Protection Act

Alive Outside holds information on users and members in accordance with the provisions of the General Data Protection Regulation (GDPR) in force as of the 25th May 2018, and will adhere to any other relevant future legislation in this area.

Photography/Image Rights

Alive Outside will have Official Photographers at H&B Junior taking action photos of children taking part, as well as spectators, which we then post onto our social media sites. We may also use some images for promotional material (brochures, posters, web ads etc) in the future.

By allowing your child take part in H&B Junior, and by accepting these Terms & Conditions, you consent to photographs of your child being used in the future.

The information you provide on this form will not be used for any marketing purposes or shared with any third party.



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Parental/Guardian Consent

Alive Outside has taken all reasonable precautions to ensure the health and safety of persons participating in our events. In order to ensure that these measures are effective, all persons taking part must take reasonable care to avoid and prevent accidents.

I wish to inform Alive Outside that, as a Parent/Guardian, I give full permission for my child to participate in HELL & BACK Junior.

By signing these Terms & Conditions, I agree to release, discharge and hold harmless Alive Outside, its successors and assigns, its designated officials and marshals from all or any liability, claims and demands of whatever nature arising from my child's participation in H&B Junior.

In case of injury or illness to my child, I give my consent to emergency transportation and the administration of first aid and medical treatment.