



Low Alpine MOURNE MOUNTAIN MARATHON Parental Consent Form 2010



The Mourne Mountain Marathon (MMM) is a 2 day mountain navigation race. Competitors work in teams of 2 and have to be completely self-sufficient for the two days in all aspects of hill walking including food, camping gear, navigation and safety. Only fresh water, toilets and rubbish disposal are provided at the overnight camp. Mountain areas in the British Isles can have very unpredictable and severe weather and the terrain can be very difficult.

- Juniors (**16-17yrs old** on the day 1 of the event) may enter the C or D class of the event provided they are partnered by a Senior who is their parent or guardian. These teams will be referred to as **Family Teams**.
- The Senior must have successfully completed at least 2 previous mountain marathon courses of similar distance and climb and have recent navigational and mountain skills experience OR have significant recent mountain skills experience.*
- The Junior must have good navigational and mountain skills experience.*

It is important to understand that an accident can happen to anyone and in the event that the Senior partner is injured or loses consciousness, the Junior partner will have to take steps to preserve both of them.

It is not unusual for teams to fail to make the overnight camp on the first day if conditions are bad or they lose time through navigational mistakes. Competitors are expected to be able to cope with these situations and to make the right decisions for their own safety. Therefore, the MMM will not call out rescue services unless an accident is reported. However, overdue teams should report their status to the MMM via mobile phone, another team or a Marshall if it is possible and safe to do so.

- Retiring teams **MUST** report to MMM when they are safely off the mountain.
- As an additional safety feature, Family teams are required to carry a mobile phone.
- Family teams will be vetted for experience before their entry is accepted.
- All family teams will be gear checked.

*Examples of the sorts of skills and experience we are looking for are:

For seniors mountain skills experience will range from regular hill walking and proficiency with map and compass navigation in bad conditions up to winter and alpine mountaineering experience for those who have not done any mountain marathons. Someone who did a couple of MMMs ten years ago and has barely been in the hills since would not be suitable.

For juniors navigational and mountain skills should be experience such as regular orienteering and hill walking, Duke of Edinburgh awards, or higher degrees of mountaineering with youth groups including experience in poor conditions, map and compass navigation etc.

Competitors are responsible for ensuring they are fit and experienced enough for an event of this nature and must take responsibility for their own safety and actions throughout. Acceptance of any entry to the event should not be taken as fitness to do it.

I am the parent or guardian of and I consent to and take full responsibility for his/her participation in the Mourne Mountain Marathon.

I have completed the following two mountain marathons

Event 1 Year Class

Event 2 Year Class

Mountain skills experience:

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My son/daughter has the following navigational and mountain skills experience:

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I have read and accept the rules of the event and the safety plan as published on the website www.mourne2day.com and I accept full responsibility for his/her safety and any injury sustained during the event. These are not the responsibility of the event organiser. I know his/her limitations and can confirm that a course has been chosen that is suited to his/her ability. I accept that the event organiser has no liability in judging our suitability to do the event.

We will be fully prepared for the worst possible conditions and have a safety plan to cover the eventuality that I (the parent/guardian) become injured. I understand that the competition area is very isolated and these hills are exposed to serious weather.

I accept that teams found to be in breach of the rules and these additional conditions may be disqualified without a refund of entry fee.

Signature Print Name

Relationship Junior's Date of Birth

Notes: Please complete both this form and the standard Postal Entry Form and send both with your entry fee to: **Mourne Mountain Marathon, 47 Killinchy Road, Comber, Co Down, BT23 5LU**. Entry cheques will not be cashed until your entry has been accepted.

Please keep a copy of this form for future reference.