MOURNE MOUNTAIN MARATHON
Parental Consent Form

The Mourne Mountain Marathon (MMM) is a 2 day mountain navigation race. Competitors work in teams of 2 and must be completely self-sufficient for the weekend 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 Britain and Ireland can have very unpredictable and severe weather and the terrain can be very difficult.

- Juniors (**16-17yrs old** on day 1 of the event) may enter the B, C, D or Score class of the event provided they are **partnered by a person aged 21yrs or over** (Senior partner) who is their parent/guardian, or a Responsible Adult designated by them. These teams will be referred to as **Adult-Junior (AJ).**
- The Senior partner is responsible for the safety of the Junior and therefore must have significant mountain skills experience and good fitness.
- The Junior must also have mountain skills experience and be fit enough for distance, climb and terrain of the course and be mature enough to deal with an emergency situation.

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 keep both of them safe.

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

*Examples of the sorts of skills and experience we are looking for are:
For D Class (minimum all courses) – Both partners: Regular mountain walkers. Basic navigation, understanding of grid references and use of map and compass to make sensible and safe route choices over mountainous terrain in all conditions. Experience and fitness to handle the typical course distances, height climb and terrain carrying a 2 day camping pack. Understanding of basic first aid especially with regard to cuts sprains and breaks and how to identify and deal with hypothermia.

For C Class – As above plus competitive mountain running or orienteering; long mountain walks in all weathers; multiday mountain expeditions eg: Duke of Ed, Scouts, Adventure groups etc.

For B Class – As above plus - Senior Partner must have successfully completed at least 2 mountain marathons recently on courses of similar distance and climb or similar mountain skills experience. (Someone who did a couple of MMs ten years ago and has barely been in the hills since would not be suitable). The Junior Partner must be at least 16yrs old and also have navigational and mountain skills experience such as regular orienteering and long distance hill walking, or higher degrees of mountaineering with youth groups including experience in poor conditions, map and compass navigation.

For Score Class – As per D Class. There is no set distance or order of controls in this class so the Senior Partner needs to be able to plan a course for the day appropriate to the Junior Partner's ability.

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 an assessment of your fitness to do it on the day.

Mourne Mountain Marathon Parental Consent Form

Duration of consent - until 31st December

I am the parent or guardian of ……..… Date of Birth…….. and I consent to his/her participation in the Mourne Mountain Marathon.

I nominate ……..... (name of Senior Partner aged 21 or over)

to partner with my son/daughter as an Adult-Junior team in the ..... Class of the event.

I understand and have discussed the challenges, risks and skills requirements of this event with both members of this team and I am satisfied that they (we) both have the required basic mountain skills and fitness (as described on page 1 of this declaration) to take part. For C, B and Score Classes I certify that I/he/she have the following additional required experience: Mountain Marathons (or similar events):

Event 1 ……..... Year …..... Class ……...

Event 2 ……..... Year …..... Class ……....

… and/or significant mountain skills experience as follows:

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I am also satisfied that my son/daughter has the requisite skills & experience to safely take part in the chosen Class. Recent examples of his/her experience that meet the criteria described on page 1 include:

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- I understand that this event is held in accordance with the Rules and Safety Requirements of the Fell Runners Association (FRA) and that activities are carried out in accordance with the FRA Welfare Policy. I have read and accept the FRA Rules for Runners and those specific to the MMM as published and linked to on the website www.mourne2day.com.
- I accept that neither the Race Organiser, the FRA nor any related organisations shall be liable to us for any injury, loss or damage of any nature to us or our property arising out of my participation in this event (other than in respect of death or personal injury as a result of their negligence).
- In the event of any illness or accident during these activities and where I am unable to give consent myself, I hereby consent to any necessary medical treatment being administered to my child, including anaesthetics.
- This team will be fully prepared for the worst foreseeable conditions and will have a safety plan to cover the eventuality that either partner becomes injured. I understand that the competition area is very isolated and can be exposed to unpredictable and severe weather.
- I consent to publication of my child's name, photograph, class and category, race times and position in race entry and results lists and in any social media and event news items and to sharing this information with trusted partner organisations (e.g. UK Athletics) for disciplinary purposes or otherwise where necessary in the interests of the sport.
- I confirm that both my child and the Senior Partner understand and agree to abide by these conditions and the directions of the organisers during the event.

Signature ……..... Print Name ……..…….....

Relationship to Junior ……..... Phone Number ……..

Notes: Please complete this page of the form after making your online entry and post it to: **Mourne Mountain Marathon, 47 Killinchy Road, Comber, Co Down, BT23 5LU.** You may also photograph the signed form and email it to us at mmmadmin@mourne2day.com . Once your entry has been approved you will receive and email from SI Entries inviting you to complete the Entry process and pay.

Data Protection and Your Privacy

The personal data which you have submitted on this consent form will be maintained for legitimate purposes of organising the Mourne Mountain Marathon. Please read the full Privacy Statement on our website