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**Windlesham Pram Race 2017**

**The MUSTs for Team leaders and Racers**

* **Follow the instructions of security staff and marshals**
* **Ensure behaviour and language is appropriate – this is a family event**
* **Drink responsibly – there is no requirement to drink alcohol**
* **Be aware of other road users**
* **Remove your pram at the end of the race**

*'All entrants are liable for any personal injury or damage to property caused in the event of an incident. No claims from entrants will be entertained by the Race Organisers. It is a condition of entry that each entrant shall agree to indemnify the Organisers against any legal action arising from an incident during or after the race. Participation in the race will be deemed as acceptance of this condition.'*

**Please see over for further details**

**TEAM LEADERS PLEASE READ CAREFULLY AND SHARE WITH TEAM**

Welcome to our annual Pram Race. We hope that you and your team have a great day. Our aim is that everyone, pram racers and spectators, have a very enjoyable and safe day as well as raising money for local charities. Health and safety are paramount. Prams will be scrutinised at the start to check that not only are they safe but also for alcohol – which must be surrendered to the security staff, to be returned at the finish. We also ask that you highlight the following issues with your team:

**Please follow the guidance and instructions of the Police, Security staff, marshals and stewards**

* They are there to help you and ensure the safety of everybody involved

**Please be very aware of spectators, other runners and local residents**

* The Race is a family event and attended by many families with younger children – please ensure that your behaviour and language is appropriate. Offensive or lewd costumes will result in your team being banned from the race.
* Please always have control of your pram particularly when running down hill
* Park your pram on the side of the road nearest to the pubs (to allow others to get through) when you stop at the pubs
* Ensure your wristband can be seen at all times
* Discard any rubbish considerately
* Ensure the pram is removed from the course and disposed of.

**Drink responsibly**

There is a temptation to overdo it on Race Day. To make sure you have an enjoyable event -

* Don't drink if you don't want to - there is no requirement to drink alcohol to enjoy the day
* If you are going to drink, do so at a pace which you feel comfortable
* Avoid mixing your drinks
* Eat something on your way round
* Make sure you have some proof of age and don't be surprised to be challenged by the publicans if you look under 25.

**Road Safety**

* Roads which are closed during the Pram Race are re-opened behind the last racer, however be aware that affected home owners do use their cars for access
* When going home after the race, the road will be open, please take care with the flowing traffic
* It is the responsibility of the team captain to ensure the pram is removed from the course or disposed of appropriately

**Overall Conduct**

The future of the event depends on its safe conduct and the good behaviour of the racers towards the spectators and residents. Teams are to bear this in mind throughout the event and take all possible precautions to avoid injury to themselves, spectators or others or damage to property, especially parked or passing motor vehicles. It only takes a single incident to jeopardise the Race's licence to take place.

Thank you for consideration, we hope that you have a very enjoyable day