

Competitor Declaration

I do hereby declare that I am taking part in the Blue Light Stair Run / British Firefighter Challenge competition of my own free will and accord. I take part at my own risk and accept that in order to compete, I have familiarised myself with the course rules and will abide by them accordingly.

I further declare that I have no known medical condition which would prevent me from taking part in hard physical exercise that completion of the event will require. In addition to the above, I will carry out correct manual handling techniques whilst using any of the equipment provided for the competition.

I have my own personal protective equipment and it complies with the [rules provided on the British Firefighter Challenge website](#).