



## **Race From the North Pole 2020**

### **Terms and Conditions**

Thank you very much for choosing to take on this challenge for Helen & Douglas House. The following terms and conditions lay out how to ensure your safety throughout the challenge and your obligations by signing up the challenge.

By registering to take part in the Race from the North Pole Challenge I confirm that I have read, understood, and agree to the following terms & conditions:

#### **Health & Safety**

- This challenge can be completed at home or outside. In all instances I will follow the most up to date Government Guidelines regarding social distancing.
- Walking/ running/ swimming for long distances could result in injury/extra strain that I am not used to. I will therefore make sure to be sensible when completing The Event.
- If feeling unwell, I will not continue The Event.
- Although a virtual event, The Event does involve physical exertion. For this reason I confirm I am satisfied that I am sufficiently healthy, fit and well prepared to take on The Event, and that there are no current or historical medical conditions which would, should, or might, reasonably preclude my participation.
- If necessary, in relation to the above, I confirm I have consulted my doctor before registering for The Event. If my medical condition significantly changes prior to The Event, I accept and agree that I will not take part in The Event unless I am well enough to do so.
- Each participant is responsible for their own health/wellbeing and that of any dependents should they be taking part with you.
- Any minors (under 16) taking part must be adequately supervised for safety during The Event.
- I will not participate whilst under the influence of alcohol or non-prescription drugs.
- The Charity is grateful for all support in this challenge, but cannot take responsibility for any injury, losses or damage caused or sustained as a result of The Event, The Charity cannot be held responsible for any liability arising from The Event.

#### **The Challenge**

- The Event runs from Saturday 21<sup>st</sup> November – 19<sup>th</sup> December 2020.
- The Event is a fundraising virtual challenge, raising funds for Helen & Douglas House only.
- There is a suggested £100 fundraising pledge for Race from The North Pole and I will actively fundraise as much as possible.

- If I fundraise £100 I will receive my festive medal<sup>1</sup>.
- The Event may be completed by all ages, but any minors (under 16) must be supervised by a responsible adult.
- If I am unable to complete the event for any reason, then I understand I must contact my sponsors to see if they are happy for their donations to go to Helen & Douglas House, and offer a refund if they are not. It is my responsibility to inform Helen & Douglas House (in order to action any refund requests made) and my sponsors.
- If there is a team taking part together, all members of this team are aware and agree to, the terms laid out in this document.

### **General**

- Images, video, audio and quotes: photographs and/or videography sent to Helen & Douglas House, either directly or through the use of #HDHRace on social media, may be used for future promotional and communication uses (in print and online) by Helen & Douglas House.
- We will use the information you give us in accordance with our privacy notice - for more information read our full data protection and privacy policy at <https://www.helenanddouglas.org.uk/privacy-cookie-policy/>
- If I have any questions about The Event I will contact The Charity via [events@helenanddouglas.org.uk](mailto:events@helenanddouglas.org.uk) or by calling 01865 799166.
- If sending in any offline donations from The Event, please send to the address above with reference 'Race from The North Pole' and your full name. Thank you for taking part in our Race from The North Pole challenge, your support is hugely appreciated and will help us to continue supporting locally terminally ill children and their families.

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<sup>1</sup> Medals will be posted in the new year, the cut-off date for the final amount on your Just Giving to reach £100 will be 8<sup>th</sup> January 2021