



5K Run/Walk

Terms and Conditions of Entry:

Persons entering the Dougie Mac 5K Run/Walk on Sunday 26th April 2020 must agree to the following:

Entry Rules

- 1) I understand that participation in the 2020 Dougie Mac 5K Run/Walk involves walking or running on public roads and footpaths used by other traffic and I am aware of the hazards involved. In my judgement I/my child have sufficient competence and experience to participate in the event.
- 2) During this event, I agree to abide by the road rules, obey the directions of route marshals and volunteers and walk or run with care and consideration of others on the roads and paths.
- 3) The Dougie Mac 5K Run/Walk routes are approximately 5km in length, starting and finishing from World of Wedgwood in Barlaston.
- 4) Water will be provided at the finish line. You are welcome to bring your own refreshments to consume during the event but NO alcohol will be permitted on either the run or walk routes. Please dispose of any litter accordingly.
- 5) An adult must accompany children(s) under the age of 18.
- 6) All entrants must complete their emergency contact name and telephone number on the back of their chip race number and wear it on the front of their outfit during the event.
- 7) I am fully responsible for the security of my personal possessions at the event.
- 8) I understand that the Dougie Mac 5K Run/Walk routes closes at 12pm on Sunday 26th April 2020 and directional staff and/or volunteers may not be in place after this time.
- 9) My registration is not transferable to other people, and any donation is non-refundable.



- 10) If I enter the Dougie Mac 5K Run/Walk with a dog, I understand that I must keep my dog on a short lead at all times and under my control. I am fully responsible for picking up any waste after my dog and disposing of it in an appropriate waste bin.

Risk and Liability

- 11) In consideration of Douglas Macmillan Hospice permitting me to enter and participate in the Dougie Mac 5K Run/Walk on Sunday 26th April 2020, and as a condition of such entry, I acknowledge that all participants walk or run at their own risk. In no event shall Douglas Macmillan Hospice be liable for any injuries, loss or damages whatsoever and include indirect, punitive, special, incidental or consequential losses connected with any aspect of this run/walk.
- 12) Safety precautions undertaken by organisers (such as course supervision, walk safety briefings) are a service to me and other participants but are not a guarantee of safety.

Insurance

- 13) Third party insurance cover is provided for all runners and walkers who are participating in the event. This covers claims that come from accidental damage to third party property. However, if it is deemed that you acted negligently then this cover will be voided. No further insurance cover is provided by us for runners and walkers who take part in the event.

Cancellation

- 14) We reserve the right to cancel and/or re-arrange the event due to extreme weather conditions. Should this happen, we will inform you at the earliest possible opportunity. No refunds will be issued, nor will any compensation be given towards your travel or accommodation costs.

Training and Medical Conditions

- 15) If you have ever had problems or suffered from any of the medical conditions listed below which could limit your activities as an event participant, or any other condition you would like the hospice to be aware of please inform the fundraising team by calling 01782 344359 or emailing events@dmhospice.org.uk: Back Problems, epilepsy, fits, blackouts, diabetes, allergies (use of an epi pen), heart problems including blood pressure.



- 16) It is strongly recommended that you train and prepare for the Dougie Mac 5K Run/Walk. If you have not exercised before or for some time, or have a pre-existing medical condition, you should consult your doctor prior to the event.
- 17) I understand that I am taking part in a run/walk which may require me to undertake varying levels of exercise, including vigorous, for a prolonged period. I will have, if necessary, gained advice from my GP as to whether I am physically prepared to undertake the event. I agree that I will take appropriate action to prepare myself for this event. I also understand that I will only undertake the event if I feel that I am physically able to do so.
- 18) I consent to receiving any medical treatment including ambulance transportation that the event organisers think desirable on or after the event.

Images

- 19) I/my child hereby gives Douglas Macmillan Hospice the irrevocable right to use/or copyright images of me/my child, in all forms and media and in all manners including alterations and composite representations, to promote the event without restriction and compensation to the participant.

Sponsorship

- 20) You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Event are paid to Douglas Macmillan Hospice, Registered Charity No 1071613, Barlaston Road, Stoke-on-Trent, ST3 3NZ by Friday 5th June 2020.
- 21) Participants can hand their sponsor money direct to Douglas Macmillan Hospice at the address above, or hand your collected sponsor money to our charity officials at registration on the morning of the event.

Other

- 22) I certify that I am 18 years or older and I have read this document and fully understand it. As a parent or guardian of the participant - I agree to the above for myself and on behalf of my child. I indemnify and will keep indemnified all people and corporations associated with the conduct of the event on the terms referred to.