



## Dougie Mac 5K My Way

### Terms and conditions of entry:

Persons entering Dougie Mac 5K My Way on Sunday 25<sup>th</sup> April 2021 agree to the following:

#### Entry Rules

- 1) Your registration is not transferable to other people, and any donation is non-refundable.
- 2) Check government issued guidelines on social distancing in your local area before you run or walk and ensure you adhere to these.
- 3) Wear suitable footwear and please stick to footpaths and avoid walking in the road.
- 4) We recommend planning your route in advance.
- 5) Please ensure a responsible adult knows where you are going and when you are due back. We recommend you take a mobile phone on your run or walk so you can call that person for assistance if you need it.
- 6) Please don't collect sponsorship or donations on your run or walk. This activity requires a licence.

#### Risk and Liability

- 7) In consideration of Douglas Macmillan Hospice permitting you to enter and participate in the Dougie Mac 5K My Way on Sunday 25<sup>th</sup> April 2021, and as a condition of such entry, I acknowledge that all participants run or walk 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 event.



### **Insurance**

- 8) You are taking part in Dougie Mac 5K My Way at your own risk and you are not covered by Douglas Macmillan Hospice's Public Liability Insurance.

### **Cancellation**

- 9) We reserve the right to cancel and/or re-arrange the event due to changes in government guidance in relation to any regional or UK wide lockdown. Should this happen, we will inform you at the earliest possible opportunity. No refunds will be issued, nor will any compensation be given.

### **Training and Medical Conditions**

- 10) I understand that I am taking part in a run or 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 run or walk. I agree that I will take appropriate action to prepare myself for this event. I also understand that I will only undertake the run or walk if I feel that I am physically able to do so.
- 11) It is strongly recommended that you train and prepare for Dougie Mac 5K My Way. 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.

### **Sponsorship**

- 12) You have a legal responsibility to ensure that all sponsorship monies/donations received by you for Dougie Mac 5K My Way are paid to Douglas Macmillan Hospice, Registered Charity No 1071613, Barlaston Road, Blurton, Stoke on Trent, ST3 3NZ by Friday 4<sup>th</sup> June 2021.
- 13) Our preferred method to receive fundraising monies would be via JustGiving or an alternative online fundraising platform. However, if you have collected sponsorship money, participants can hand this direct to Douglas Macmillan Hospice at the address below.