



Please read through the terms and conditions below, by entering *Midnight Walk Your Way* you must have read, understood and accepted these conditions.

- There is **no minimum age** to take part, but all participants under the age of 18 must be accompanied by a participating adult and also have parent or guardian permission. Adults are responsible for their children's safety throughout the challenge.
- This is a challenge to complete on your own, or with your own group, in your own time. There will be no organised or signed routes, first aid, parking or other facilities.
- Although we are suggesting walking at sunrise or sunset, you can complete the walk at any time that you prefer. **We do not recommend walking at night.**
- This challenge is **not a race**, and is non-competitive and non-timed so please do not push yourself to complete the miles faster than you are comfortable with.
- If your route goes on **roads**, it is your responsibility to be aware of traffic, cross all roads safely and to keep to pavements.
- Please take enough water and snacks to keep yourself energised for the whole challenge, as well as wet weather clothing, a mobile phone, hand sanitiser and a map of your route. Wear comfortable trainers or walking boots.
- Please follow all **social distancing guidelines** of the local councils you live in or will be walking in. Only exercise with the number of people and households currently allowed outdoors, while maintaining a safe distance at all times. Respect any local lockdowns or restrictions, and do not complete the walk if you have/had any symptoms within the past 14 days. Check online at www.gov.uk/coronavirus for the most up to date information.
- You are responsible for your own medical condition and you enter at your own risk. St Peter's Hospice will not accept liability for any injury or loss as a result of your participation but you understand that your statutory rights remain unaffected. You agree to seek medical advice from your general practitioner if you are in any doubt as to your physical ability to participate in the event.
- You give your permission for any photographs or video footage that you send directly to us to be shared on social media and used in future publicity. You must inform us if you do not want your picture used this way.
- The registration fee is not transferable or refundable, and it covers the cost of putting on the event, so all your sponsorship and donations can go toward patient care.
- If necessary, St Peter's Hospice reserves the right to cancel this event at any time due to unforeseen circumstances.

If you have any questions about any of the above, please contact Hayley at St Peter's Hospice on 01275 391428 or themidnightwalk@stpetershospice.org