

## The Midnight Walk 2021

Please read the [terms and conditions](#) below, to take part in the Midnight Walk you must have read, understood and accepted these conditions.

- **The minimum age to take part in the challenge is 14 years old.** All participants under 18 must have parental/guardian permission and be accompanied by an adult throughout the whole event.
- The routes are approximately **5 and 10 miles**. It is not a race! It is a non-competitive and non-timed event so please do not rush or run around the course.
- Please don't detour from the route. There will be maps available, volunteers at key points of the route and arrows directing the route. Please keep an eye out for the arrows and **take all advice from the volunteer marshals.**
- **The route is on open roads**, please be careful of traffic and crossing roads. There will be marshals to help and all major road crossings have traffic lights/zebra crossings but it is your responsibility to cross all roads safely and keep to pavements.
- Please bring enough **water and snacks** to keep yourself energised for the whole event. **No alcohol** is to be consumed at any point along the walk.
- **Please take a mobile phone in case of emergency.**
- **Please make sure you de-register at the end of the walk by returning to Millennium Square and checking in before you leave.** That way we'll know that you've safely finished the walk.
- **Medical Information** - You are responsible for your own medical condition and all participants enter at their 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 permission for **photos or video footage** taken of you to be used in Hospice and third party future publicity. If you do not agree, it's your responsibility to let us know so we can make sure to exclude any photos or images of yourself.
- Please follow all **social distancing and COVID guidelines at the time of the event** such as any restrictions on group sizes or wearing masks. Please keep a safe distance from our volunteers, team and other participants and follow all instructions and one way systems. If you have had any symptoms consistent with COVID-19 within the past 2 weeks, or have been in contact with anyone who has, do not attend the event.
- Your registration fee helps cover the cost of putting on the event such as t-shirts, toilets and more. It is therefore **non-refundable and non-transferable**, and it is your kind fundraising and donations that will make a difference and support patient care. However, if the Midnight Walk cannot go ahead due to national restrictions, we will offer you to complete the Midnight Walk Your Way or a refund of the registration fee will be offered.
- If necessary, St Peter's Hospice reserves the right to cancel this event at any time due to unforeseen circumstances, unsafe conditions or restrictions on events.

Any questions, please get in touch with the team on 01275 391400 or [themidnightwalk@stpetershospice.org](mailto:themidnightwalk@stpetershospice.org)

## Midnight Walk Your Way 2021

Please read the [terms and conditions](#) below, to take part in 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. You can complete the walk at any time that you prefer, and **we do not recommend walking at night** especially if you are on your own.
- 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 at the time of the challenge. Only exercise with the number of people and households allowed outdoors at that time, while maintaining a safe distance between households. Do not complete the walk if you have/had any symptoms within the past 14 days. Check online at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) for the most up to date information.
- **Medical Information** - You are responsible for your own medical condition and enter at their 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 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.
- Your registration fee helps cover the cost of putting on the event such as t-shirts, postage and more. It is therefore **non-refundable and non-transferable**, and it is your fundraising and kind donations that will make a difference and support patient care.
- If necessary, St Peter's Hospice reserves the right to cancel this challenge at any time due to unforeseen circumstances, unsafe conditions or national restrictions.

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