



Please read through these terms, by taking part in the Bristol Three Peaks Challenge you must have read, understood and accepted these conditions.

- This is a challenge to complete on your own or with your own group, in your own time. It's not an organised event, so there will be no first aid, toilets, parking or other facilities provided.
- All participants under 16 must be **supervised by a participating adult at all times** and also have parental or guardian permission to take part. Adults are responsible for their children's safety throughout completing their challenge. When taking part with children, please consider the length of the walk and also be aware there are no facilities along the route.
- **This route crosses open and busy roads.** It is your responsibility to keep safe on the roads along the route, being aware of traffic at all times.
- **Only complete a distance you are comfortable with.** As it's a circular route it's difficult to cut short, and the whole route is a challenging distance so make sure you're prepared. Do some training walks to prepare for the distance and make sure you're fit and ready.
- You are responsible for your own **medical condition** and take part at your own risk. St Peter's Hospice will not accept liability for any injury or loss as a result of your participation but your statutory rights remain unaffected. You must seek medical advice from your general practitioner if you are in any doubt as to your physical ability to participate. We advise doing practice walks to build up your fitness and prepare for the route distance.
- You must **take a map** with you or have access to it on your phone. The Three Peaks route is signed along the whole way, so always look for the Three Peaks route markers to check you're still on the right path and consult the map.
- **Follow the Countryside Code** at all times. Be respectful in farmer's fields and go around crops, sticking to clear paths. Do not leave any litter, and close all gates behind you. If taking a dog, make sure they are on a lead whenever it is signed as necessary and in all fields with livestock.
- St Peter's Hospice take no responsibility for the condition of the route. The route has been checked prior to launching the challenge to ensure the map and directions are accurate, however it will not be regularly checked and so signs could fall off or become obscured. Fences and fields could look different to how it's described, or farmers could block access to fields due to crops or livestock.
- Please follow all **social distancing guidelines of your local council**. Only exercise with the number of people and households currently allowed outdoors, while maintaining a safe distance between households at all times. Check online at www.gov.uk/coronavirus for the most up to date information. Do not take part if you are showing any symptoms, or have been in contact with someone who has symptoms, in the past 14 days. We also recommend taking hand sanitiser with you for using after touching stiles and gates, and to avoid busy times such as weekends.
- You give your permission for any **photographs or video** that you send to us to be shared on social media and used in future publicity. It is your responsibility to inform us if you do not want your picture to appear in such materials.
- Your entry fee covers the costs of putting on this event, including t-shirts. We therefore rely on your kind donations and sponsorship from completing the challenge to support the work of the Hospice. During this difficult time, the vital funds you raise are more important than ever.
- St Peter's Hospice reserves the right to cancel this event at any time for unforeseen circumstances.



*If you have any questions about any of the above or about the Bristol Three Peaks Challenge, please contact Hayley at St Peter's Hospice on **01275 391428** or **Hayley.ali@stpetershospice.org***