**Terms and Conditions**

**48 Hour Relay Run for Herts Domestic Abuse Helpline - Powered by Energie Fitness Friday 29th – Sunday 31st May 2020**

The event is powered by Energie Fitness with the purpose of raising funds for Herts Domestic Abuse Helpline. These conditions have been put in place to ensure all participants are safe at all times during the event and that they are fit and well enough to participate:

* The run is open to all abilities, but I understand that I should work within my limits.
* I understand that I should be of reasonable health and fitness to undertake this challenge. If you have any doubts please get clearance from your doctor before participating.
* I am aware that Herts Domestic Abuse Helpline and their employees cannot be held responsible for any personal injury, damage or public liability.
* I understand I take part at my own risk.
* I understand that I must be 4 years+ to take part in this event.
* Children between 4-16 years must take part with the consent of an adult and must be accompanied by an adult during their part of the run.
* I understand that my registration fee is not refundable.
* I understand that I must not be under the influence of alcohol or illegal recreational drugs whilst taking part in the event.
* I understand that I need to take safety precautions, including, but not limited to; wearing appropriate clothing and footwear and drinking lots of water during the event.
* I understand that I must be prepared for all weather conditions.
* I understand the maximum time slot I can participate in is 60 minutes.
* Energie Fitness recommends completing all time slots past 9pm indoors or in your own garden.
* I understand that Herts Domestic Abuse Helpline reserves the right to cancel this event at any time if necessary due to unforeseen circumstances.
* I understand I must follow all the government guidelines regarding the Coronavirus.
* I must not take participate if I am showing symptoms of Covid-19.
* I understand that social media posts and marketing material will be used throughout the event and after to promote future events and Herts Domestic Abuse Helpline.