

## **Terms and conditions for Lbs 4 £s**

### **Please read the Terms and Conditions of entry before booking on to the East Cheshire Hospice Lbs 4 £s challenge.**

All participants taking part in the Lbs 4 £s challenge do so at their own risk. In no event shall East Cheshire Hospice be liable for any injuries, loss or damages whatsoever, including indirect, punitive, special, incidental or consequential losses connected with any aspect of this event.

By booking on to the Lbs 4 £s challenge you agree to follow the reasonable directions of East Cheshire Hospice and abide by the terms and conditions of entry to the Lbs 4 £s. If you are unsure or have any questions, please contact East Cheshire Hospice or the Gyms and companies involved before making your booking.

Please note East Cheshire Hospice can't be held responsible for the outcome of you taking on this challenge, East Cheshire Hospice is simply giving you opportunities to start your fitness journey and the results can't be guaranteed.

### **Important**

You understand that, despite the best training and equipment provided by the fitness professionals there is still an element of risk to you of injury or death. You voluntarily accept all risks that you may inherent in these sports that can't be avoided with the correct training you will receive and hold harmless all sporting facilities involved and their representatives against any claim or claims whether on your own account or from third parties arising out of any accident or incident resulting in any loss or damage including bodily injury or death. If you cannot accept the risks, you should not participate.

If you misuse the equipment that has been provided to you after the correct training, it is not ours or the gym's responsibility if the misuse causes any injury or results in death.

### **Entry Fee**

Your entry fee of £25 is non-refundable and non-transferable. Participants agree to aim to raise some further money for East Cheshire Hospice. The Entry fee covers the cost of the challenge and the money raised further than this goes to East Cheshire Hospice.

You are not permitted to use any of the monies raised to cover the cost of your entry fee.

### **Age restrictions**

Participants must be aged 16 years or over to take part. Anyone under the age of 18 needs to provide written consent of a parent or guardian. Please consult with your GP first if you have any concerns about your age in regard to taking part in this challenge.

### **Medical conditions**

We would always advise you speak with your GP to check you are at a reasonably high standard of health to take part in the Lbs 4 £s challenge. You will be required to let us know of any medical conditions, but it is your responsibility to check whether any medical conditions will prevent you from taking part. If you think your medical condition could stop you from taking part in certain activities on the agenda, please bring a written note from your GP with you to the activity.

### **Insurance**

All the companies involved have full insurance for you taking part in an activity under their supervision. The charity is not responsible for anything that happens in relation to the Lbs 4 £s challenge when under the supervision on the third-party facilities.

East Cheshire Hospice hold no responsibility to anyone becoming unwell or injured caused by taking on these challenges.

**Timings**

You are responsible for making your way to the different venues in which these facilities are available. If you have any additional costs, such as car parking charges or parking tickets or any other extra costs you may need to pay due to participating in the Lbs 4 £s challenge, it is not East Cheshire Hospice's responsibility to cover the cost of these.

**Photographs**

Photographs will be taken of participants throughout the events as part of a promotional basis, if you wish to not have your photo taken please let us know before hand, and inform the photographer taking the pictures.

**Cancellations**

East Cheshire Hospice has the right to cancel or postpone the event at any time.