

30 Minutes for 30 Days Terms and Conditions

By registering for 30 Minutes for 30 Days, you are agreeing to the following terms and conditions.

- 1) All participants must complete the online entry form.
- 2) We are not charging a registration fee; however, we strongly encourage participants to raise sponsorship or make a personal donation to St Margaret's Hospice Care.
- 3) All ages are welcome to take part, anyone under the age of 16 years must be supervised by an adult whilst undertaking their challenge.
- 4) All activities must be carried out in a safe manner, participants should refrain from attempting any dangerous activities without the aid of a professional.
- 5) By entering the challenge with St Margaret's Hospice care you are deemed to have accepted these terms and conditions and confirmed you are medically fit to participate.
- 6) Entry is open until 30 August 2022.
- 7) You can complete your challenge however and wherever you wish.
- 8) We strongly advise participants to complete the challenge in safe locations.
- 9) We recommend all participants consult a doctor before doing any exercise if they are concerned about their health or ability to complete the challenge.
- 10) You agree that all fundraising from sponsorship and donations are given to St Margaret's Hospice Care in full.
- 11) We strongly advise that all participants wear appropriate footwear and clothing to ensure their safe and enjoyable participation when taking part in any fitness related challenge.
- 12) Entrants acknowledge they will participate and complete their nominated challenge in a manner chosen by them, at locations chosen by them and at their own risk.
- 13) All activities must be completed in accordance with the government guidelines in place at the time- [Coronavirus \(COVID-19\): guidance and support - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/coronavirus-covid-19-guidance-and-support).
- 14) We hope you'll share your pictures from your event with us on social media. By doing so you are agreeing we can share these and use for promotional purposes.
- 15) Any personal data collected from you will be processed in accordance with our Privacy Policy which can be found here: <https://www.stmargarets-hospice.org.uk/privacy-notice-supporters>.
- 16) Participants who raise £150 sponsorship can claim a free St Margaret's running vest. To claim this please contact the Event Team by emailing events@st-margarets-hospice.org.uk by 30 September.