

Virtual Red Dress Run Terms and Conditions

Thank you for signing up to our Virtual Red Dress Run!

This virtual event consists of a 5k walk or run, or whatever you can manage, on Sunday 21st February at 11am or at any time during the month of February if the specified date doesn't suit.

The event is an 'online only' event where registrants complete their run/walk at a location of their own choosing where Government social distancing rules can be observed and current restrictions adhered to.

As someone taking part in a fundraising activity in support of Northern Ireland Chest Heart and Stroke (NICHHS), you agree to the following terms and conditions:

Safety, fitness and injury:

- Before registering for this event, please make sure you feel fit and able to take part; we recommend checking in with a doctor if you're not certain.
- You confirm that you are medically fit and acknowledge and agree that you participate in the event at your own risk. NICHHS shall not be responsible or liable for injury or illness resulting from your participation and you need to arrange your own insurance. Before registering for this event, please make sure you feel able to take part health-wise; we recommend checking in with a doctor if you're not certain.
- You acknowledge and understand that the event may be potentially hazardous and that participation in any event is at your own risk. Your safety is of absolute

importance to us. Make sure you follow all safety instructions and training procedures when taking part in events.

- NICHHS, its employees, agents and volunteers accept no liability in connection with your participation in the event or for those attending and cheering you on, when it comes to any loss or damage of any kind, including loss of profits, loss of business, loss or damage to goodwill, or indirect or consequential loss caused by or connected with your participation in the event. This excludes any liability for death or personal injury caused by our negligence or the negligence of our employees, agents and volunteers, fraud, or any other liability that cannot be excluded by law. Something else to bear in mind is that we can't accept responsibility for any damage, injury or loss that might occur through your own negligence.

There may be additional regulations imposed nearer the time concerning COVID19 that change the way you are able to complete the challenge but will not invalidate the event. Be flexible regarding your expectations and always follow the most recent Government guidance.

Age:

- For all events, anyone taking part under 18 years old will need parental consent. It's up to parents and guardians to decide if the event is appropriate for their child.

- We do reserve the right to stop people from taking part in an event if someone under 18 is not able to show they have consent from their parents or guardian.

Registration and fundraising:

- Those who are taking part for NICHHS agree to aim to raise a target of £50 per participant. You have until four weeks after the event day to gather those last-minute donations and to reach your target.
- Unfortunately, we can't include the amount raised through Gift Aid when figuring out whether you've reached your minimum fundraising target. However, this money is still very important to the charity and the people we help, so we hope you will encourage your supporters to Gift Aid their donations where possible. Please get in touch if you'd like more information about Gift Aid.

Images and audio:

- Any photos, video, audio or quotes posted online or sent to us on the event may be used by NICHHS to inspire future fundraisers and promote our events. If you don't want to be in any photos or videos or to be quoted in any way by NICHHS, that's no problem at all, just let the NICHHS team know by emailing events@nichs.org.uk.

Thank you for choosing to support the Red Dress Run and supporting local people living with chest, heart and stroke conditions in Northern Ireland.