

Twilight Hearty Hike 2025 terms and conditions and consent form – NICHHS

Thank you for joining the #TeamNICHHS Twilight Hearty Hike today on Saturday 13th September 2025.

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.

NICHHS has the right to change or update the terms and conditions at its discretion and participants are invited to regularly check the website for updates. Any changes will be made available at <https://nichs.org.uk/get-involved/fundraising-events/twilight-hearty-hike> All Northern Ireland Chest Heart and Stroke events have a no smoking policy. For the benefit of those around you please refrain from smoking during the Twilight Hearty Hike.

Please note that part of the Twilight Hearty Hike will take place during the dark, NICHHS will provide one head torch per individual. Participants are responsible for making sure they are prepared for the walk by wearing suitable footwear and clothing and by bringing the required kit. See Kit list document for more info which was emailed.

Refunds

Registration fees cover the overheads of the event and help to guarantee participation on the day. All registration fees and tickets for participating in NICHHS events are nonrefundable, except where the Event is cancelled or postponed.

General

- Before registering for this event, you should be fit to participate, and will have obtained medical advice, if appropriate. You should inform event organisers of any relevant existing medical conditions by completing a medical form in advance of the event and any arising after registration that might affect your participation.
- We reserve the right to issue/request for any event any supporting documentation which may be needed in order to prove your fitness.
- Participants are responsible for making sure they are prepared for the walk and recognise half of the walk will take place in the dark. NICHHS will provide one head torch per individual.
- This event has been organised with two third party suppliers, Mike Smith Mountaineering who is responsible for the hike itself and Meelmore lodge for food and catering. Dietary requirement options have been emailed prior to today's event
- Participants are personally responsible for their own belongings during the Event.
- 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 paramount importance, so please ensure that you follow all safety instructions and training procedures provided by the third-party organisation, Mike Smith Mountaineering.
- We have taken all reasonable steps to eliminate the chance of injury but there is a certain minimal risk in every activity and you should withdraw from the event if you

have any doubts. NICHS recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of, and accept, these risks and be responsible for their own actions and involvement.

- NICHS, ITS EMPLOYEES, AGENTS AND VOLUNTEERS ACCEPT NO LIABILITY WHATSOEVER TO PARTICIPANTS OR SPECTATORS IN RESPECT OF ANY LOSS, DAMAGE OR PERSONAL INJURY WHICH MAY BE SUSTAINED IN THE COURSE OF THIS EVENT. EXCEPT NICHS DO NOT EXCLUDE LIABILITY FOR FRAUD, DEATH OR PERSONAL INJURY ARISING FROM OUR NEGLIGENCE OR ANY OTHER LIABILITY THAT CANNOT BE EXCLUDED BY LAW.

- Our third-party supplier is responsible for your safety during the hike. They will be in regular patrol of the route and assessing the weather and terrain at all times. Any decision to cancel or curtail the event will come from them and will only be taken if they consider the health and safety of the participants to be in doubt should the event continue.

- No drugs, alcohol, illegal substances, performance enhancing substances or intoxicants of any kind are permitted to be used by any Participant. NICHS reserve the right to refuse attendance at, or participation in, the Event by any persons found to have consumed or to have in their possession any drugs, alcohol, illegal substances, performance enhancing substances or intoxicants of any kind.

Age

- Anyone under the age of 18 requires parental consent and must be accompanied by a parent or guardian. Parents must decide if the event is appropriate for their child and seek additional information if necessary. We reserve the right to prohibit individuals from taking part and will do so if participants under 18 have failed to provide evidence of parental consent.

Fitness

- NICHS Twilight Hearty Hike requires a certain level of fitness and stamina best acquired through training.
- Participation in this event is by pre-registration only. For health and safety reasons walk-ups on the day will not be permitted to take part.

Timings

- All participants must be on time for event start, and late arrivals will not be permitted to take part.

Checkpoints

- MSM Mountaineering will monitor progress and walkers' locations throughout the event.

Cancellations

Our third-party events company regularly monitors the weather along the route in advance of the walk, and they will advise us of any safety concerns before the event goes ahead. Any decision to cancel the event, either beforehand or during the event,

will be based on their expert advice. Should we be advised to cancel the event, all participants will be contacted by telephone immediately. If we cancel the event participant registration fees will be eligible for a refund. Participants will be refused if they are inappropriately dressed for the challenge; in this instance, no refunds will be given.

Dogs

Dogs are NOT permitted at the Twilight Hearty Hike. Fundraising Registration is £45 per participant and is non-refundable.

Team Leaders are responsible for their team's fundraising target.

Images and audio

Any photos, videos, audio or quotes taken by us on the event day may be used by NICHHS to inspire future fundraisers and promote our events and the work of the charity generally, including on our website. If you don't want to appear in any photos or videos, or to be quoted in any way, that's absolutely fine; just let the NICHHS team know by emailing events@nichs.org.uk.

Occasionally staff from our third-party events company will take pictures of participants which are used to record the event and are sometimes used on social media. Please let the staff know if you would not want the images to be used in this way. Thank you for signing up to the Twilight Hearty Hike and supporting NICHHS.

Name :

Signed by participant :

Date :