



Terms and conditions

- 1) Hospiscare cannot be held responsible for any personal injury, accident, loss, damage or public liability whilst taking part in the event
- 2) You must adhere to all current government Covid-19 guidelines <https://www.gov.uk/coronavirus> (please note these guidelines are subject to change).
- 3) This event is open to participants of all ages, however children under 16 **MUST** be accompanied by an adult. Hospiscare do not take responsibility for the safety of participants and you undertake the walk/jog/run at your own risk.
- 4) This event is open to dogs, however Hospiscare do not take responsibility for the safety of the dogs and it is the dog owner's reasonability to undertake the walk/jog/run at their own risk.
- 5) By sharing images and social media content with Hospiscare, i.e. by tagging Hospiscare or using the event hashtag #MarathonMonth or by posting in the Marathon in a Month Strava Club, participants understand that Hospiscare may share or repost this content
- 6) Throughout the event OR whilst taking part in Marathon in a month please follow these guidelines:
 - choose a route that is a safe and sensible distance for you and appropriate to your fitness level
 - plan to walk/jog/run a route that is open to the public, easily accessible and well-lit if light is poor
 - carry a mobile phone in case of emergency
 - only walk/jog/run in appropriate weather (avoid rain and very hot weather) and appropriate clothing and footwear
 - take a hydrating drink with you and avoid alcohol consumption
 - be respectful of social distancing at all times
- 7) Entry fees are only refundable if Marathon in a Month is cancelled by Hospiscare. If participants are unable to take part for personal reasons, they will not be entitled to a refund.