### The 24 Peaks Challenge – Terms & Conditions and Event Rules

The 24 Peaks Challenge 2024 is organised by Run2Events on behalf of The Seafarers' Charity (registered with the Charity Commission for England and Wales under Charity Number 226446). These Terms and Conditions outline the rules and requirements for participants. Please read them carefully before registering.

### 1. Age Limit

• Participants must be a minimum of 18 years old by 5 July 2024. There is no upper age limit.

### 2. Teams

• Each team must consist of at least four members, teams are responsible for ensuring their own transportation to the start and finish line on each day. Support drivers may be required to extract participants from either their own or other teams across the weekend.

### 3. Registration and Fees

- A non-refundable registration fee of up to £150 per person is required, payable to The Seafarers' Charity during registration. Your participation is confirmed only upon receipt of this fee. However, if the event is fully booked when your fee is received, a refund will be issued.
- Registration fees can be submitted during the online registration process or via cheque payable to The Seafarers' Charity.
- Participants must be medically fit for the event and take full responsibility for their physical health and fitness.
- All teams must attend the event registration, safety briefing and compulsory kit check on 5 July 2024.

### 4. Fundraising

- Each team member must strive to raise a minimum sponsorship of £800 per team.
- All funds must be raised by the fundraising deadline of 26 August 2024.
- Sponsorship cheques should be made payable to The Seafarers' Charity.
- Participants commit to raising funds exclusively for the designated charity, with no redirection of fundraising to other causes, whether offline or online.

- Sponsorship funds cannot be used for personal expenses; any deviation may be deemed a criminal offence.
- 5. Refund and Withdrawals
  - Teams may withdraw from the event until 1 April 2024, and receive a 50% refund of their registration fee or transfer their spot to the following year. Notification of withdrawal must be sent to <a href="mailto:event@theseafarerscharity.org">event@theseafarerscharity.org</a>.
  - Withdrawals between 1 April 2024, and 1 June will not be eligible for a refund, and their spot will be deferred to the following year.
  - Withdrawals after 1 June will not receive refunds or deferral options.
  - Teams that do not participate in the event will not receive refunds or deferral options.
- 6. Transferring Places
  - Participants cannot transfer their spot unless a written request is received before 28 June 2024. Transfer requests after this date will be declined with the registration fee and any raised funds considered a charitable donation.

# 7. Medical Disclaimer

- Participants must provide an accurate medical history and current condition, participants are required to disclose any medical conditions that may impact their participation.
- Participation is at your own risk, and organizers, including Run2Events Ltd and The Seafarers' Charity, will not be held responsible for acute illness, injury, or fatality or any resulting impact (including financial, physical or emotional)
- In case of accidents or illnesses during the event, participants grant medical staff permission to initiate treatment and inform their Next of Kin if necessary.
- Organisers retain the right to remove participants deemed unfit to safely complete the course.
- Personal accident insurance is strongly recommended.
- I understand that I am taking part in an physically challenging event, in a remote location where there may be a longer medical response time in the event of an emergency. **ADD TICK BOX**
- 8. Safety
  - All participants must attend the Safety Briefing before the event on 5 July, 2024.

- The 24 Peaks Challenge is a non-competitive event, and participants must adhere to all official timings, including briefings, starts, finishes, short courses, and cut-off times.
- Swapping team members. Concerns about team members' pace must be communicated to Event Control or the Hill Safety Team.
- Team radios should only be used for emergency purposes.
- All participants must carry an event tracking unit provided at registration to ensure safety. If the tracker is not returned at the end of the event, participants will be liable to pay a £250 fee.
- All participants acknowledge and accept that the tracker and the online tracker user interface will not allow 100% coverage across the event and there are sections where the tracker will not work.
- All participants acknowledge and accept mobile phone network will not allow 100% coverage across the event and there are sections where a mobile phone will not work.
- Navigation is the responsibility of each participant, who must have suitable mapping app and event route(s) downloaded on their phones before taking part.
- Participants should be comfortable with the challenging terrain and potential hazards and understand the arduous nature of this challenge.
- Participants acknowledge that the terrain is typical of UK mountains. This will vary and include but is not limited to; walking on uneven slippy ground, dirt paths, loose gravel (including scree) moving on, across and around free-standing and loose boulders and rock slabs. There are extended periods involving challenging climbs and descents which can be described as non technical scrambling and may sometimes require the use of hand(s).
- Other hazards may include rock falls, wildlife attacks, and insect bites.
- Participants must acknowledge and accept that due to the nature of the event, minor injuries are common and include, but are not limited to; scrapes, soreness, bruises, grazes, abrasions, cuts, sprains, strains, muscle tension, nausea, dizziness, fainting.

9. Variable Weather Conditions

- Participants must acknowledge and accept the risks associated with rapidly changing weather conditions. This includes but not limited to the following;
- The Lake District is notorious for its rapidly changing weather. It's not uncommon to experience sunshine, rain, fog, and wind all in the same day they can affect visibility and safety.

- **Rainfall:** The region receives a significant amount of rainfall throughout the year, making trails muddy and slippery. Waterproof clothing and appropriate footwear are essential to stay dry and comfortable.
- Fog and Low Visibility: The mountain peaks in the Lake District can often be shrouded in fog, reducing visibility. This can make navigation challenging and increase the risk of getting lost.
- **Winds:** The mountains can be exposed to strong winds, especially at higher elevations. This can make walking difficult, particularly on ridges and summits. Windproof clothing, hats, gloves and sturdy equipment are important for safety.
- **Temperature Changes:** At higher elevations, temperatures can drop significantly. It's important to dress in layers to regulate your body temperature and carry adequate warm clothing even on a sunny day.
- **River Crossings:** Heavy rainfall can cause rivers and streams to swell, making crossings challenging and dangerous. It's crucial to assess water levels and only attempt crossings when it's safe to do so.

# 10. Compulsory Walking Kit

- Participants must carry the full compulsory kit throughout the challenge. Random kit checks may be conducted, and failure to possess the required kit may result in removal from the event.
- Event organisers reserve the right to modify the kit list for safety reasons.

# 11. Withdrawing from the Live Event

- Participants are required to understand the locations and timings of cut-offs points and short course sections and to comply with instructions from event officials, including hill safety personnel, and medical staff.
- In the event of withdrawal, participants must endeavour to contact Event Control or a member of the hill safety team before leaving the route.
- By taking part all participants acknowledge that they understand that due to the topography of the area, both non-emergency and emergency vehicle evacuation can only be done at set locations and a decision to exit the route early will likely involve an extended walk (multiple hours)
- If marshals and medical staff believe a participant's safety is compromised by continued participation, they reserve the right to request that the individual or individuals stop.

• If participants continue on the route against advice, they will no longer be considered official event participants, and Run2Events Ltd and The Seafarers' Charity associates will bear no further responsibility for their participation or health. In such cases, registration fees are non-refundable.

13. Vehicles

- The Organisers do not accept liability for vehicle damage or property within vehicles. All drivers must follow the Highway Code at all times and respect other road users.
- The Organisers are not responsible for team vehicle breakdowns.
- The Organisers are not responsible for any fines received.

14. Changes to the Event.

- The Organisers cannot be held liable for any changes made to the event for safety reasons or due to unforeseen circumstances.
- In the event of severe weather conditions, the event organisers reserve the right to modify event timings, routes, and locations, or cancel the event in its entirety. In the case of event cancellation, all registration fees will be non-refundable.

### 15. Risk

• The organisers are not responsible for any risks, losses, or costs incurred in connection with the event. Participants are expected to secure necessary personal accident/injury insurance and other relevant insurance in relation to The 24 Peaks Challenge 2024.

### COVID-19

• Event plans will align with government guidelines related to COVID-19.

### 16. Relevant Experience

- Prior to starting The 24 Peaks Challenge, participants are strongly encouraged to gain experience in mountainous terrain, understand the impact of weather on performance, develop navigational skills (map reading, bearing taking, grid referencing), and become comfortable with the challenges presented by the event.
- 17. Privacy Policy

- By submitting an online registration for the event, participants consent to receive email and postal communications from Run2Events and The Seafarers' Charity in relation to the 24 Peaks Challenge 2024.
- It is the participant's responsibility to ensure that event-related emails are received and not redirected to Spam or Junk folders.
- Participants' data will only be used for marketing purposes if specific consent is provided during the registration process. Participants may unsubscribe from marketing lists at any time.
- Run2Events and The Seafarers' Charity will not distribute participant details to third parties except for health and safety purposes.
- To change contact preferences, contact: events@theseafarerscharity.org.

# 18. Other Event Rules

- Participants must respect the natural environment during the 24 Peaks Challenge.
- A reasonable code of conduct is expected at the YHA Ambleside each night, and disruptive or aggressive behavior will not be tolerated, with expulsion from the event as a possible consequence.
- Respect event staff, participants, and charity partners at all times.