



Registered Charity Number: 517724

Hospice Big Hike – Terms and Conditions

By registering for the **Hospice Big Hike**, you confirm that you have read, understood, and agreed to the following Terms and Conditions.

“Event” refers to Hospice Big Hike.

“Participant” refers to you, the person taking part in the Event.

Sponsorship

- Participants pledge to raise a minimum of **£150** in sponsorship for Hospice of the Valleys (excluding Gift Aid and registration fees).
- **80%** of sponsorship must be received **two weeks before the Event**, with the balance paid **within one month after**.
- All sponsorship must be paid in **£ sterling** and made payable to Hospice of the Valleys.

Health, Safety and Participation

- The Event involves sustained physical activity and participation is **at your own risk**.
- By taking part, you confirm that you are **physically and mentally able** to complete the Event.
- If you are pregnant or have any medical conditions or concerns, we strongly recommend seeking medical advice before participating.
- Hospice of the Valleys cannot accept responsibility for injury, illness, or aggravation of existing conditions arising from participation.
- Participants are responsible for their own actions and behaviour at all times.

Event Rules and Behaviour

- All participants must follow instructions from event officials and walk leaders.
- Please behave respectfully towards other participants, volunteers, and the public.
- The following are **not permitted**:
 - Dogs

- Bikes, scooters, skateboards, or similar
- Headphones, speakers or personal listening devices
- Alcohol or recreational drugs
- Clothing or items that may cause offence or pose a safety risk
- Urination or defecation outside designated areas
- Participants must follow all relevant laws, including traffic regulations and the Countryside Code.

Hospice of the Valleys reserves the right to refuse or remove anyone whose behaviour is unsafe, offensive, or who does not follow instructions.

Age Requirements

- Registration must be completed by someone aged **18 or over**.
 - Walkers must be **14 years or older** on the day of the Event.
 - Participants under 18 must be accompanied at all times by a **participating, paying adult**, who is responsible for them.
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Event Changes and Cancellation

- Hospice of the Valleys may change the route, finish line gifts, or fundraising incentives.
 - Routes may be shortened if required for safety; refunds will not be issued.
 - In the event of cancellation due to extreme weather or unforeseen circumstances, entries will be transferred to a rescheduled date. If you cannot attend, you may request to transfer your place to another participant. No refunds will be given.
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Fees, Insurance and Liability

- Entry fees are **non-refundable**.
 - Participants are responsible for any costs arising from accidents involving or caused by them, including emergency services.
 - Third-party liability insurance is provided where applicable; no personal injury insurance is included. Participants are encouraged to arrange their own cover.
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Photography, Data and Contact

- By taking part, you agree that Hospice of the Valleys may use photographs or recordings taken during the Event for promotional purposes.

- Personal photography is welcome; professional or commercial photography is not permitted without prior consent.
 - By registering, you agree to receive Event-related communications by email or text.
 - Personal data is handled in line with GDPR and the Data Protection Act 2018. Our Privacy Policy is available at www.hospiceofthevalleys.org.uk.
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Hospice of the Valleys reserves the right to update these Terms and Conditions at any time before the Event. The latest version will be available on the day.

By ticking the box, you confirm that you understand and agree to these Terms and Conditions.

Hospice of the Valleys

January 2026