



Terms of Participation

Please read the below information carefully before signing up to confirm that you will take part in the Round The Houses Challenge 2022 and will do so at your own risk.

When you are outside your home for training or participating in the challenge, you will need to:

- Let somebody know that you are participating in the walk and share your proposed route, approximate timings and have regular check-ins to confirm your safety
- Carry water or hydrating drinks
- Bring a small first aid kit (including plasters)
- Take your own personal medication with you
- Take a charged mobile phone
- Go home immediately if you feel in danger
- Consider the weather and guard against sunburn, heat exhaustion, lightning, high winds and heavy rain. Return home if conditions become unbearable
- Wear suitable footwear
- Do the walk in daylight

All participants must adhere to relevant and current government guidelines and social distancing restrictions throughout training and whilst taking on the challenge.

Finally, in all cases, stop immediately if you feel sick, dizzy or in pain and seek appropriate medical advice.

Thank you for your support.