



Introduction to Hill Walking

Essential Information & Itinerary

Welcome to our Introduction to Hill Walking and thank you for joining us. Our goal is to guide you in enjoying the wilderness with respect and care, preserving its untouched charm for future adventurers.

Our general programme will include:

- **Navigation** - we will introduce the basics of navigation on lowland/fell terrain.
- **Kit preparation** - prior to setting off we will talk through the equipment we need to take with us and how to pack our rucksacks.
- **Planning & Pace** - we will talk about planning routes, understanding pace, distance, and our own limits.
- **Weather** - sources of forecasts and how weather can affect our choice of route, when to turn back and even if we should venture out at all.
- **Safety** - hazards on the hills and what to do in an emergency.



Ribbleshead Viaduct.

Please Note this event may be subject to disruptions beyond our control that force some changes to the itinerary. The weather has the most significant influence. On an individual level, personal health and fitness and equipment (such as waterproofs and warm clothing) also have the potential to affect.

Terms & Conditions – full Terms and Conditions for this event are included at the end of this document.

Walks and Outdoor Activities.

Participation - all participants must be aware of the potential hazards of hill walking and outdoor activities. It is for each person attending to decide if they want to join a walking group or activity. Walks follow mixed terrain including hard packed trails, but large sections are off-trail and mostly uneven. The route includes sections of moderate climb and descent. All routes include alternative return routes, but these may still involve a considerable walk back to base.

All Participants take part in walks and activities at their own risk. All Participants agree that, as far as they are aware, they are sufficiently fit and physically able to take part in the activities and, to the extent that it may be necessary, they have sought and relied upon medical advice before attending. It is each Participant's own responsibility to assess their fitness and to ensure that they participate only if they are sufficiently fit. Should any medical or physical condition arise prior which is likely to affect a Participant's ability to take part in a walk or activity, the Participant should withdraw.

Lead Walkers & activity leads - a minimum of two leads will guide all walks and activities, provide navigation where required, maintain pace, and provide overall management of the walk or activity. As decided by the leads, the group may be split into subgroups, and this will take into consideration route safety (where applicable) and weather conditions, condition of individual participants, and any other issue considered by the leads.

Self-reliance - this event is supported by Space to Talk staff and during walks and activities staff will ensure regular breaks for refreshments, snacks, and lunch. However, a level of self-reliance is assumed. Participants joining our activities and courses are assumed to be aware of their own fitness and will walk within their limits. **Be Aware:** sections of walk routes we may be a number of miles from our support vehicle or emergency assistance. Injuries or illness on the hill that render a participant unable to walk may involve the intervention of mountain rescue and or other emergency services.

Insurance - Participants shall be responsible for arranging their own suitable and adequate insurance protection to cover their participation. We advise participants to insure, personal injury, and third-party liability. **Space to Talk Training CIC do not provide insurance for participants.**

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Accommodation

Accommodation is provided for 2 nights as follows:

Dalesbridge Campsite
Austwick (near Settle)
LA2 8AZ

(Located on A65 by Austwick)

<https://www.dalesbridge.co.uk>

Shared accommodation using walker's cabin. Shared room with en suite facilities.

Alternative accommodation:

Camping pods & Camping available (limited availability) please request when booking.

No accommodation: If you would prefer to source your own accommodation or live locally please select 'No Accommodation' option at check-out.

Meals & Food

Breakfast will be provided as follows:

- Tea & Coffee
- Selection of cereals
- Porridge

Evening meals - not provided. Dalesbridge campsite is a short drive from Horton-in-Ribblesdale where there are a few pubs with restaurants. The campsite also offers take away Pizza on site, but we cannot confirm if this is open.

Lunch and food while walking – we will provide sandwich makings and snacks to pack for walking. We will also provide lunch stops with tea, coffee, and more snacks. If you have specific needs or favourite snacks, please bring them with you.

Dietary needs and allergies – please inform us of any special dietary needs or allergies that we need to be aware of.



Pen-Y-Ghent – is a great introduction and a Yorkshire classic 2,000ft.

Itinerary

Travel to and from Dalesbridge Campsite - Participants will make their own way to and from Dalesbridge campsite.

Date & Time: Friday 23rd September 2022, from 1pm.

The walker's cabin accommodation will be available from 1pm, please do not arrive before 1pm. If you are planning to arrive late, after 8pm, please let us know so we can make arrangements with Dalesbridge.

Parking: available on site.

On arrival let the Dalesbridge staff know you are with the Space to Talk group, they will then either show you to the accommodation or contact one of us.

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Typical Itinerary for the weekend

Friday

- Arrive late afternoon, early evening and settle into the accommodation.
- Get to know each other 'ice breaker' activity and introduction to the weekend.
- Dinner – either short drive to local pub or restaurant or food delivered in
- Big Skies – if cloudless an opportunity for a short walk to view the night sky.

Saturday

- Walk departs around 8am.
- There is no mileage target, this is more about being out and allowing ourselves the freedom of big nature, large horizons, and silence. The day will be broken up with regular stops, navigation exercises, discussions about terrain, hazards, weather forecasting and other skills vital for safe and enjoyable adventures.
- We will discuss how to use a map, being aware of distance, terrain, our walking speed, our level of fitness or fatigue.
- We will use our navigation and route planning skills to identify a suitable site for lunch. Lunch will be a packed lunch out on the fells.
- Return to base camp.
- Dinner – either short drive to local pub or restaurant or food delivered in
- Big Skies – if cloudless an opportunity for a short walk to view the night sky.

Sunday

- Breakfast around 8am
- A short walk, using some of our route planning learned the day before or an opportunity for a Nordic walking taster.
- End of event activity

End of event and departure

Date & Time: Check out time is 11am on Sunday.

Kit list

We advise that Participants pack for all eventualities and all weather. It is not unusual to experience all seasons in one day. Regardless of the time of year, we are likely to experience sun, wind, rain and often hail and snow.

Setting off in sunny conditions without a cloud in the sky does not mean the day will remain sunny or dry!

Suggested Equipment list - this is not an exhaustive list of everything you will need but, we do recommend packing as light as possible.

Clothing

In simple terms expect the unexpected. Walk routes will take us over high ground and the area is well known to experience all seasons in one day, regardless of the time of year – follow the layering principle. **Be prepared!**

- Walking boots – with good support for your ankles. Ensure the sole is not too flexible and has good grip - Vibram or similar soles. Gortex or similar waterproofing is also recommended. Most routes are uneven and ankle support is necessary, routes are not suitable for walking shoes or trainers. Ideally your boots should be well worn in.
- Socks – good quality walking socks, warm but also high wicking/breathable. Natural material such as wool. We recommend using liner socks to help prevent blisters but, this is a personal choice.
- Gaiters – either full length or short trail gaiters. If you have them bring them (but don't purchase specifically for this trip), they help with waterproofing and stop small stones falling into boots.

BLISTERS – the pace will be slow and steady, but the route may still be tough on feet not used to the mixed ground and this length of time walking. Especially towards the end of the walk this can lead to hot spots and blisters. Foot care is important, should you feel a hot spot or blister forming, ask the lead walker to stop. Quick corrective action can arrest the issue and prevent having to pull out of the walk due to painful blisters.

- Walking trousers or shorts – light weight, quick drying. Jeans are not suitable for the walks. If wearing shorts either carry zip on legs or a pair of long trousers in case of change in weather conditions.
- Base layer – woollen or similar natural material, the main wicking layer worn next to the skin.
- Mid layer – fleece or similar
- Insulation layer – optional additional layer, jacket or gillet, to provide additional warmth, useful for stops to retain body temperature.
- Waterproofs – the outer shell layer to provide protection against water and wind. Jacket and Trousers.
- Hat – woollen hat

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- Gloves – weight of gloves depends on your own comfort, if you experience cold hands, we recommend light weight gloves while walking and heavier mid weight gloves for stops.
- Sunglasses – just in case!

Equipment

- Minimum 15ltr ruck sack.
- Walking poles (pair) - are highly recommended.
- Water bottles – at least 2 x 750ml bottle.
- Mug (for tea coffee) camping type, light weight ideally with non-spill lid.
- Head torch (and spare batteries)

First aid – lead walkers will carry first aid kits, but we recommend each walker carry a small personal first aid kit with the following:

- Plasters
- Blister plasters (Compeed or similar)
- Painkillers e.g., paracetamol, ibuprofen
- Chamois cream, antiseptic cream or similar (for friction sore spots)
- Sunscreen (high factor)
- Wet Wipes

Evening (at base camp)

- Change of clothes for evening
- Wash kit including towel.
- Sleeping bag and pillow

Participant Form

Full Name:

Phone Number:

Email:

I am over 18. Yes / No

Address:

..... Post Code

Do you have any special dietary needs or allergies? Yes / No

If yes, please provide details

Do you require transport to the event? Yes / No

(Refer to transport information in the itinerary)

Due to the nature of the event, we will ask you to complete a questionnaire related to your general wellbeing including mental health. This information will be treated with the strictest confidentiality (see data protection agreement).

Do you agree to complete the pre-event wellbeing questionnaire? Yes / No

Data Protection

The information you have supplied will be used for the purpose(s) for which you have provided it. This data will be maintained in accordance with the GDPR and the Data Protection Act 2018 and will not be passed on to any other organisation without your prior approval unless there is a legal requirement to do so.

The data we would like to process.

Please indicate whether you freely give your consent to our processing of your data for the reasons set out below:

- Personal / Contact details – to ensure we can administer the event.
Yes / No
- Next of Kin / Emergency contact - to allow us to make contact in case of an emergency
Yes / No
- Pre-event questionnaire – to help us best support you during the event.
Yes / No

Withdrawing your consent

You have the absolute unrestricted right to withdraw your consent at any time. If you wish to withdraw your consent once it is given, you should contact Space to Talk Training CIC. We will immediately stop processing the data for which you have withdrawn your consent.

Change in purpose.

If the purpose of using the data for which we have received your consent changes, we will seek new consent, setting out the new purpose.

Space to Talk Training CIC Protection Policy

A copy of the Space to Talk Training CIC Data Protection policy is available upon request.

Participant declaration

- I am giving my consent to Space to Talk Training CIC to use my data as indicated above.
- I understand that I am not required to give consent to Space to Talk Training CIC use of my data in the ways set out in this form. Where I have done so, I have done so of my own free will.
- I understand the ways in which Space to Talk Training CIC wishes to use my data as set out above.
- I know that I can withdraw my consent at any time.

Name:

Signed: Date:

Activity Waiver & Release

THIS ACTIVITY WAIVER & RELEASE (this "Agreement") dated this _____ day of _____ 2023.

BETWEEN: _____ of _____
(the "Participant")

OF THE FIRST PART

AND

Space to Talk Training CIC of 4 Park Street, Towcester, NN12 6DQ
(the "Activity Provider")

OF THE SECOND PART

IN CONSIDERATION OF the covenants and agreements contained in this Agreement and other good and valuable consideration, the receipt of which is hereby acknowledged, the parties to this Agreement agree as follows:

CONSIDERATION

1. Being of lawful age and in consideration of being permitted to participate in the activity described below, the Participant releases and forever discharges the Activity Provider, its owners, directors, officers, employees, agents, assigns, legal representatives and successors from all manner of actions, causes of action, debts, accounts, bonds, contracts, claims and demands for or by reason of any injury to person or property, including injury resulting in the death of the Participant, which has been or may be sustained as a consequence of the Participant's participation in the activity described below, and notwithstanding that such damage, loss or injury may have been caused solely or partly by the negligence of the Activity Provider.
2. The Participant understands that the Participant would not be permitted to participate in the activity described below unless the Participant signed this Agreement

DETAILS OF ACTIVITY

3. Scheduled for, the Participant will participate in the following activity:
Introduction to Hill Walking.

CONCURRENT RELEASE

4. The Participant acknowledges that this Agreement is given with the express intention of effecting the extinguishment of certain obligations owed to the Participant and with the intention of binding the Participant's spouse, heirs, executors, administrators, legal representatives, and assigns.

FITNESS TO PARTICIPATE

5. The Participant acknowledges that the Participant does not have any physical limitations, medical ailments, physical or mental disabilities that would limit or prevent the Participant from participating in the above-mentioned activity. If required, the Participant will obtain a medical examination and clearance.

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FULL AND FINAL SETTLEMENT

6. The Participant hereby acknowledges and agrees that the Participant has carefully read this Agreement, that the Participant fully understands the same, and that the Participant is freely and voluntarily executing the same.
7. The Participant understands that by signing this Agreement, the Participant agrees to be forever prevented from suing or otherwise claiming against the Activity Provider for any property loss or personal injury that the Participant may sustain while participating in or preparing for the above noted activity.
8. The Participant has been given the opportunity and has been encouraged to seek independent legal advice prior to signing this Agreement.
9. This Agreement contains the entire agreement between the parties to this Agreement and the terms of this Agreement are contractual and not a mere recital.

GOVERNING LAW

10. This Agreement will be governed by and construed in accordance with the laws of the Country of England.

EMERGENCY CONTACT

11. Participant's

Emergency Contact name: _____

Emergency Contact phone number: _____

Participant: Signature

Date: _____

Participant: Print name

Signature on behalf of Activity Provider (Space to Talk Training CIC)

Date: _____

Name and Title

GENERAL TERMS AND CONDITIONS FOR PARTICIPATION IN SPACE TO TALK TRAINING CIC EVENTS

These are the terms and conditions (“Terms and Conditions”) that apply to each fundraising event organised by or on behalf of the Space to Talk Training CIC, a company incorporated in England and Wales with registered number 13722226 whose registered office is at 4 Park Street, Towcester, NN12 6DQ (“STTT”) (each an “Event”).

Participants must agree to the Terms and Conditions before participating in any Event.

1. Entry Forms and Fees

- 1.1. All persons taking part in the Event (each a “Participant”) must be registered with STTT to take part in the Event.
- 1.2. Each Participant must complete and submit an entry form (“Entry Form”) whether participating as an individual or in a team.
- 1.3. Team entries must include the names and addresses of all team members as part of the registration process.
- 1.4. STTT is not responsible for technical, hardware or software failures of any kind, lost or unavailable network connections or failed, incomplete, garbled, or delayed computer or internet transmissions or other errors or malfunctions of any kind which may prevent receipt by STTT of an Entry Form.
- 1.5. Entry to the Event is subject to the payment of the notified fee (and any applicable VAT) payable to STTT prior to participation in the Event (“Registration Fee”). On payment of the Registration Fee Participants may be given the opportunity to add an optional donation to STTT (“Registration Donation”).

2. Fundraising and Sponsorship

2.1. All fundraising activity undertaken as part of the Event must be for the benefit of STTT only and Participants agree that all funds raised as a result of their participation in the Event shall be raised using legal methods and in compliance with the advice given on the STTT website, www.spacetowcester.uk (“Website”) and/or in the information relating to the Event provided to Participants (“Event Information”). Event Information may be provided in any form including but not limited to prevent correspondence, guidance given on the day of the Event and information contained on the Website (which may be updated from time to time) or in the Event registration pack.

2.2. You may be asked to raise a minimum amount of money for the STTT (“Minimum Sponsorship”) as part of your participation in the Event. If this is the case, we will make this clear in the relevant Event Information and specify the Minimum Sponsorship.

2.3. Sponsor forms are posted to Participants and an online fundraising page can be set up using this link: Justgiving.com/STTT

2.4. All funds raised for STTT’s work shall be held on trust by each Participant for STTT and paid to STTT as soon as reasonably possible and in any case within 8 weeks after the date(s) on which the Event is scheduled to take place (“Event Date”).

3. Age of Participants

3.1. Unless otherwise stated the event will be restricted to over 18s only.

4. Health and Fitness

- 4.1. All Participants take part in the Event at their own risk.
- 4.2. STTT shall not be under any obligation whatsoever to process, analyse or otherwise take any action on any medical information disclosed to it either during or after the registration process for an Event.
- 4.3. All Participants agree that, as far as they are aware, they are sufficiently fit and physically able to compete in the Event and, to the extent that it may be necessary, they have sought and relied upon any medical advice before the date of the Event. It is each Participant’s own responsibility to assess their fitness and to ensure that they participate only if sufficiently fit. Should any medical or physical condition arise prior to the Event which is likely to affect a Participant’s ability to compete in the Event, the Participant should withdraw from the Event.
- 4.4. STTT may prevent any Participant from taking part in the Event (either at the start of or during the Event) if STTT or any medical representative considers that a Participant should not participate in the Event for health and/or medical reasons.

5. Safety and insurance

5.1. STTT shall take all reasonable steps to assess the safety and suitability of the Event location prior to the Event. STTT shall also arrange for the availability of an appropriate number of first aid individuals according to the nature of the Event.

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5.2. All Participants must ensure that any equipment or clothing used is in good condition and suitable for the Event.

5.3. All Participants acknowledge and agree that some Events can be considered dangerous. Whilst STTT shall take steps to ensure that all Events take place in a safe manner, Participants acknowledge and agree that because Events often take place in public spaces STTT cannot be held liable for any damage caused outside of its direct control.

5.4. STTT does not provide any insurance, whether life or medical or liability, for any illness, accident, injury, death, loss, or damage that may arise in connection with the attendance at and/or participation in the Event. Participants shall be responsible for arranging their own suitable and adequate insurance protection to cover their participation in the Event, including without limitation cover:

5.4.1. for material loss/damage to any equipment they may use in the Event or personal property (including clothing);

5.4.2. any loss or damage they may cause to a third party.

5.4.3. sickness; or

5.4.4. negligence of any party.

5.5. Any accident or injury caused by a Participant's actions shall be the responsibility of that Participant.

5.6. Each Participant is responsible for his/her actions whilst attending or participating in the Event. This includes at the Event start point, during the Event and at the completion point. STTT accepts no responsibility for the actions of a Participant nor the consequences of such actions.

6. Participation

6.1. STTT reserve the right to reject at any time any Entry Form which is believed to be fraudulent or to disqualify any Participant who is ineligible to participate in the Event (or if participation in the Event should have been refused for any reason whatsoever); or who is believed to have not complied with these Terms and Conditions. STTT shall not be liable in any way to a Participant who is disqualified or whose entry is rejected in accordance with this paragraph 6.

6.2. In the event that you:

6.2.1. fail to follow the reasonable instructions of the event organisers;

6.2.2. act in a manner which the STTT reasonable believes may cause:

6.2.2.1. offence to any person;

6.2.2.2. injury to yourself or any other Participant or spectator;

6.2.2.3. any other harm or safety risk;

the STTT reserves the right to demand that you cease to participate in the Event.

7. Baggage facilities

7.1. Participants may be offered facilities to store bags at Events. If a Participant chooses to use these facilities, then it is acknowledged and agreed that:

7.1.1. all items are left at the owner's risk and, unless directly attributable to their negligence, neither STTT nor its partners or subcontractors shall be liable for any items that are lost, stolen or damaged

8. Cycle events

8.1. All Participants in Events involving cycling ("Cycle Event") must:

8.1.1. wear a cycle helmet at all times during the Cycle Event.

8.1.2. ensure that their bicycles are in a roadworthy condition.

8.1.3. observe the rules of the Highway Code;

8.1.4. obey the Rules of the Road;

8.1.5. ensure that the bicycle that they use during the Event complies in all respects with all relevant and applicable legislation including, if all or part of the Cycle Event takes place after dark, being fitted with fully functioning and adequate front and rear lights;

8.1.6. unless the Event Information states otherwise, must ride a two wheeled non- powered cycle in the Event.

8.1.7. refrain from using any bicycle or item which may, in the reasonable opinion of the STTT, present a risk or danger to you, another Participant or any spectators, including but not limited to bicycles or items which inhibit the safe flow or movement of other Participants. The following may not be used in any Cycle Event (and the STTT reserves the right to add to and vary this list): fixed wheel bicycles with no brakes; fixed wheel bicycles with only front brake; bicycles with only one brake; handcycles; unicycles; penny farthings; quad cycles; towed trailers; child carriers; trailer bicycles (including tag-along trailer bicycles); cargo bicycles; specialist time-trial bicycles; bicycles without 360-degree rider visibility; bicycles with unconventional handlebars (including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars and cow bars); and bicycles with handlebars with no bar-end plugs.

8.2. Where a Cycle Event uses a bicycle drop off or return service offered by STTT under which bicycles are transported to the start or finish of the Cycle Event or temporarily held in storage until collected by a Participant, the Participant acknowledges and agrees that their bicycle is transported and/or stored entirely at the Participant's risk and that neither STTT nor its contractors may be held liable

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for any accidental damage incurred during the transport or handling of any bicycle. Use of the bicycle drop off or return service will indicate acceptance of this exclusion of liability on the part of STTT and the carrier.

8.3. Each Participant acknowledges that in respect of the C2C Cycle Ride:

8.3.1. the Registration Fee and any Registration Donation is paid to Space to Talk Training CIC,

8.3.2. Participants must be at least 18 years of age on the Event Date;

8.3.3. the Registration Fee is transferable but is non-refundable; and

8.3.4. all Participants must complete the Event no later than 19:00 on the final day of the event and must comply with all other cut-off times indicated along the Event route.

9. Liability

9.1. Subject to paragraph 9.2, neither STTT nor its agents or contractors shall be liable for:

9.1.1. any injury or accident-causing loss or damage to a Participant or any third party where this is sustained as a result of a Participant taking part in the Event; or

9.1.2. any loss or damage sustained by a Participant as a result of: the cancellation of the Event by STTT for any reason; any changes made to the Event by STTT for safety or any other reasons; or any circumstances beyond the control of STTT.

9.2. Nothing in these Terms and Conditions shall limit or exclude STTT's liability in respect of death or personal injury sustained as a direct result of:

9.2.1. the negligence, breach of statutory duty or fraudulent misrepresentation of STTT, its agents or contractors; or

9.2.2. a deliberate act or omission of STTT, its agents or contractors.

9.3. Subject to the terms of paragraph 11 below, STTT shall not be liable for any loss or damage sustained by a Participant as a result of: the cancellation of the Event by STTT for any reason; any changes made to the Event by STTT for safety reasons; or any circumstances beyond the control of STTT.

9.4. Nothing in these Terms and Conditions shall affect any statutory rights to which the Participant may be entitled as a consumer.

10. Withdrawal and refunds

10.1. All Registration Fees are non-refundable and may not be deferred toward a future Event.

10.2. No refund shall be given under any circumstances for purchases of travel tickets

11. Cancellation and changes to the Event

11.1. In the event that STTT is forced to cancel the Event for any reason, STTT will notify each Participant as soon as possible.

11.2. If STTT gives notice under paragraph 11.1 to cancel an Event then:

11.2.1. affected Participants will not be entitled to a refund of their associated travel costs; and

11.2.2. any refund of Participants' associated accommodation costs will be entirely at STTT's own discretion, taking into account all circumstances surrounding the Event and its cancellation.,

11.3. If a Participant wishes to claim a refund of its Registration Fee for any cancelled Event or any associated travel and accommodation costs (in line with the restrictions set out above) then the Participant must:

11.3.1. notify STTT of this in writing within 15 days of STTT sending notification of the Event cancellation; and

11.3.2. provide STTT with reasonable evidence of payment of all their associated travel and/or accommodation costs for which a refund is being claimed.

11.4. STTT reserves the right to alter the Event Date, the start time or other details of the Event as required. If changes to the Event are made, STTT shall update the Event Information on the Website and notify all Participants affected as soon as reasonably practicable. No refund in full or part shall be made in respect of any change to the Event, subject to paragraph 11.5 below.

11.5. In the event of a change of the Event Date, Participants will have the right within 15 days of receiving notice of the change to:

11.5.1. withdraw from the Event and request in writing a refund of their Registration Fee; or

11.5.2. transfer their registration to another individual who agrees to be bound by these Terms and Conditions.

11.6. If STTT does not receive a written request from any Participant for a refund of their Registration Fee in accordance with above, STTT will treat the Participant's Registration Fee as a donation to the STTT.

12. Photos and Publicity

12.1. Photographs and videos will be taken throughout each Event by STTT or its group companies and/or its contractors and/or its agents. These images may be used in connection with the Event or with the promotion of the work of the STTT.

12.2. All Participants and the parents or guardians of any young person's acknowledge and agree that no payment will be made to any Participant for the use of any photographs, images or films in which they may feature.

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13. Data Protection

13.1. Each Participant agrees that information provided to STTT in connection with Events is true and accurate in all respects and may be used by STTT in accordance with

13.1.1. the names of any Participant that they treat during the Event together with details of the circumstances surrounding that treatment; and

13.1.2. the name of any Participant who notifies the Medical Provider that they are withdrawing from an Event due to ill health or otherwise.

13.2. To find out more information on how we protect and use your personal data is set out in our privacy policy <https://www.spacetowcester.co.uk>

14. During the Event

14.1. All Participants must abide by all rules relating to the Event set out in the Event Information and any instructions given by STTT, their employees or agents before, during and after the Event. Failure to follow any such rules or instructions may result in STTT refusing to allow the Participant to continue in the Event. Participants must retire at once from the Event if ordered to do so for any reason by STTT, their employees or agents, any member of the Event's official staff, medical staff or any government authority.

14.2. No illegal substances, performance enhancing substances or intoxicants of any kind are permitted to be brought to the Event venue or used by Participants either before or during participation in the Event. STTT reserve the right to refuse attendance at, or participation in, the Event by any Participant found to have consumed or to have in their possession any illegal substances,

performance enhancing substances or intoxicants of any kind.

15. Completion Times

15.1. Certain STTT Events, and in particular STTT endurance Events, may require Participants to reach certain points in the Event by specific times or require the Event to be completed in its entirety by a set time. If a Participant does not manage to keep up with any stage or completion time or fails to arrive at the start location at their specified time, STTT reserves the right to refuse to allow the Participant to continue in the Event. If the Event has staging or completion times, these will be set out in the Event Information.

16. Acceptance of these Terms and Conditions

16.1. By registering to participate in the Event, a Participant agrees to be bound by these Terms and Conditions.

16.2. If any provisions in these Terms and Conditions, whether in full or in part, is held to be invalid or unenforceable, all other remaining provisions (in full or in part) shall continue to be valid and enforceable.

16.3. STTT may vary these Terms and Conditions from time to time and the up to date terms shall be available on the Website.

16.4. These Terms and Conditions and any dispute or claim that arises out of or in connection with them is governed by and construed in accordance with English law. The English courts have exclusive jurisdiction to settle any dispute or claim that may arise out of or in connection with these Terms and Conditions.