

WRTH
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35120

BY
YOUR
SIDE



Awyr Las
Blue Sky

Snowdon Rocks Conditions of Entry for Walkers

By entering the Snowdon Rocks walk, you agree to abide by these Conditions of Entry and any walk instructions given to you by the organisers and officials of the Snowdon Rocks Walk 2015. **All entrants take part at their own risk.**

Entry Fee: All entry fees, related tickets and purchases are non-refundable. No transfers of place to another walker. Your entry fee is paid to the charity and is not going towards event costs.

Walkers: Participants minimum age 4 and must be accompanied by an adult (parent, friend or relative). There is no upper age limit for the walk, but **you must be fit and healthy enough to take part.**

Fitness: Mountain walks can be tough and require a good level of fitness.

Medical Condition: It is recommended that you train for the walk and prepare for the challenge. All participants are strongly advised to consult their doctor prior to undertaking any exercise programme. It is the responsibility of all participants to ensure they are medically fit to participate in the event. Don't forget any personal medication you may require.

Registration Point: There will be a registration meeting point at the start of the challenge located in the Electric Mountain Visitors Centre. Registration will be open from 08:30am on Saturday 20th June.

Clothing: Please come equipped for all weathers - it can change rapidly during the day.

- Waterproof clothing. These should also be breathable (Gore Tex, Event, Aquafoil or similar).
- Warm clothing. You may need a fleece, woolly hat & gloves even in the middle of summer.
- Good sturdy walking boots

What else do you suggest I bring?

- Backpack. We suggest a comfortable 20-35 litre backpack with a waistband.
- Charged mobile phone
- Insect repellent
- Sun cream
- Hat
- Camera
- Walking Poles (non-essential)

Food & Water: We suggest you eat a carbohydrate rich meal the evening before and a good hearty breakfast before you set out. During the walk you will need to consume both starchy foods and sugars and to drink plenty of water. Remember to eat little and often; dried fruit, nuts, salted crisps, sweets and cereal bars are all good sources of energy.

Bring either a water bottle or a flask. We suggest you carry 2-3 litres of liquids.

Facebook: awyrlascharity

www.byyoursideappeal.org

byyourside@wales.nhs.uk

01248 384395

Registered Charity No. 1138976

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Toilets: There are no toilets along mount Snowdon, toilets are located at the summit
The Electric Mountain Visitors Centre at registration

Communications: Phone signals are intermittent at these altitudes. However, the walk will be led by professional mountaineers and they will use radio to communicate throughout.

Emergency First Aid Provision: A first aid safety support vehicle will be located at base throughout the challenge. The event manager will liaise with the team on the mountain should any situations arise.

Use of Image: By entering the walk you give permission for the free use of your name, voice or picture in any broadcast, telecast, advertising, promotion or other account of this event.

Event Cancellation: The event will only be cancelled or postponed due to unforeseen and unavoidable circumstances. In such an eventuality all participants will be notified by email as soon as possible. The organisers shall not be liable in respect of any entry fees, costs and expenses you may incur as a result of such cancellation or postponement.

Collection & Use of Information: You acknowledge and agree that your personal information (including medical information entered on your walk number or collected by Event staff during or after the Event) can be stored, used and disclosed by the organiser in connection with the organisation, promotion and administration of the event and for the compilation of statistical information.

Data Protection: Awyr Las comply with the Data Protection Act 1998.

Walk Numbers: For safety reasons and primarily for identification by medical staff, the swapping, sale, resale or transfer of entry numbers is strictly prohibited. Participants must complete their details and sign the back of their walk number prior to the event.

Walk Ejection: The organisers reserve the right to refuse an entrant's attendance at or participation. We strive to organise safe and enjoyable walking events and hope that you will help us in achieving this. Any participant who is found in breach of these terms and conditions will be excluded from future events. Please do not put someone else at risk.

Parking: Parking arrangements will be available via our website prior to event
www.byyoursideappeal.org.uk

Awyr Las / Blue Sky, The North Wales NHS Charity. Registered Charity Number: 1138976. Awyr Las Fundraising Support Team, Ysbyty Gwynedd, Penrhosgarnedd, Bangor, LL57 2PW.