

Last updated: 24 March 2018

General

These rules ("the Rules") apply to the following events:

- **RIVALS RUN - 5KM**

and by registering for the Event, you agree to comply with them. Please check this page from time to time, as we may occasionally amend these Rules and any changes will be binding on all participants and supporters.

If you have any questions, please contact the Train Station Team by emailing getfit@trainstation.org.uk. A member of our team will be happy to help you.

All the Events are organised by Train Station Project C.I.C (registered office: 10 Ravendene Court, Brighton Road, Crawley, RH10 6AF, registered company number: 10816427).

Participant Entry

1. The Rivals Run is subject to age restrictions. You must be 16 years or older on the day of the Event in order to participate. Participants must be able to provide proof of age on the day. We reserve the right to refuse entry to the Event with no refund, to any participant who is under age, or is unable to provide proof of age when requested to do so by an Event official.
2. We will only accept entries to the Event on the day where we are satisfied that it is safe to do so, given that this Event has an allocated capacity that the Event team must adhere to, and the contact details for all participants must be held in advance in the case of an emergency.
3. Following your registration, we will send you information about the Event, suggested ways to improve your fundraising and hints and tips to support your training.

Rivals Run 5k Participants

Young people aged 16 and 17

- Can enter individually
- Do not need parent or legal guardian contact details but must have the permission of the parent/legal guardian
- If registering any additional entrant aged 16 or 17, must have the permission of the additional entrant's parent or legal guardian

Men and Women aged 18 and over

- Can enter individually
- Do not need parent or legal guardian contact details

Only registered participants who have paid their entry fee (or had the fee paid for them) are eligible to take part in the Event.

Entry Fees

1. Entry fees are non-refundable unless we change an Event venue, time and/or date in a material way, or if we cancel the Event altogether. Due to the limited amount of spaces at the Event, we ask that you let us know as soon as possible if you need or want to withdraw from the Event for any reason.
2. Entry fees for each Event are as set out on the Train Station website at the time of purchase unless a sales promotion is taking place, or a promotional or corporate voucher is used which covers all or some of the entry fee.
3. Your Event place will not be confirmed until payment has been processed and an email received from us acknowledging that a place has been allocated to you at the relevant Event.

Access

1. Regrettably, the Rivals Run is not suitable for wheelchair users as we do not have the permission to close the roads. You can, however, attend the event as a supporter by registering your details [here](#).

Changes and Last-Minute Arrangements

1. Participants arriving late must abide by the instructions and decisions of the Event Manager or their representative at the admin desk. For health and safety reasons it is possible that latecomers will not be permitted to take part.
2. We reserve the right to reduce or alter Event courses to accommodate any unexpected complications on the day that may have an impact on Train Station staff, participants, volunteers and spectators.

Conduct

1. All participants and supporters must abide by the Rules and any rules, instructions or regulations displayed or given on the day of the Event by police and/or Event officials.
2. We respectfully ask that all participants and supporters do not use aggressive or abusive language towards our Event organisers, marshals, officials, volunteers and other participants. You should also avoid behaving in a way which may cause injury or harm to other participants and/or spectators, or which may cause offence or damage the reputation of Train Station.
3. Train Station opposes the promotion and use of tobacco in all its forms. All participants and supporters are therefore required to refrain from smoking tobacco products or e-cigarettes at all Events.
4. We respectfully ask that all participants and supporters do not drop litter but instead use the litter and recycling facilities available within the venue and around the course or take litter home to dispose of responsibly.
5. We reserve the right to ask participants and supporters to leave an Event if they do not adhere to these Rules, and no refunds shall be given in these circumstances.

Health & Safety and Medical

1. All Events are non-competitive, non-UKA accredited walks, jogs or runs.
2. Participants are responsible for ensuring that they are sufficiently fit and healthy to take part in the Event. Anyone unsure of their physical ability to take part in an Event must

therefore seek medical advice from a general practitioner prior to the Event. We advise for pregnant women to consult their general practitioner before taking part in the Event.

3. Notwithstanding rule 2 above, we reserve the right to refuse entry to an Event in our absolute discretion, with no refund provided, if for whatever reason we consider a person unfit to take part. We may also ask you to withdraw during an Event if we have concerns about your ability to complete it due to fitness, injury or otherwise. If you choose to continue you do so with the understanding that you are no longer considered a participant of the Event and that you absolve us of all and any responsibility, and progress entirely at your own risk.
4. Participants are responsible for ensuring that they are wearing appropriate attire (including footwear) when taking part in the Event, taking into account the nature of the Event, the weather forecast, and the terrain involved.
5. We do not have permission to close the roads or pavements along the Event route. We have therefore selected a route that minimises the number of roads to cross. Please be aware that this may mean stopping and waiting at a crossing until it is safe to cross. You will also have a high possibility of being on a pavement at the same time as members of the public and must therefore conduct yourself in a manner that will not pose a threat to their safety.
6. All participants must write the following on the reverse of their official Rivals Run number, which must be worn on the front of shirts during the Event:
 - Their name.
 - The details of any health problems or current medication.
 - The name and number of a person to contact in case of an emergency.

To help us save money, please also remember to bring your safety pins!

7. We take all reasonable steps to minimise the risk of injury to participants during fundraising events. Stringent risk assessment processes are in place for the Event which aim to minimise or eliminate the risk to everyone taking part. By taking part in the Event, all participants acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks. If you have any concerns or queries, please contact us on the email given at the top of these Rules before agreeing to take part in the Event.

Sponsorship Money and Donations

1. All participants have a legal responsibility to ensure that all sponsorship monies/donations received in connection with the Event are paid to Train Station Project, and we ask that you do this as soon as possible before or on the day of the Event. Money pledged via online fundraising pages is collected automatically. Other ways to pay in sponsorship monies/donations are as follows:
 - Going to the Train Station website (www.trainstation.org.uk) make an online payment with a credit or debit card.
 - Sending a cheque made payable to "Train Station Project C.I.C" (stating your full name, and team colour on the back) to:

Train Station Project C.I.C
10 Ravdene Court
Brighton Road, RH10 6AF

2. Please ensure that all sponsorship forms are filled out in full and are returned to us.

3. Sponsorship money can be accepted on the day of the Event, however we recommend that you use the methods stated above wherever possible.

Use of your information

1. By providing your information when you register for an Event, we will use this information for the purposes of organising, staging and administering the Event, including to send you your Race pack. If you provide personal information on behalf of additional entrants, please only provide this if they have confirmed that they are happy for you to do so as we will use this information for the same purposes. In the case of an emergency we may also pass personal details provided (either when registering for the Event or on the reverse of your Event number) to the emergency services or health care professionals, and also use them for the purposes of contacting your emergency contact.
2. First aid facilities will be provided at each Event. **If you are treated by medical providers at an Event, your details may be passed on to us** only for health and safety purposes and to fulfil our legal obligations (including those under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 1995). All accident details will be held on the as an encrypted file on the Train Station database.
3. Your personal information may also be used for the purposes of sending communications to you where you have confirmed that you would like to receive further information about the charity's work when registering for the Event.
4. All personal information held by us will be handled in accordance with applicable privacy laws and Train Station's privacy statement.

Filming and Photography at the Events

1. Please note that Train Station (or our authorised service providers and agents) or our commercial partners may film or photograph participants, volunteers and spectators taking part or attending the Events and use such footage or photographs for the following reasons : (i) for Train Station to publicise the Event for commercial and/or fundraising purposes including, but not limited to, television broadcasts, advertising, publications, marketing material, merchandising, and other documents that may be made available to the public; and (ii) for our commercial partners to publicise their involvement and/or association with the Event.
2. No personal details (including names) of any under 16-year-old participants will be used in any publicity materials without the written consent of their parent or legal guardian, but we may use images where children are incidentally included e.g. of mass participation in the warm-up exercises, or on the starting line.
3. Subject to rule 2 above, please only register a participant under the age of 16 if the participant's parent/legal guardian (as applicable) are happy for their images to be used in the manner described in these Rules.

Liability

1. All participants and spectators enter and attend the Event entirely at their own risk. We shall not be liable for any injury, damage or loss to participants or their property that might occur as a result of their participation or attendance at an Event, other than in respect of any injury or loss arising as a result of our negligence. For the avoidance of doubt, nothing in this clause shall exclude or limit our liability for any liability that cannot be excluded or limited by law.