

MS Walk - Terms and conditions

1. General

1. These terms and conditions may vary from time to time and the latest version will be available at www.mssociety.org.uk/ms-walk.

2. Participant registration

1. This is an all-age event.
2. Persons aged 18 years or above as of time of the event may register for the event. Children under the age of 18 cannot enter individually and must be entered as an additional participant, the primary participant being 18 or over and the parent/legal guardian of the additional participant or has the permission of the additional participant's parent or legal guardian.
3. It's essential that all those wanting to take part register on our website individually. Multiple registrations under one name won't be recognised. Online registrations remain open until the event starts.
4. On the day registrations will be available for anyone wishing to register at the event site.
5. Only registered participants are eligible to take part in the event.

3. Fundraising

1. To help us stop MS, we ask each MS Walk participant to try and raise at least £100 for MS research.
2. All participants have a legal responsibility to ensure that all sponsorship monies/donations received in connection with the event are paid to the MS Society. We ask that you do this as soon as possible after the event. You can:
 - a. Add the donation to your JustGiving page. The money will be sent directly to us.
 - b. Via our website using a credit or debit card at donate.mssociety.org.uk;
 - c. Send a cheque, made payable to the MS Society and sponsorship forms to MS Society, Carriage House, 8 City North Place, London N4 3FU; or
 - d. Make a card payment over the phone by calling us on 0300 500 8084.
3. Please note that we are unable to accept your sponsorship money at the event as we don't have the suitable cash handling facilities to fulfil this process.
4. Please ensure that all donations and/or sponsorship forms are returned to us to enable us to claim Gift Aid where possible.

4. Accessibility

1. Although every care is taken to ensure that all routes are wheelchair accessible, we don't take responsibility for any unforeseen circumstances, including pathway closures, maintenance or adverse weather which may affect the routes. In the event of unforeseen path closures, we will plan an alternative access route when possible.
2. All route distances have been measured using online mapping and may differ from individual GPS tracking. Distances have been measured as accurately as possible, but we cannot guarantee exact distances.

5. Cancellations and changes

1. The entry fee is non-refundable unless we change the event venue and/or date (subject to paragraph 2 below), or if we cancel the event altogether (subject to paragraph 3).
2. If we need to change the venue and/or date of your event, we will notify you of the change as soon as possible. Your event place will be automatically transferred to the new date or location unless you tell us you are no longer able to attend. In these circumstances, you can either choose to donate the entry fee to the MS Society or ask for a refund of your entry fee.
3. If an event cannot go ahead at the specified venue and/or date and we are unable to re-schedule it for another time that year (as set out in paragraph 2 above), we will notify you of the cancellation and you can either choose to donate your entry fee to the MS Society or ask for a refund.

4. Participants understand that for safety reasons, you are prohibited from swapping, selling or transferring entry to another person. If you are unable to take part, you must notify us at the earliest opportunity.

6. Filming and photography at the event

1. All participants, volunteers and spectators are aware that video footage or photographs will be taken throughout the event. The photographs and video footage can be used by the MS Society to publicise the event for commercial and/or fundraising purposes including, but not limited to, television broadcasts, advertising, publications, marketing material, merchandising, personalised direct mail and other documents that may be made available to the public; and by our third-party partners to publicise their involvement and/or association with the event. We will not, however, identify anyone by name without their agreement but you understand that you may be recognised from still and moving images.
2. No personal details (including names) of an under 16-year-old participant 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.

7. Liability

1. All participants and spectators enter and attend the event entirely at their own risk. We shall not be liable for any injury that might occur as a result of participating in our event unless the injury is a result of our negligence. You are fully responsible for your actions during the event. We don't accept responsibility for the actions of participants nor the consequences of such actions. Participants who do not act responsibly and do not adhere to our instruction both on the day and in advance will be liable for any fees or costs incurred or arising from any incident caused by your negligent behaviour.
2. Participants understand that we reserve the right to change the details of the event, including the venue and route, or delay, postpone or cancel the event in the event of adverse weather conditions or other circumstances outside their control. The determination of what constitutes such conditions is reserved solely by the MS Society.
3. We are not responsible for any loss, theft or damage to your items.

8. During the event

1. Start times are as set out on our MS Walk website
Participants are requested that you arrive 30 minutes before the start time you have signed up for. Please note:
 - You must arrive within the correct time slot for your distance. You won't be able to begin your event in the incorrect time slot.
 - Unfortunately, we cannot guarantee your exact start time, and there may be some waiting on the day.
 - Start times may be subject to change. We will give you as much notice of this as possible, though unfortunately sometimes it may not be possible to do this until you arrive at the event.

Due to the ongoing Covid-19 pandemic, our start process (including start times) may have to be reviewed in line with Government guidelines on mass participation events, social distancing regulations and any other requirements. Updates can be found at www.mssociety.org.uk/ms-walk.

2. You must sign in at the starting location before commencing your event within the times stated. Failure to do so may lead to participants being unable to officially complete the event.
3. Participants over the age of 18 are required to provide their mobile phone number, for emergency contact on the day.
4. Participants taking part in the event understand that if you wish to withdraw during the event, you must contact the event control phone number, which can be found on your route map.
5. This is a self-guided event. You are asked to stick to the advertised route. If you choose a different route, you do so entirely at your own risk. You must obey all Highway Code rules

where applicable and extend all reasonable courtesy to other road and off-road users. Please be aware of fellow pedestrians and traffic.

4. You must aim to finish the event in no more than 7 hours for the 20km route, 5 hours for the 10km route, 3 hours for the 5km route and 2 hours for the 1km route. We will accept no responsibility for participants whose participation exceeds this time, and our post-race charity reception will close at 4 pm.
5. Dogs are welcome, but must be kept on leads and are the responsibility of the owner.
6. No bicycles, skateboards or rollerblading on the route or in the start/finish area.
7. We ask all participants and their supporters to be respectful of residents, to not make excessive noise along the route and to use the litter and recycling facilities available.

9. Health and safety

1. You need to be physically fit enough to complete the route you have chosen and accept that you do so entirely at your own risk and that it is your responsibility to ensure that you are fit and able to take part in the event.
2. On the day, you should not take part if you feel unwell.
3. We strongly recommend you seek advice from your GP before embarking on a new exercise programme or if you have an existing medical condition and this event could increase your level of physical activity.
4. You must not take part if you have been advised not to due to health reasons by a member of the medical profession.
5. If you have any special access requirements, please let us know at registration or by emailing mwalk@msssociety.org.uk.
6. You are responsible for ensuring that you are wearing appropriate attire when taking part in our event, taking into account the nature of the event, the weather forecast and the terrain involved.

10. Privacy

1. For more information on how we use and manage your personal information and your rights, please see our privacy notice at www.mssociety.org.uk/privacy.