**Autism All Stars Family Fun Run Terms and Conditions**

The organisers cannot accept responsibility for any damage or injury other than as a result of Autism All Stars Foundation UK's negligence.

All entrants must:

* beware of park traffic, pedestrians and other entrants
* abide by the orders and directions of officials and police
* observe and obey all signs along the route
* read and abide by the race instructions (see below) and ensure they are medically fit to enter the race
* be accompanied by an adult if aged 14 or under

By taking part, all participants confirm that they are happy for their names and any footage or photographs taken during their participation in the Fun Run to be used to publicise Autism All Stars Family Fun Run and Autism All Stars Foundation UK generally, including television broadcasts.

All participants must write their name and details of any health problems or medication on the reverse of their official Autism All Stars Family Fun Run number, which must be worn on the front of shirts during the event.

Any participant unsure of their physical ability to take part in the Autism All Stars Family Fun Run should take medical advice from general practitioner prior to the event.

Autism All Stars Foundation UK takes all reasonable steps to minimise the risk of injury to participants during fundraising events. There is a stringent risk assessment process in place for each and every event which aims to minimise or eliminate the risk to everyone taking part. However, by taking part in this event, you 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 before agreeing to take part in this event.

There is no requirement to wear fancy dress to participate in the Autism All Stars Family Fun Run, but it is preferred. Should any entrant choose to run in a fancy dress costume, it is their responsibility to ensure that the costume is appropriate for the run and does not present any hazard to themselves, other participants or members of the public.

All entrants must sign the disclaimer form (containing the terms above) before taking part in the event. This form will be presented to all entrants on the day, when they collect their race number.

 **Race Instructions**

**Race Numbers**

Each runner should wear a number on the front of their clothes.

**Meeting Point**

We will be meeting up at 10:30 am outside The Pavilion cafe in the centre of the park, where there are toilets and refreshments.

**The Route**

The race itself will start at the school, continue round the edge of the wood, down to the lake and back up again, which is a mile.
There will be a warm up at 11am and the race will start promptly at 11.30am. Slow entrants please start nearer the back.

 **Parking**

There is a Pay & Display car park in Bell Street, Reigate or you can park in the Morrison’s car park and walk across to Priory Park.

 **Prizes**

Every entrant who completes the race will receive an Autism All Stars goodie bag and a small winner’s medal as we consider everyone who participates to be a winner.

There will be additional winner’s rosettes for the fastest man, fastest woman and best fancy dress costume of the day.

 **Wellbeing and Safety**

By taking part you 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 before taking part.

 **Preparation**

You should try to get at least two weeks' preparation in for the event. It's only a mile but it is far better for your fitness levels to be too high rather than too low. Walking at lunchtime, then interspersing a jog and a walk would be perfect practice.

 **Medical Conditions**

If you have any medical conditions, are unsure of your ability to take part in the event or have not taken physical exercise for some time, then you should consult a doctor first - no reason not to enter, you just need to be careful. Please write your name and details of your medical condition and any medication on the back of your runner number.

 **Before the Race**

Make sure you eat breakfast. Stay hydrated: drink half a litre of water throughout the morning. Warm-up slowly then gently stretch your muscles.

 **Run to finish, not to win!**

Overexertion is dangerous and at best will leave you feeling pretty rough over the weekend so lower your expectations a little and enjoy your run more. Gently cool down after the race instead of stopping abruptly.

**Pay Attention to Your Body**

If you feel any of the following symptoms, stop running and alert the nearest All Stars official:

* dizziness
* nauseous
* disorientated
* chest pains

**Disabled Entrants**

You must inform the organisers of the Autism All Stars Family Fun Run about your disability before the race. We would like to accept all entries but we may occasionally have to refuse some for health and safety reasons.

**After the Event**

Please send any photographs you’ve taken at the event to helen@autism-all-stars.org so that we can make an event page for the website and an album for the facebook page.