



## Terms and Conditions

1. All participants must complete the online registration form.
  - a. By the completion of registration form, each participant acknowledges and accepts these Terms and Conditions.
  - b. Anyone under the age of 8 must be accompanied by an adult.
  - c. Anyone under the age of 16 must have their registration form signed by a parent or guardian.
  - d. We recommend that children under 4 do not take part in the event.
  - e. Upon registering for the event, you agree that you are physically capable of covering the distance of the course.
  - f. On registration an emergency contact name and number must be provided.
2. The course is set up on the field and can be uneven, although signs are in place around the course. The absence of these signs does not signal no danger/even ground.
  - a. The course is not suitable for wheelchairs or pushchairs.
3. Parents and guardian are advised to consider the risks to your child before taking part/registering as some young children may find the paint station noisy and there will be clouds of paint. Parents are therefore responsible for their child/children's safety.
4. Parents and guardian must fully complete a waiver section of the registration form for each child that is participating in this event.
5. We ask that those taking part get sponsorship in aid of Exwick Heights Primary School.
6. We do not ask for a minimum sponsorship but ask that you raise as much as you can.
7. Transfer of a place is not permitted in any circumstances.
  - a. If you are unable to attend the event, please inform Exwick Heights PTFA as soon as possible.

b. The registration fee is non-refundable and non-transferable.

8. The event has been organised with safety being paramount but by entering the Colour Run you do so entirely at your own risk.

9. Participants are welcome to walk, run, and jog the event. This is not a racing event, and no timings will be given.

10. The coloured powdered paint is non-toxic and bio-degradable and will not affect the environment.

a. The paint should not cause harm to participants.

b. It is recommended that if you have a respiratory, skin or medical condition that could be affected and are unsure that you please consult your doctor before taking part.

c. Those throwing the powder paint in an inappropriate manner may be asked to leave the event.

d. We recommend that you wear sunglasses to protect your eyes, and if you wish a hat to stop the powdered paint from getting in your hair.

e. Please ensure that you wear appropriate clothing you don't mind having the powdered paint thrown at, and appropriate footwear as the ground may be uneven in places.

11. If you are involved in an accident and the situation arises that you are not capable of making the decision to call the emergency services, you agree that a member of our Team or member of public may call on your behalf.

12. First aiders will be present at the event.

13. Exwick Heights Primary School and Exwick Heights PTFA cannot be held responsible for any personal injury, accident, loss or damage.

14. Any participants behaving in a manner which causes or may cause harm to themselves, or others will be asked to leave the event

15. We reserve the right to cancel the event due to extreme weather conditions, dangers on course, pandemic, social distancing measures.

a. Decision to cancel event will be carried out no later than 24 hours prior to the event.

b. In the event of the Colour Run being cancelled sponsors are entitled to a refund on request or can continue to donate if they choose too.

16. There will be a photographer taking photographs at this event. These photographs will be used on social media and be used for further promotional materials.

17. By entering this event you are agreeing that any official photographs being taken can and may be used in promotion of future events.

18. We will only use your personal information as set out in our privacy policy.




19. Information that is provided at registration will not be shared with any other organisation.

20. Disclaimer: Participating in this event is a low hazardous activity. Each participant acknowledges that there is an inherent risk of physical injury that cannot be eliminated completely, including but not limited to serious injury. Knowing this, each participant voluntarily assumes all the risks of participating in the event, including the use of fancy dress and take full responsibility for any and all damages, liabilities, losses, or expenses incurred as a result of their participation.



Mental health problems can affect anyone, any day of the year, but this is a great time to show your support for better mental health and focus on your own wellbeing too.

Why not have a go at one of these six relaxation tips

<p><b>Listen to some music</b></p> <p>Your favourite tunes can help you to switch off. Tracks with a slower tempo, or designed with relaxation in mind, might be a good choice.</p> 	<p><b>Try a breathing exercise</b></p> <p>Gently breathe in through your nose and out through your mouth, keeping the pace slow and regular. Slowly tense then relax all the muscles in your body, starting at your toes and working up to your head. Afterwards just take some time to be still and focus on how your body feels.</p>
<p><b>Pause for thought</b></p> <p>Introduce small moments of relaxation into your day. Take a moment to stop and look around, or close your eyes and listen to the sounds you can hear. Mindfulness techniques like this can help you to feel calmer and more in the moment.</p>	<p><b>Try active relaxation</b></p> <p>Gentle exercise like yoga, tai chi or pilates, or a stroll in the fresh air, can all give you time to unwind your body and mind. Exercise also releases 'feel-good' hormones, which can help reduce depression and anxiety.</p> 
<p><b>Where are you happiest?</b></p> <p>A tropical beach? The park on a sunny day? Imagine you're there. Think of the sounds and smells around you, and how you feel. This can bring back nice memories and help you to unwind.</p> 	<p><b>Keep practising</b></p> <p>Try not to worry if relaxing doesn't come easily. Set aside some time every day, or as often as you can, to try relaxing. Find a quiet, warm space where you won't be interrupted, to help keep your mind focussed and free from distractions.</p>