• Once accepted, your place cannot be transferred after the 24th June. If you cannot attend the event you must inform St Barnabas Lincolnshire Hospice as soon as possible. You cannot give your place to any other person after this date and we ask that you return your sponsorship form, even if it has no entries.

• At the event you will be asked to provide an emergency contact name and telephone number of someone who will be available on the day of the event. This should not be someone participating in the event. Please ensure we have this information along with any medical details before you take part in the event, we will check all details with you on the day. Participants who do not raise their sponsorship MAY not be permitted to participate.

• Fees: The registration fee for any entries received is non-refundable. The minimum sponsorship is £800.00 per team. Each team member will be responsible for raising/paying their own £80.00, we will ask for proof of sponsorship before the event by asking you to sign your sponsorship form.

• Payment: Please make cheques payable to St Barnabas Lincolnshire Hospice. Each cheque should have the name(s) of the participant(s) written on the back. Please do not send cash through the post.

• The ‘It’s a Knockout’ Arena is a secured off area. Only participants will be allowed to enter the arena, once instructed to by a member of St Barnabas and ‘It’s a Knockout’ Staff.

• You can arrive from 11am and the event starts at 12pm. Please make certain you give yourself plenty of time to get ready before the event, we will provide you with bottled water, a t-shirt, sun-cream and we will ask you to confirm your details with us. Participants who arrive after 12pm may not be permitted to participate.

• All participants take part at their own risk. If you suffer any medical conditions which may affect you during this event, please consult your GP beforehand. In no event shall St Barnabas Lincolnshire Hospice be liable for any injuries, loss or damages whatsoever including indirect, punitive, special, incidental or consequential losses connected with any aspect of this walk. St Barnabas will ensure first aiders are on site throughout the activities.

• You are not permitted to use any of the sponsorship money you raise to pay for your expenses. You must pass sponsorship monies, together with used and unused sponsorship forms, directly to St Barnabas Lincolnshire Hospice by 6th September 2019. If you do not pass all the money that you raise to St Barnabas Lincolnshire Hospice, you may be committing a criminal offence.

• By registering either on or offline you agree to follow the reasonable directions of St Barnabas Lincolnshire Hospice and abide by the rules and conditions of entry for ‘It’s a Knockout

• Please note that photography and filming for publicity purposes will take place throughout the event. By taking part in this event you authorise the use of your picture for future St Barnabas Lincolnshire Hospice publications, online and in the media, and to help publicise future events.

• St Barnabas Lincolnshire Hospice reserves the right to cancel this event at any time if necessary due to unforeseen circumstances.