

## **Terms & Conditions**

1. A donation of €10 per person is to be paid for participation in any stream of the activity.
2. Children between 12 and 16 years of age are to pay a donation of €5
3. Online applications will be accepted until Friday, 4<sup>th</sup> October till NOON. Registrations on the day will be possible between 0800 and 0950 hours at the starting point.
4. Children under 16 years of age are to be accompanied by an adult who will be solely responsible for their wellbeing during the event.
5. All participants must ensure that they are fit to take part in the activity which they are registering for.
6. Participants are obliged at all time to follow directions given by marshals, wardens, police or any other person authorised by the organisers to direct the participants.
7. In case of emergency during the event, please contact 9980 5987 who will liaise with the First Aiders to provide assistance.
8. Donations collected through this activity will go towards Richmond Foundation.
9. In the event that due to unforeseen circumstances the event has to be cancelled, the organisers will make every possible effort to reschedule it to another date. In the event that the event cannot be rescheduled, donations will not be refunded.
10. Whereas all possible care has been taken in organising the activity within health and safety standards, participants understand that there are elements of risk and adventure intrinsic to the event. Individuals participate at their own risk, and the individual organisers, Richmond Foundation, the sponsors and the supporters of this event cannot accept any liability for any injury or damage that may be suffered as a result of participation in this event.
11. During the event, individuals will be supporting and representing Richmond Foundation. They are expected to conduct themselves in a respectful manner at all times, giving due consideration to the rural and urban areas that they will be passing through. No vandalism or public nuisance is acceptable.
12. Participants are expected to respect their surroundings by not littering or damaging the environment. Litter is to be carried to the finishing point where appropriate means of disposal will be provided.

## MAAA ROAD RACE STANDARDS

For the issue of an MAAA Road Race Licence the following standards, which are in conformity with the European Athletics one-star standard system, will be adhered to.

### **1. ADMINISTRATION AND FINANCE**

- a. PERMITS - Permits and authorisations (Police, transport Malta, Dingli & Rabat local council, MAAA) have been obtained.
- b. RACE RULES- The race rules have been published. (Donations, date, race distance, start time(s).
- c. REGISTRATION - There is an appropriate registration system. Participants can apply online with a secure entry fee payment system or pay on the day of the event

### **2. SAFETY**

- a. AMBULANCE - There is a vehicle equipped with medical supplies following the Walk. This following vehicle is linked to the rest of the organising team through an appropriate communication system.
- b. MARSHALS - At least one appropriately clothed so as to be instantly recognisable - with accurate direction and instruction signs - is stationed at each intersection along the course. Marshals are to keep their assigned position until advised by the race official responsible for closing the field. Experienced marshals to assume duties of *check-points*.
- c. MULTI-RACE EVENT - In the case of a multi-race event, the races have been planned so that there are no conflicts in terms of the course or participant flow, human resources, equipment, supplies and logistics.
- d. POLICE - The local police and security services have been involved in the planning of the safety and security arrangements and as required athletes are instructed to follow police recommendations.
- e. START / FINISH LINE -The start line and finish line are properly secured, wide enough for the expected number of participants and clearly identified.



**RICHMOND**

### **3. MEDICAL**

- a. MEDICAL EMERGENCY SERVICES - Local medical emergency services have been consulted prior to the race and been involved in the planning of the emergency arrangements and other medical services at the race.
- b. HEALTH VOLUNTEERS - There are sufficient medical professionals and trained health volunteers (first-aiders) - based on the race history, conditions and organisers' guidelines - and they are provided with the appropriate conditions for their work. The professionals and trained health volunteers (first-aiders) along the course are linked through an appropriate communication system.

### **4. COURSE**

- a. COURSE DESIGN - The course design ensures, as far as possible, a smooth, unobstructed run from start to finish for all participants. If it is impossible to cope with space limitations (e.g. through different bloc-start times or different courses) entries should be limited to a number that allows all participants a good-quality race experience.
- b. SURFACE - The course is on sealed surface roads, footpaths or hard-clay surfaces but not on a trail course or a cross-country course.
- c. SIGNAGE - The course signage gives clear indications and does not confuse participants on the route to follow.
- d. DRINKING WATER - There are stations at which volunteers hand drinking water to all participants positioned at least every 3km along the course. They are indicated and ideally positioned at wide, flat portions of the course.

### **5. MEASUREMENT**

- a. SHORTEST ROUTE - The course has been accurately measured along the shortest possible route that a runner could follow within the section of the road permitted for use in the race.

### **6. SUSTAINABILITY**

- a. SUSTAINABILITY - The race organisation has sought to raise awareness among its staff, volunteers, participants and spectators about energy saving, water conservation and waste management and to promote the use of public transport to/from the race site.

### **7. INDIVIDUALS**

- a. RECOGNITION SYSTEM:-There is an appropriate management and recognition system for all volunteers.
- b. GENDER DISCRIMINATION: - There is no discrimination on the basis of gender in terms of facilities, arrangements or actions by the race organisation.

### **8. SERVICES**

- a. TOILETS - There are sufficient toilets available in the start and finish areas