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## Sleep Easy Terms and Conditions

By registering to take part in the YMCA MK Sleep Easy you are agreeing to the following conditions of entry:

- Sleepers must be at least 18 years of age to participate.
- You must pay a non-refundable registration fee of £5 for SleepEasy. This covers the cost of refreshments and administration of the event. This fee is payable when you sign up via Eventbrite to take part and secures your place at the event.
- The aim of the Sleep Easy event is to raise as much money as possible to support YMCA MK's work. We ask that all participants, where possible, commit to raising a minimum of £100 through sponsorship or other fundraising methods.
- If you decide not to raise money using Localgiving.com, you must send any sponsorship money and other funds that you raise to the YMCA MK as soon as possible. All monies should be received by the charity by 30<sup>th</sup> April 2019 please.
- If for any reason you choose not to, or are unable to take up your place at the event, all sponsorship forms and money collected must be forwarded to YMCA MK.
- As this event takes place overnight outside and extremes of weather could be experienced, participants are responsible for their own medical condition and ensuring they are fit to take part. Please consult your doctor if you suffer from heart, joint, back or breathing problems or any other medical condition that may affect your ability to take part.
- You must confirm that, as far as you are aware, you are currently in a good state of health and that you will not take part unless you are in a good state of health at the time of the event.
- You are taking part in the event at your own risk. The YMCA MK will not have any responsibility for any risk, loss or costs incurred by you in connection with the event.

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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

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- YMCA MK will carry insurance in relation to your participation in the event. Should you judge that additional insurance is necessary it is your responsibility to obtain this.
  - Photographs and videos taken at the event may be used by the YMCA MK in future publicity material, including via social media, local press and on our website. You must notify the organisers of the event if you do not want your photograph to be used for this purpose.
  - Participants will not engage in any activity that would place the interests and reputation of the YMCA MK at risk.
  - There will be strictly no alcohol, legal highs or illegal substances on any Sleep Easy premises.
  - Smoking, where permitted is restricted to designated outside areas.
  - You are responsible for your own safety during the event and should take reasonable care to ensure the safety of other participants. In the interest of your own safety and that of others you agree to comply with all instructions and guidelines given by the YMCA MK, the organisers and persons acting on their behalf.
  - The YMCA MK reserves the right to refuse involvement in the event at their discretion.

