mind Nottinghamshire

Mental Elf Festive Fun Run rules

These Rules (the "Rules") apply to the **Nottinghamshire Mind Mental Elf Festive Fun Run** event taking place on **Sunday 6th December 2026** (the "Event") and by registering for the Event, you agree to comply with them. The Event is organised by Nottinghamshire Mind.

Participant Entry

1. There is no minimum age for participants
2. Entrants under the age of 14 must have the permission of their parent or legal guardian before registering to take part in the Event.
3. Participants under the age of 14 must be accompanied at the Event by their parent or legal guardian (or by an over 18 year old who has the permission of that participant's parent or legal guardian).
4. We reserve the right to refuse entry to any participant who is not accompanied as required or unable to provide their event registration confirmation, photo ID or other satisfactory proof of age when requested to do so by an Event official.
5. Participants are only eligible to take part in the Event if they have: paid the entry fee
6. Given the limited number of spaces for the Event, entry fees are non-refundable. Furthermore, where we have a right to refuse your entry to the Event under these Rules, no refund will be given.

Changes and Last Minute Arrangements

1. We reserve the right to postpone and/or cancel the Event in our absolute discretion due to factors such as (but not limited to) adverse weather conditions.

General Health and Safety

1. Participants must ensure they are sufficiently fit and healthy to take part in the Event. Anyone unsure of their physical ability to take part in the Event must seek medical advice from a General Practitioner prior to the Event.
2. We reserve the right to refuse entry to the Event in our absolute discretion if for whatever reason we consider a person unfit to take part. We may also ask you to withdraw during the Event if we have concerns about your ability to complete it due to fitness, injury or otherwise. If you continue, you do so with the understanding that you absolve us of all and any responsibility and progress entirely at your own risk.
3. We take all reasonable steps to minimise the risk of injury to participants during fundraising events. There is a risk assessment process in place for the Event which aims to minimise or eliminate the risk to everyone taking part. However, by taking part in the Event, you acknowledge that it is potentially hazardous and that there may be conditions or circumstances beyond our control that can lead to unforeseen risks.
4. All participants, volunteers and spectators enter and attend the Event entirely at their own risk.
5. All participants must run with care and attention and abide by the UK Highway Code and any other rules stipulated by the Event organiser, Event marshals, Forestry Commission, police, emergency services and officials.
6. First aid facilities will be provided. Any major incidents should be reported to 999.
7. By taking part in the Event, you consent to receiving medical treatment administered by medically qualified personnel during the Event if required in any circumstances where you are unconscious or otherwise incapable of making a decision regarding medical treatment.

Liability

1. The Volunteers and Nottinghamshire Mind shall not be liable for any injury or loss to persons or their property that might occur as a result of their participation in or attendance at the Event.

Conduct

1. Any participant that is suspected of being under the influence of alcohol or illegal drugs will be refused entry and will not be allowed to participate in the Event.

What you must bring on the day

You must bring the following items with you:

- Confirmation of registration – purchase receipt and/or email confirming place
- Money or payment card if you wish to register on the day

We recommend that you bring the following items with you:

- Full water bottle and food as required
- Suitable clothing and footwear (taking into account the weather forecast)
- A mobile phone with full battery
- Money to pay for parking and if you wish to make purchases in the Event Village or at the venue (card facilities will be available but there is no cash machine on site)

Please note there will not be a bag storage facility and so please bring only what you can carry; we do not accept liability for any lost items.

Use of Personal Data

1. By providing personal data to Nottinghamshire Mind and/or the Volunteers when you register for the Event, you confirm that you consent to such data being used by Nottinghamshire Mind for the purposes of organising, staging and administering the Event.
2. If you provide personal data on behalf of additional entrants, you also confirm that you have obtained their consent for such data to be used for the same purposes.
3. In the case of an emergency, the Volunteers and Nottinghamshire Mind may pass any personal details provided (either when registering for the Event or otherwise) to the emergency services or health care professionals, and also use them for the purposes of contacting emergency contacts. If you provide personal details on behalf of someone else, you confirm that you have their consent for their details to be used in this way.
4. Participants consent to their details (which will be obtained by medical providers if participants are treated by them at the Event) being passed to the Volunteers and to Nottinghamshire Mind. These details shall only be used for administration and health and safety purposes and to fulfil legal obligations (including those under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013.) All medical details will be held on the Nottinghamshire Mind records.

Photography/Videography

1. By taking part in the Event, all participants, volunteers and spectators agree that they are happy for their names and any video footage, stills or photographs taken of them during the Event by the Volunteers or Nottinghamshire Mind (or by their service

providers or agents) to be used by the Volunteers and Nottinghamshire Mind to publicise the Event and for commercial and/or fundraising purposes including, but not limited to, television broadcasts, advertising, publications, marketing material, merchandise, social media, personalised direct mail, social media and other documents that may be made available to the public.

2. The Volunteers and/or Nottinghamshire Mind may appoint third party photographers to take photographs at the Event. All participants agree that photographs featuring them may be sent to them, to other people also featured in those photographs and to children's parents/legal guardians where children are featured in those photos.
3. If you wish to withdraw photograph consent please contact event organisers prior to the event. All runners will be asked to confirm consent at Event Registration.

Sponsorship Money and Donations

1. Any monies raised in connection with the Event are held on trust for Nottinghamshire Mind and must be passed to Nottinghamshire Mind. We ask that you do this as soon as possible after the Event. You can:
    - Pay in your sponsorship money online on your own Just Giving page
    - Pay in your sponsorship money online to Nottinghamshire Mind's Just Giving page at:
        - https://www.justgiving.com/campaign/notts-mind-mental-elf-2026
    - Send cheques made payable to "Nottinghamshire Mind" to: Nottinghamshire Mind, 6 Hardy Street, Worksop, Nottinghamshire S80 1EH. Please ensure you include your name and "Mental Elf 2026" on the reverse.
2. You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Event are paid to Nottinghamshire Mind.

If you have any queries prior to the Event, please email the Event Organiser at fundraising@nottinghamshiremind.org.uk

Any queries or concerns on the day of the Event should be made to a Volunteer who will liaise with the Event Organiser.

Nottinghamshire Mind
6 Hardy Street
Worksop
S80 1EH

0800 470 0203
fundraising@nottinghamshiremind.org.uk
www.nottinghamshiremind.org.uk/mental-elf-2026