

Terms and Conditions

The legal stuff: when you book with us, you are agreeing to the terms, conditions and participant declaration laid out below. Short and sweet, our rules are designed to cover your back as much as ours.

Changing your booking

- Should you wish to alter your booking once it is confirmed (i.e. after you have paid or received an invoice from us), you must do so in writing. A £25 admin fee will be payable.
- Courses may only be transferred to another course date up to 8 weeks prior to the course being run.
- Courses can only be transferred to another course, during an 8 month period. So if you have booked a course to be delivered on the 01/01/2019, then you can only transfer to another course held between that date and the 01/08/2019

Cancellations and refund policy

- Should you decide to cancel your booking more than 4 weeks before your activity date, 50% of your fee will be refunded.
- If we receive your cancellation less than 4 weeks before your activity date, no refund can be made.
- Should we need to cancel the activity that you have booked, we will offer you the choice to EITHER receive a full refund of all moneys paid to date, OR to transfer your moneys towards another booking of your choice.
- We advise you take out insurance for cancelations, as the above policy is not flexible.

Participant Declaration: all activities

Run and Rock Guiding accepts its responsibility to make its activities as safe as is reasonably practicable. However, adventurous activities are inherently hazardous and cannot be completely risk free, however hard we try. Accidents can happen without any contributory negligence from Run and Rock Guiding or its staff. Run and Rock Guiding can accept no responsibility for loss or damage to personal property or for personal injury

not arising as a result of its own act or default. Please see the BMC's participation statement <https://www.thebmc.co.uk/risk-and-safety>

By booking with us, you are agreeing to the following statements:

- I am physically fit for the activity I have booked
- I appreciate that the activity may be hazardous by its nature and I accept a certain element of risk
- I agree to abide by such regulations as Run and Rock Guiding may consider advisable on the day of my activity
- I confirm that I will adhere to the Minimum Kit recommendations provided by Run and Rock Guiding for the activity that I have booked
- I confirm that I agree to release Run and Rock Guiding, its staff, agents, representatives, associates, sponsors, marshals, and volunteers for any and all liability, including but not limited to claims, liability, damages, demands, causes of actions for any loss, damage, injury, claim, legal fees or action arising from my participation in the activity I have booked. This release extends to any claim made by my family, estate, heirs, or assigns arising from or in any way connected with the aforementioned activities. This release does not include a release to Run and Rock Guiding for acts of its own negligence.
- I understand and accept the above statements and accept that I have a responsibility to take careful note of instructions and to act in a way that will minimise the likelihood of injury. I am fit for the course and will inform Run and Rock Guiding before the course of any special medical conditions that might affect my safety.