

## Event Rules

### 1. Eligibility & Registration

- All participants must be **18 years of age or older**.
- Due to sensitive nature of participants/volunteer's organisers may see it fit to conduct background checks on all participants.
- Registration must be completed via the official OCMW form and submitted by **18 August 2025**.
- Only **approved participants** will be allowed to attend. Walk-ins or unregistered individuals will not be accepted.

### 2. Medical & Fitness Requirements

- All participants must declare themselves **medically fit** and capable of completing a 23.4 km trek.
- You must bring and show **photographic ID** at the event.
- Any **medical conditions, injuries, or medications** must be disclosed in the registration form.
- Anyone showing signs of **physical distress or unpreparedness** may be asked not to participate, at the organisers' discretion.

### 3. Safety & Conduct

- All participants must attend the **mandatory safety brief** and **navigation lesson**.
- The **pace of march will not exceed 4km/h**. Participants must remain with the main group unless otherwise directed by event staff.
- Any participant who **fails to follow safety instructions** or puts themselves/others at risk may be removed from the event.
- Drug consumption during the event is strictly prohibited, Alcoholic drinks are forbidden the morning before and during the walking phase of the event.

### 4. Equipment & Clothing

- All participants must wear **appropriate footwear and outdoor clothing**.
- Compasses, maps, and hydration bottles will be provided where required.
- Personal kit, such as **first aid items, waterproofs, and warm layers**, is expected to be brought by each participant as outlined in Annex A.

### 5. Accommodation & Facilities

- Accommodation is shared and gender-separated. Participants are expected to behave respectfully and responsibly at all times.
- Keep all facilities, including showers and toilets, **clean and tidy** after use.

### 6. Food & Dietary Needs

- Meals will be provided throughout the event. Any **dietary requirements** must be disclosed prior to arrival.

## **7. Photography & Media**

- By attending the event, participants consent to the use of **photographs and video** for promotional and educational purposes.
- Any participant wishing to opt out of media coverage must inform organisers in advance.

## **8. Loss, Damage & Liability**

- Participants are responsible for their own belongings. Advance Formation CIC is **not liable** for any lost or damaged property.
- Any damage caused to venue property or loaned equipment may be billed to the participant.

## **9. Respect & Inclusion**

- Discrimination, harassment, or disrespectful behaviour will **not be tolerated**. Violators will be removed from the event.
- This event encourages a **positive, inclusive, and supportive environment** for all participants.

## **10. Emergency & Withdrawal**

- In case of emergency, notify a designated organiser or first aider **immediately**.
- Participants may withdraw from the event at any time but must **inform the organisers** and follow exit procedures.

## Main Events List

KEEP NOTE: To enhance protection of sensitive personnel joining us over the weekend, some details have been redacted from this document and will be disclosed closer to the date.

Event	Timings	Remarks
<b>5<sup>th</sup> September</b>		
<b>Arrival of Participants</b>	1700 - 1900	Arrival too Accommodation (Disclosed closer to date) Transportation from local train station available if required
<b>Welcome and Issuing Kit</b>	1900 - 2000	Formal welcoming and issuing of maps, equipment, ect.
<b>Social</b>	2000	
<b>6<sup>th</sup> September</b>		
<b>Breakfast</b>	0700 - 0800	
<b>Safety Brief</b>	0800 – 0900	
<b>Navigation Lesson</b>	0900 – 1000	
<b>Push out to Sarn Helen</b>	1015	Estimated 20 minutes to arrive
<b>Walk Begins</b>	1040	
<b>Lunch</b>	1200	
<b>Walk ends</b>	1630	
<b>Return to Accommodation</b>	1700	
<b>BBQ and Social</b>	1800	
<b>7<sup>th</sup> September</b>		
<b>Breakfast</b>	0700 – 0800	
<b>Retuning of Kit</b>	0830	
<b>Advance Formation Brief</b>	0900	Brief of future activities
<b>Returning transportation</b>	1000	Returning transportation to train station if required.

## Dress and Equipment

- Adequate clothing for Hill Walking
  - Adequate boots for Hill Walking
  - Daysack
  - Set of warm clothing
  - Set of Waterproof clothing
  - Clothing for casual wear
  - Wash kit
  - Water bottle
  - Personal First Aid Kit
- ii. Recommended;
- Whistle
  - Personal medical kit containing blister plasters, painkillers etc.
  - Home Comforts (for weekend)