


**South Norfolk Council Leisure Centre
Fitness Challenge Terms and Conditions**


At Royal Norfolk County Show 29 and 30 June 2022 on stand 83, Royal Drive

1. All participants users will be offered an induction to ensure they can use the equipment safely.
2. Use of equipment: You must use all equipment and facilities in a proper manner and must give safe regard to your own health and safety and to that of others.
3. In the event of pregnancy or major illness your fitness challenge may be frozen or stop. A letter of confirmation will be required from your GP.
4. We may make reasonable changes to the terms and conditions at any time if we give you notice of the proposed changes.
5. We agree that we will use any personal data you give us only in accordance with the Data Protection Act 2018.
6. Minimum age for fitness challenge is 13 years old.
7. Promoter is not responsible for lost, late, incomplete, invalid, illegible or misdirected Submissions, which will be disqualified; for technical failures of any kind, including, but not limited to, electronic malfunctioning of any network, hardware or software; any failed, incomplete, garbled or delayed computer transmissions or any combination thereof; or for any error, human, technical or otherwise; or any injury or damage to Participant's or any other person's computer related to or resulting from entering, participating in or accessing or downloading information in connection with, this Contest. Promoter reserves the right at its sole discretion to modify, cancel or suspend this Contest for any reason whatsoever including, but not limited to, a computer virus, bug, or other cause beyond the control of Promoter. In case of dispute as to the owner of a Submission, the Submission will be deemed to have been submitted by the authorized account holder of the e-mail address from which the Submission is made with the only exception being if a minor submits a Submission in the name of his/her parent or legal guardian. The "authorized account holder" is the natural person assigned an e-mail address by an Internet access provider, online service provider or other organization responsible for assigning e-mail addresses for the domain associated with the submitted address. A selected Participant may be required to provide Promoter with proof that he/she is the authorized account holder of the e-mail address associated with the selected Submission. Promoter reserves the right, in its sole discretion, to disqualify any individual it finds tampering with the operation or entry process of the Contest or acting in violation of these Official Rules or applicable law. Submissions delayed past the Submission Deadline will not be accepted.
8. The winner will be contacted using the contact details provided on entry within 14 days of the closing date. If the winner cannot be contacted or does not respond to confirm details for delivery of the prize within 14 days, an alternative winner will be selected at random from the remaining eligible and correct entries. PLEASE NOTE: Due to the current situation there may be a delay in the sending of prizes.
9. ELIGIBILITY: Entry is open to any person who lives in South Norfolk council UK members, aged 13+ only. UK only.

10. Not all individuals should participate in the Contest, and you should check with a physician before participating in the Contest. Weight loss tools and information may be

**Two Councils
One Team**

**Broadland**
District Council
Community at heart

**South Norfolk**
COUNCIL

provided as a result of your participation in the Contest; any such tools or information is for general informational purposes and should never be relied upon or construed as medical advice. This information should not be considered complete and does not cover all diseases, ailments, physical conditions, or their treatment. This information is not intended as a substitute for proper medical advice, diagnosis, or treatment. You should consult with your own health care professional about your specific situation. **NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING IT BECAUSE OF SOMETHING IN ANY MATERIALS PROVIDED AS A PART OF THE CONTEST. IF YOU THINK YOU HAVE AN EMERGENCY, CALL YOUR PHYSICIAN OR IN THE USA, DIAL 999 IMMEDIATELY.**

11. The promoter reserves the right to withdraw or amend the promotion or these terms and conditions if circumstances outside its reasonable control make this unavoidable.
12. Entries must be strictly in accordance with these terms and conditions. Any entry not in strict accordance with these terms and conditions will be deemed to be invalid and the prize will not be awarded in respect of such entry. The promoter reserves the right to verify the eligibility of any entrant and to exclude any entries which it believes to be invalid or in breach of these terms and conditions.
13. The promoter's decision is final in all matters relating to the promotion (including the prize) and no correspondence will be entered.
14. Except in respect of death or personal injury resulting from any negligence of the Lift Brands, to the maximum extent permitted by law, neither the Lift Brands nor any of its officers, employees or agents shall be responsible for (whether in tort, contract or otherwise): any loss, damage or injury to you and/or any third party or to any property belonging to you or any third party in connection with the Promotion and/or the Prize (including the winner's receipt or use of the same), resulting from any cause whatsoever; or any loss of profit, loss of use, loss of opportunity or any indirect, economic or consequential losses whatsoever and howsoever caused.
15. **GOVERNING LAW AND JURISDICTION:** Please note that this agreement is governed by English law. This means that your entry into the promotion and any dispute or claim arising out of or in connection with it will be governed by English law. You and the promoter both agree that the courts of England and Wales will have non-exclusive jurisdiction in connection with any such dispute or claim.
16. **OFFICIAL RULES AND WINNER LIST:** For a copy of the Official Rules (which will be available after 29th June 2022.)
17. The fitness challenge must be supervised by a fitness advisor and timed recorded, signed.
18. All ages, genders and with limited ability must conduct at the same intensity the challenge is set by the fitness advisor.
19. Participant must follow all rules and advised have been set by the fitness advisor on duty.
20. The fitness advisor will be announcing the ski challenge winner. These will be contacted by email/phone (preference to be declared)
21. Ski challenge will on level seven at all the time for everyone.
22. Fitness advisor will show and demonstrate the technique before anyone attempting the fitness challenge.
23. The participants are only allowed maximum 2 attempts per person.
24. Challenge closes at 7.45pm on Wednesday 29th June and 5:45pm on Thursday 30th June 2022.