

# Charity Walk Event – ‘Walk with Muthukad: Change lives thru BMCF’ - Rules

This charity walk event known as ‘Walk with Muthukad: Change lives thru BMCF’ to be held at Beacon hill country park, Leicester on 19<sup>th</sup> October 2025 is organised to help build ‘International Institute for People with Disabilities’ in Kasargod, Kerala a unit of Different Arts Centre (DAC) by Sri. Gopinath Muthukad.

## Guidelines and Regulations for Participants

Participating in a charity walk is a wonderful way to support important causes, promote community spirit, and encourage healthy living. To ensure a safe, enjoyable, and successful event for everyone involved, it is essential to follow consistent and fair rules. The following document outlines comprehensive rules and guidelines for a charity walk event. These standards help organisers, volunteers, and walkers understand their responsibilities and contribute to a positive atmosphere. Please read carefully and adhere to all regulations set forth.

## 1. Registration and Eligibility

- **Pre-Registration:** All participants must register in advance through the official event application form.
- **Minimum Age:** The minimum age for walkers is generally 12 years, unless otherwise stated. Participants under 18 years must have written consent from a parent or legal guardian and may need to be accompanied by an adult.
- **Identification:** Registered walkers will receive a participant number and wristband; these must be worn and visible throughout the event.
- **Health Declaration:** By registering, participants confirm they are in good health and physically able to complete the route. Any pre-existing medical conditions must be disclosed at time of registration.

## 2. Fundraising Requirements

- **Minimum Pledge:** Each participant will receive an individual Kindlink fundraising link from BMCF and each link shall raise a minimum of £100 (One Hundred Pounds). Participants should strive to meet or exceed this target, as funds directly benefit the charitable cause.

- Donations: Sponsorships and donations can be collected online through an online link provided by the organisers. All funds must be submitted by 31<sup>st</sup> October 2025.
- All funds raised will go to charitable cause specified for this project.

### 3. Event Day Procedures

- Arrival: Arrive at least 30 minutes prior to the official start time to allow for check-in, announcements, and warm-up.
- Check-In: Report to the check-in desk, collect any last-minute materials, and ensure your identification is visible.
- Route Briefing: Listen to the pre-walk briefing for important safety instructions, route information, and updates regarding weather or logistical changes.

### 4. Safety and Conduct Rules

- Stay on Course: Walkers must follow the designated route and obey all posted signs and marshal instructions. Shortcuts and deviations are not permitted.
- Obey Officials: Instructions from event officials, marshals, and emergency personnel must be followed at all times.
- Prohibited Items: The following are not permitted: bicycles, skateboards, rollerblades, e-scooters, or pets (unless specified by organisers or for assistance animals).
- Safe Walking: Maintain a reasonable pace. Running or racing is discouraged unless the event is a run/walk. Yield to faster walkers when appropriate, and avoid blocking the path.
- Hydration and Nutrition: Water stations will be available at regular intervals. Carry a refillable water bottle and stay hydrated.
- Weather Preparedness: The walk will proceed in most weather conditions except for hazardous situations (e.g., lightning, flooding). Dress appropriately and bring weather-appropriate gear.
- Participants shall not be under the influence of alcohol / drugs. No smoking allowed.

### 5. Health and Medical Support

- First Aid: An allocated first aid personnel will be available the route. In case of emergency, contact the nearest volunteer or marshal immediately.
- Physical Distress: If you feel unwell, stop and seek help at the nearest aid station. Do not push beyond your physical limits.

## 6. Environmental Responsibility

- No Littering: Dispose of all rubbish in bins provided. Leave the route and event area cleaner than you found it.
- Respect Nature: Avoid disturbing plants, wildlife, or local habitats. Stick to trails and marked pathways.
- Reusable Materials: Where possible, use reusable water bottles and containers to reduce waste.

## 7. Team Participation

- Team Registration: Groups may participate as teams. Each team member must register individually and meet all requirements.
- Team Leaders: Groups should appoint a leader to coordinate communication with organisers and keep members informed of updates.
- Group Conduct: Teams must walk together and support one another.

## 8. Children and Family

- Family Friendly: Walk is suitable for families. Children must be supervised at all times, and strollers may be allowed if route conditions permit.
- Child Safety: Ensure all children are briefed on safety rules and remain within sight of their responsible adult throughout the event.

## 9. Accessibility and Inclusion

- Accessible Routes: Efforts are made to ensure routes are accessible for participants with disabilities. Contact organisers in advance for specific requirements or accommodations.
- Assistance: Support persons or mobility aids are welcome where needed. Assistance animals are permitted.

## 10. Awards and Recognition

Based on fund raising figures as on 16<sup>th</sup> October midnight, the following awards and recognitions will be handed out

- Each link with £100 pounds or more shall receive one free general entry ticket for the M3 show held at 'Prajapathi Hall, Leicester' on the same day evening. This shall be issued on request by the participant.

- Top Fundraisers: Special recognition may be awarded to individuals or teams who excel in fundraising.
- Top three fund raisers will be awarded during the M3 show held at 'Prajapathi Hall, Leicester' on the same day evening.
- Each participant receive a certificate in recognition of their effort.

## 11. Photography and Media

- Event Coverage: Official photographers and videographers will be present. By participating, you consent to the use of your image for event promotion unless you notify organisers in writing before the event.
- Personal Devices: Feel free to capture memories, but respect the privacy and wishes of fellow participants.
- Publicity promotion/ news including photos and videos of the participants and the event will be published in 'British Malayali / Marunadan Malayali' online medias, BMCF website and other social media platforms.

## 12. Code of Conduct

- Respect: Treat fellow participants, volunteers, and staff with kindness and courtesy at all times.
- No Harassment: Bullying, harassment, discrimination, or offensive language will not be tolerated and may result in removal from the event.
- Sportsmanship: Encourage others, celebrate achievements, and contribute to a positive, inclusive atmosphere.

## 13. Cancellation and Refund Policies

- Weather and Emergencies: The event may be postponed or cancelled in case of extreme weather or other emergencies. Updates will be provided via official communication channels.
- Refunds: All collected funds will go to the specified charity cause for the event.
- No refunds will be given in the event of cancellation and all the collected proceeds will go the BMCF's account.
- BMCF/ Organisers shall have the right to refuse the entry into the event and withdraw/cancel application without prior notice in the wake of non-compliance of 'event' rules and regulations.
- Any disputes arising out of the event to be settled within the jurisdiction of Leicestershire.

## 14. Liability and Insurance

- **Assumption of Risk:** By participating, walkers acknowledge the risks associated with the activity and agree not to hold BMCF liable for injury or loss.
- **Personal Insurance:** Participants are encouraged to have their own health and accident insurance coverage.

## 15. Contact and Information

- **Questions:** For any queries, contact the organisers via the official event website, email, or information desk on the day.
- **Lost and Found:** Report any lost or found items to the information desk; unclaimed items will be held by organisers for a limited period after the event.

## Conclusion

By following these rules and guidelines, every participant helps to create a safe, respectful, and enjoyable environment for all. Your contribution supports important charitable work and demonstrates the power of community action. Thank you for your enthusiasm and commitment—together, we can make a real difference!