



Terms & Conditions of Knock ME Down Challenge Events

Participants must

- Be over 16 years of age.
- Be in a fit physical condition.
- Have weatherproof clothing, wear suitable footwear.
- Bring suncream & protective clothing if necessary.
- Bring a fully charged mobile phone to the event so we can contact you.
- Sign in at the **start and finish** check points.
- Pay the entry fee in advance. Once booked, no refunds can be offered for cancellations.

The **Entry Fee cost** covers:

- Kayak, paddle & boating safety equipment - competitors cannot use their own.
- Trained guides & River Rescue on standby
- Refreshments at the conclusion of the event
- Promotional T Shirt & Completion Medal

Participants must bring their **own bicycle** and suitable **cycling/running footwear**.
Participants will **not be admitted** without a **proper cycling helmet**.

Participants must bring any meals, snacks and drinks they require during the event.

Participants are asked to be at the start point for their Wave time slot, allowing time for check-in.

Waves are on a first booked, first served basis. When they are gone, they are gone.

If you want full details of what is entailed in the event please visit the information page at <http://www.knockmealdownactive.com>.

Important: Before booking please have the following information ready for all participants being booked (there is a **maximum of 6 participants** per booking):

1. Name
2. Participant Phone Number
3. Email Address (for communication)
4. In Case of Emergency (ICE) Name & Number
5. Male or Female Participant
6. Over/Under 40/60 on event date.
7. Tee Shirt Size (standard S, M, L or XL - fitted)
8. Heard about event (Facebook, Email, Word of Mouth, etc.)
9. Any allergies or medical conditions for our Medical team.

Note: By purchasing a ticket for the event you are accepting the following terms:

Fitness - You must be fit and healthy - this is a physically challenging event and you understand that there is a risk of discomfort, illness or injury.

Refund Policy - The Registration Fee is non-refundable under any circumstances, including injury or event re-scheduling due to unforeseen circumstances.

Transfer Policy - Registration may be transferred to another party up to **one month before the event date** for a fee of €15 by emailing challenge@knockmealdownactive.com.