

Charity Link's Leicestershire 3 Peaks Challenge



Health and safety information

In addition to this information, please ensure you have completed our registration and disclaimer form and that you adhere to any health and safety information provided on the day of the challenge. If you have any questions, please email hello@charity-link.org or call 0116 222 2200

- Only take part if you feel fit and able on the day. If you have any concerns, please speak to a healthcare professional.
- Ensure you have read the event information pack/challenger information pack and information emails sent on the build-up to the Challenge by the Charity Link team, including information on training, what to wear and what to bring on the day.
- When instructed on Challenge morning, line up behind our starting flags. Those running/intending to walk at a quicker pace should line up nearer the front.
- Whilst most of the route is on footpaths, there is some road walking. This includes crossing what can be a fast and busy crossroads in Nanpantan (by Bawdon Lodge Farm) and also crossing the main road (A511) after Bardon Hill close to Redgate Animal Sanctuary. **Please be extremely careful and patient** and follow the Highway / Countryside code (see more below). We do not have the right of way. It is better to wait for a minute than to have/cause an accident.
- Please familiarise yourself with the county code [here](#) and follow the [Highway Code](#). Important elements include:
 - When walking on the road, walk facing the traffic and in single file /no more than two abreast depending on the road (especially bear this in mind at the start of the walk when groups can be tempted to walk together)
 - Close all gates – particularly in areas with livestock
 - Keep dogs under close control and clean up dog poo
 - Give livestock/horses a wide berth if possible (which may involve veering off the path). Let your dog off the lead if you feel threatened by livestock or horses
 - Leave nothing but footprints (take all litter with you).
- Ensure you read and follow the map – and don't assume the person in front knows their way (unless you know they are part of the Charity Link team!). Due to the nature of the route, we are unable to put significant signage out, therefore use of the route map is vital.

Cont.

- In case of emergency, call 999. Downloading and familiarising yourself with the 'What Three Words' app beforehand can be extremely useful for pinpointing your location, particularly if you are out in the countryside. The nearest hospital is Loughborough - which has an urgent care treatment centre. Members of the Charity Link team are first-aid trained – contact details will be on your entry bib. However, be aware that the team may be some distance from you. We recommend you carry your own first aid provisions/any usual medication with you and have a contact on 'stand by' in case you need to drop out before the end of the Challenge. However, please ensure you let us know (see below!)
- **If you have to drop out before the finish line, please ensure you let a member of the Charity Link team know (in person on the walk or by calling the support team number on your bib).** If not, we'll assume you are in trouble on the route and come looking for you/will be calling you/your emergency contacts etc!
- For the reason above, when you complete the Challenge, **please ensure you do sign back in with our support team at the finish line** so that we have a record of your return!
- Follow any guidance from the Charity Link team on the day

Have a fantastic experience!

If you have any questions about the above information or the Challenge in general, please contact the Charity Link team prior to Challenge day.

Email: hello@charity-link.org or call 0116 222 2200