

How to keep your 'Mountain' climb safe, legal and fun

Thank you so much for choosing to support Tearfund. It's thanks to amazing people like you that we're able to continue bringing hope to those who need it most even in the midst of a global pandemic.

The Event is physical and may be strenuous. You must ensure that you are sufficiently fit and healthy to participate in the event safely.

For some, walking up A LOT of stairs could be physically challenging and carries with it risks that we cannot entirely eliminate. These include the risk of injury so there are a few basic steps you must take:

- Be responsible and sensible in your stepping/climbing!
- Participants who have any doubt about their health or have a medical condition that could be affected by exercise, particularly a heart condition, epilepsy or asthma must check with their doctor before participating.
- Do not participate if unwell in any way.
- If children are taking part, make sure there is proper adult supervision
- Do not participate whilst under the influence of alcohol or non-prescription drugs

Please remember that whilst Tearfund is grateful for your support, you are responsible for your own health and welfare during The Climb and you should stop climbing immediately if you feel unwell in any way. Tearfund cannot be held responsible for any liability arising from The Climb.

Fun

Most of all, make sure you have fun. Our fundraising team is here to support you, so don't hesitate to contact teamtearfund@tearfund.org if you have any questions.

The advice given here is clearly intended to provide general guidance only and to that extent the information conveyed is accurate at the time of writing.