

# 著綠狂奔 - 條款與細則

主辦機構：環保促進會

1. 各參加者及/其親友皆屬自願參與，須清楚明白活動性質及風險，並無權向大會及主辦方追討因參與活動而引致之受傷、意外、死亡或任何形式的損失索償或追究責任。
2. 如有身體狀況疑問，請先諮詢醫生的意見。於活動時自行留意個人的身體狀況是否適合繼續，且量力而為。如有不適，請立即停止活動並求醫診治。
3. 建議參加者自行購買個人意外保險，以保障個人安全。
4. 出發前，請留意天氣預告，避免天氣欠佳情況下出發。如天氣惡劣，請停止活動，留在安全位置。
5. 參加者請善待環境，請勿在路線上亂拋垃圾或破壞公物。
6. 參加者在參加本活動期間，請遵守香港法律。
7. 參加者以跑步或步行形式完成活動。
8. 每名參加者只限參加一次。上載之成績，一經確認，將不能更改。
9. 建議參加者自行帶備飲料及適量食物補充，是次活動准許其他人沿途進行支援。另請帶備身份證、適量現金、八達通及設本地通訊的手提電話。
10. 參加者同意主辦機構使用其上載提交之照片作推廣用途。
11. 成績上載須依活動網頁的成績上載詳情，並於指定日期期間完成。
12. 所有報名不設退款、不設轉讓。
13. 禮品供應如有不足，會以同等價值之類似商品作替代，受獎者不得異議或追討。
14. 主辦機構保留在不另行或事先通知情況下，對所有參加者資格、修改及解釋以上規則的權利的最終決定權。
15. 所有參加者一經確認，完全同意及接受以上條款。

## 溫馨提示

- 所有參加者在出發前請查詢香港天文台的天氣預告，如天氣惡劣（颱風、暴雨、雷暴）請勿出發，如活動時遇上惡劣天氣請所有參加者暫停比賽及留在結構穩固的遮蔽處。
- 參加者須清楚明白活動內容及活動性質，並知道此活動需要消耗體力，同時確定健康情況適宜參與是次活動。主辦機構建議所有參賽者於活動時自行留意個人的身體狀況是否良好及是否適合參與活動。如有疑問，請先諮詢醫生的意見。於活動期間如有不適，請立即停止活動。
- 參加者橫過馬路時必須遵守交通指示及留意路面情況。
- 任何懷孕或患有慢性疾病如心臟病及高血壓的人士，皆不應參加是次活動。
- 主辦機構建議參加者自行購買個人意外保險。主辦機構對參加者安全一概不負責任。

# Green Run - Terms & Conditions

Organiser: Green Council

1. Participants should understand the nature and risk of the event, which they are joining voluntarily, and have no right to claim the liability of injuries, accidents, deaths or any form of loss caused by this event and its organiser.
2. Please consult a doctor if you have any concern about your physical fitness prior or during this event. Whenever you feel unwell, you should stop immediately.
3. Participants are recommended to have their own personal accident insurance.
4. Please check the weather forecast in advance and do not start if adverse weather is expected. Please stop and look for shelter if the weather is bad.
5. Be environmentally friendly. No littering is allowed.
6. Participants must obey the laws of Hong Kong SAR during the event.
7. Participants need to complete the event by running or walking.
8. Each participant can only join this event once. Amendment of a submitted result is not allowed after it has been verified.
9. Participants are recommended to bring water, sports drink and some food or arrange support by others before, during and after their runs. Please bring your ID card, cash, and Octopus Card, a mobile phone with local connection and also your runner bib for taking photos.
10. Participants agree the organiser has the right of usage for the photos submitted and uploaded during the event for promotional use.
11. Results should be uploaded during the running period according to the procedure on event website.
12. No refund and no transfer for this event.
13. Gifts can be replaced by similar products of the same value if out of stock, no claims are accepted.
14. The organiser reserves the right to change the rules and regulations at any time without any notice and have the final decision on all matters relating to this event.
15. By signing up for this event, all participants agree to accept the above terms and conditions with the consent to waive their rights for any claims.

## Warm Reminders

- Participants are recommended to check the weather forecast from Hong Kong Observatory. Do not start in case of the following adverse weather conditions (typhoon, heavy rain, thunderstorm). If participants face adverse weather conditions during the race, please stop and stay in a well-structured shelter.
- Participants should understand the event content and nature and participating in this event requires physical exertion. Participants should be in sound medical condition capable of participating in the event. The Organiser suggests all participants to monitor their own physical conditions deemed fit and capable for participating in the event. In case of doubt, please seek medical advice in advance. In case you are feeling sick during the event, you should immediately stop the activity.

- Participants must comply with the traffic regulation and pay attention to vehicles when crossing the road.
- People who are pregnant or with chronic diseases, like heart disease and high blood pressure, are not recommended to participate in the event.
- Participants are advised to purchase their own insurance cover if necessary. The organiser is not responsible for the safety of participants.