



## Event Rules and FAQ'S 2018

### Event Rules

To ensure the safety of all participants we have highlighted a few rules to follow while participating in the event:

- 1) Please arrive at least 30 minutes before your designated wave time to ensure you have enough time to register, drop bags off, etc. before heading to the warm up area.
- 2) Event marshals will be on hand throughout the event, please adhere to their instructions.
- 3) Please be aware that each stair and staircase at Vicarage Road Stadium may be different, take care on each stair.
- 4) Mobiles phones and headphones are not permitted during the event. You need to be able to hear instructions from event marshals.
- 5) Racing down stairs is not permitted. Do not skip or jump stairs while going down. As you go down stairs you will build extra momentum, please take extra care.
- 6) Overtaking is only permitted on upward stairs and on flat surfaces.
- 7) Please run on the RIGHT hand side of stairs and runways. Only ever overtake on the LEFT hand side.
- 8) Water (bottled or otherwise) is not allowed on the event route. This is to reduce the risk of spills (and then slips). Water stations will be available partway through the route and at the finish line.
- 9) Look out for your fellow participants. If you see someone injure themselves or who seems to be really struggling, please notify your nearest marshal.

### Frequent Asked Questions

#### • What is Step Up for Shape Up?

Step Up for Shape Up is a stair climbing challenge event taking place at Vicarage Road Stadium in Watford, the home of Watford FC. Participants take up the challenge to climb up the staircases within the stadium whilst raising money for Watford FC's Community Sports & Education Trust's Shape Up programme.

#### • What is Shape Up?

Shape Up is a men's weight loss programme run by Watford FC's Community Sports & Education Trust. It is a community-based programme run out of venues across the county benefitting obese and unfit men. The programme focusses on helping obese men lose weight, improve their fitness levels and promotes a sustainable healthy lifestyle.



- **Who is the Watford FC Community Sports & Education Trust?**

Watford FC's Community Sports & Education Trust (the Trust) is a self-financing, registered charity (no. 1102239) which works across Hertfordshire and Harrow. The Trust's mission is 'Making a Positive Difference for All Through Sport and Learning'. More information about the Trust can be found at [www.watfordfccsetrust.com](http://www.watfordfccsetrust.com).

- **What time will the event start and finish?**

Starting at 9am, participants will be grouped into waves, based on anticipated ability levels (as stated as part of the registration process). Waves will be allocated prior to the event start. Within each wave, participants will be set off in 10-15 second intervals to minimise congestion on the steps. Please arrive at least 30 minutes before your wave time to register.

- **Do I have to be fit/sporty to take part?**

No! There is no minimum fitness level for taking part. Whether you're a seasoned runner or just looking for something new, we'd love to see you. However, stair climbing is tough on joints and serious consideration should be given by those who carry existing injuries.

- **Is there an age restriction on the event?**

Yes, you must be aged 18 or over on the day of the event.

- **How much does it cost to enter?**

There is a registration fee and a minimum fundraising for each route.

Registration fees are as follows:

- Full Step (Past or current Shape Up Member) £12
- Full Step (non Member) £15

Participants acknowledge that the Event is a fundraising event and pledge to raise the minimum sponsorship of £40 per entrant.

- **How do I enter?**

Visit [www.watfordfccsetrust.com/stepupforshapeup](http://www.watfordfccsetrust.com/stepupforshapeup)

- **Can I register on the day?**

Unfortunately not, you must register in advance of the event. Places are likely to fill up quickly so don't wait too long to register. Registration opens at 9am on Friday 1<sup>st</sup> May and closes at 5pm on Friday 13<sup>th</sup> July.



- **Can I transfer my place to a friend/apply for a refund?**

Applications for a transfer can be made in writing to [Andrew.garlick@watfordfc.com](mailto:Andrew.garlick@watfordfc.com) and must be made at least 30 days prior to the event. Refunds of registration fees are available within 14 days of registering. No refunds will be made after 14 days.

- **Why haven't I received a confirmation email after registering online?**

Your confirmation email may take an hour or two to appear in your inbox or it may have gone into your junk mail. If you still haven't received an email after twenty four hours then drop us a line at [Andrew.garlick@watfordfc.com](mailto:Andrew.garlick@watfordfc.com).

- **Are there terms and conditions for the event?**

Yes, you can read them here: [www.watfordfccsetrust.com/stepupforshapeup](http://www.watfordfccsetrust.com/stepupforshapeup)

- **Should I arrive early?**

Yes. You should aim to arrive at least 30 minutes before your wave time. When you arrive make sure you register first. A member of the team will give you everything you need and let you know where to go next.

- **Can someone else sign me in at the event?**

No, you must sign-in yourself.

- **What should I bring?**

Comfortable and suitable clothing for the event. Please make sure you wear suitable footwear. Visit your local running/sports shop if you need advice.

- **Will there be a bag drop?**

An unmanned bag drop will be available for participants only and is limited to availability. Where possible please try and bring as little with you as you can. All bags are left at the risk of their owners. Bag drop will be available at registration. All bags brought into the stadium are subject to a search.

- **Can I wear headphones during the event?**

No, for your safety you must be able to hear instructions and information from the event team at all times.



- **Will food or drink be provided during the event?**

Water will be provided for participants during the event and at the finish line. Please note water is not permitted on the event route. Healthy snacks will be provided at the finish line.

- **Are there toilets?**

Toilets will be available from the start/finish line for participants and spectators.

- **What happens if I can't complete the route?**

Let your nearest marshal know and they will find a safe way for you to exit the route and get back to the start/finish line.

- **Will there be parking at the event?**

No, there is no parking available at the stadium. The stadium is in a parking controlled residential area. The nearest public Carpark is The Church car park off the main Watford ring road (exchange road) Exchange Rd, Watford WD18 0JD. This is an 8-10 minute walk from the stadium.

- **Will there be first aid support at the event?**

Yes, qualified first aiders will be present throughout the event. If you are feeling unwell/injure yourself during the event, notify the nearest marshal immediately.

- **Can I bring friends and family to watch me take part?**

Yes, we'd encourage you to invite as many people to come watch you as possible. There will be a seating area for spectators so they can watch your progress during the event and see you cross the finish line.

- **Is smoking permitted at the event?**

Smoking is not permitted anywhere within Vicarage Road Stadium

- **Can I bring my pet?**

Sorry, no pets allowed. Guide dogs only.