



**18.** If you wish to extend your stay after the World Experience has finished, you can apply to do so direct with the flight agent. Flight extensions are usually only available for up to 10% of the group and are subject to availability. If you do extend your stay, you will be solely responsible for your own accommodation, food, insurance and travel arrangements. The BHF will not be able to support you once you have left the Experience.

**19.** The BHF reserves the right to cancel the event if there are fewer than the minimum required number of participants, or if the Foreign and Commonwealth Office advises against travel (see CANCELLATION GUIDELINES).

**20.** The BHF reserves the right to refuse participation at any time without disclosing the reason.

**21.** You must have read "You and Your Health" on the individual itinerary cards and the Registration Form, and have completed and returned the Medical Questionnaire, signed off by your doctor where approval has been required according to that section.

**22.** Unless you have a pre-existing annual travel insurance policy, you must take out the BHF approved insurance policy, and you need to cover the cost of this yourself. Details of the approved policy will be sent to you following your registration. You must provide the BHF with your insurance details at least 10 weeks prior to departure.

**23.** The BHF may use any photos taken on the event to promote further BHF events.

## CANCELLATION GUIDELINES

### If BHF cancels:

**1)** If the BHF has to cancel an event due to there being fewer than the minimum required number of participants, the BHF will offer you a place on another World Experience of a similar nature and duration. Should you wish to cancel as a result, the BHF will refund your registration fee. Any sponsor money collected must be forwarded to the BHF and this will be treated as a donation\*. Where sponsors have ticked the "Optional Column" on the sponsor form, refunds will be paid direct to them.

The BHF is unable to return anonymous donations and any income raised through fundraising events.

**2)** If the BHF cancels an event due to the advice of the Foreign and Commonwealth Office, the BHF will endeavour to offer an alternative route/destination, of similar value, for similar dates, or will postpone the

event for another time when it is considered safe to travel. If you do not wish to take part in the alternative/postponed event, you may transfer onto a World Experience at a later date. Please note you can only transfer once. If you do not want to take part in either the alternative/postponed event or a later World Experience, we will refund your registration fee. Any sponsor money collected must be forwarded to the BHF and this will be treated as a donation\*. Where sponsors have ticked the "Optional Column" on the sponsor form, refunds will be paid direct to them.

The BHF is unable to return anonymous donations and any income raised through fundraising events.

It is ONLY in the above circumstances your registration fee will be refunded. In all other circumstances, your registration fee is non-refundable.

**\* Any World Experience tour costs incurred at the time of cancellation will be taken from the sponsor money.**

### If you cancel:

Where you are unable to take part in your BHF World Experience, for any reason including injury and changed personal circumstances, the following policy applies:

- You can transfer, once only, onto another World Experience
- If you do not wish to transfer, you forfeit your registration fee
- Any sponsor money collected must be forwarded to the BHF and this will be treated as a donation\*. Where sponsors have ticked the "Optional Column" on the sponsor form, refunds will be paid direct to them. The BHF is unable to return anonymous donations and any income raised through fundraising events.
- It is your responsibility to contact your sponsors, telling them you are no longer participating in the World Experience, and what will happen to their sponsor money.

**\* Any World Experience tour costs incurred at the time of cancellation will be taken from the sponsor money. If you are insured at this point, you may be covered for some of those costs.**

British Heart Foundation is a Company Limited by Guarantee, registered in England No. 699547 at Greater London House, 180 Hampstead Road, London NW1 7AW.

The British Heart Foundation is the nation's heart charity, registered charity number 225971.

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## Emergency Contact

Please make sure these details relate to the time you are on your BHF World Experience.

Name   
Relationship   
Address   
  
 Postcode   
Daytime No.   
Evening No.   
Mobile No.

## Dietary Requirements

NB If your dietary requirements change between completing this form and departure, you must let us know.

Do you require vegetarian meals? Yes  No

Please specify any other special dietary requirements:

## Room Sharing

Accommodation will be shared, with varying numbers of beds, and conditions may be basic. Rooms/tents will be single-sex, but where possible couples will be catered for. Please give the name of anyone with whom you specifically wish to share – we will do our best to accommodate this, but it cannot be guaranteed.

Name

## Clothing

On registration, we'll send you a BHF T-shirt for you to wear while fundraising and out training. Three weeks prior to departure you will receive a high visibility tabard and fleece for bike rides; and a fleece for treks. Please indicate your size:

Ladies'  S  M  L  XL

Men's  S  M  L  XL

## You and your health

Trekking and cycling can be strenuous in any weather and you must make sure you are in good health and fit. For details of weather, terrain and altitude please see the individual itinerary card, which you must read before signing this form.

## Fitness and Training

You must be fit and in good health at the time you undertake your World Experience. Training information will be sent to you in the Challenge Pack after you register. You should always drink plenty of water when undertaking strenuous exercise. All Experiences involve an average of 7 – 8 hours cycling or trekking per day.

## Medical Questionnaire

You must complete and return the enclosed Medical Questionnaire with your Registration Form. If you are over 60 years of age or have a medical condition/history that could be adversely affected by exercise or high altitudes, particularly a heart condition, or if you are in any doubt about your health or are taking a course of medication, you MUST get clearance from your doctor by getting him/her to countersign the Medical Questionnaire. Please take the

itinerary to your doctor so he/she can see exactly what you are embarking on.

Please ensure you complete the Medical Questionnaire as fully as possible. If there are any gaps, we may need to contact you for further details.

An English-speaking doctor will normally accompany the group on the trekking/cycling days.

## Photographs

Please attach with paper-clips two passport size photos. Please write your name clearly on the back of each photo. We will need these to produce your ID badge.

## Contact List

It can be really helpful to speak to fellow participants on your World Experience, so we will distribute a list of contact details of the other people in your group. If you do NOT want to be on this list, please tick the box.

## Declaration

I have read, understood and accept the "Conditions of Entry" for this World Experience. I pledge to raise at least the minimum amount of sponsor money required for my chosen event by the dates specified on the relevant itinerary card. My place on the BHF World Experience is conditional upon this.

Signed

Date  /  /

**Please detach and return, together with your registration fee, photos and completed Medical Questionnaire to:**

**British Heart Foundation  
Greater London House  
180 Hampstead Road  
London NW1 7AW**

**Please do not start collecting sponsor money or seek publicity until you've had your registration acknowledged.**

**Your Personal Information.** Thank you for taking part in this event, we hope you enjoy it. The British Heart Foundation (BHF) will use your personal information for administration purposes and to provide you with services, products and any information you have requested.

We greatly value your support and would like to keep you informed through marketing literature, either by phone or post, about our events. Please tick the box if you would prefer **NOT** to hear about forthcoming events.  MP25

We would also like to keep you informed about our work in order to help further our charitable aims. Please tick the box if you would prefer **NOT** to hear from the BHF in this way.  MP38

We may want to share information with other organisations that are in partnership with the BHF and who support our aims and objectives. Please tick the box if you would prefer us **NOT** to share your details.  MP02

Please tick this box if you would prefer **NOT** to receive e-mail communications about the future activities of the BHF, via the e-mail address you have provided.  MP08

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