



FIT IN KIT

Hounds For Heroes Charity Challenge

TOGETHER WE CAN

Fit in Kit Rookie Challenge

a contest of fitness, speed, strength & stamina



This Certificate is awarded to: _____

Awarded by:

Signature

Who, while in kit, completed the following:

challenge excersises
max 5 min rest following each set of exercise

1 mile run or walk
max 10 min rest after run

press ups / dips repeats:
(30 seconds)

in total time of: :
minutes seconds

squat thrusts repeats:
(30 seconds)

sit ups repeats:
(45 seconds)

star jumps repeats:
(45 seconds) / from squat position

standing military press with 4 kg dumb bells repeats:
(1 minute)

Total score total repeats:

minus **total run time x 2** = **total score**
in minutes

Date: _____

I have read the **Participation Conditions** before taking part in a Fit In Kit Challenge. Please tick.

Let us know your score!
Get in touch: sporty@fitinkit.com

fitinkit.com facebook.com/fitinkit @fitinkit

Fit in Kit in aid of Hounds for Heroes
The purpose of "Hounds for Heroes" is to provide specially trained assistance dogs to injured and disabled men and women of both the UK Armed Forces and Civilian Emergency Services.

Hounds for Heroes is a registered charity no: 1134359 (England & Wales) SC043751 (Scotland) houndsforheroes.com

Fit in Kit Conditions of Participation



Please make sure you read these conditions of participation

You certify that you are 18 years of age or older or you are the parent/legal guardian of a child under the age of 18 and have read these Conditions and accept the terms and conditions it contains.

You agree and acknowledge that you are aware that a Challenge involves the real risk of serious injury or even death from various causes including exertion, strenuous activity, dehydration and other causes.

You understand you do participate a Challenge unless you have trained appropriately and had any health concerns checked by a medical practitioner.

You acknowledge that Challenge participation will be physically demanding and you are aware of the nature of the Challenge and the associated medical and physical risks involved.

You accept you are physically capable of doing the Challenge and agree that Fit in Kit and/or Hounds For Heroes, its volunteers, employees, board members, affiliates, sponsors or medical advisers are NOT responsible for any injury or illness that you may suffer as a result of your Challenge.

By agreeing to these Conditions and doing a Challenge, you indicate that you have the understanding and capacity to communicate health care directives for yourself and that you are fully informed and understand the full import of this grant of powers to our Event staff.

Fit in Kit and Hounds for Heroes cannot be held responsible for any injury accident or loss as a result of any person taking part in the challenges or their own challenges and make it clear that any persons taking part do so at their own risk.

You further acknowledge and understand that compulsory insurance affected for the Fit In Kit Charity Challenge may not cover you for any or all injury, loss or damage sustained by you. You are strongly advised to obtain personal accident and personal items coverage, adequate for the Challenge.